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4.2.4 Assessing and Addressing Potential Barriers to and Risks Arising from Therapy 4.3 Assessment Measures; 4.3.1 Issues in the Use of Self-report Measures; 4.3.2 Mindfulness Measures; 4.3.3 Measures of ACT Processes and Constructs; 4.3.3.1 Acceptance and Action Questionnaire; 4.3.3.2 The Voices Acceptance & Action Scale; 4.3.3.3 Believability of Symptoms; 4.3.3.4 Additional Measures; 4.4 Conclusion; Note; References; 5 Acceptance and Commitment Therapy Case Formulation; 5.1 Introduction; 5.2 Case Study; 5.2.1 Avoidance; 5.2.2 Cognitive Fusion; 5.2.3 Attachment to Content
5.2.4 Weak Self-knowledge, Dominating Concept of the Past or Feared Future 5.2.5 Lack of Values Clarity; 5.2.6 Persistent Inaction, Impulsivity or Avoidance; 5.3 Case Formulation using the Inflexahex Model; 5.4 Conclusion; References; 6 Engaging People with Psychosis in Acceptance and Commitment Therapy and Mindfulness; 6.1 Introduction; 6.1.1 Treatment Adherence and Engagement in Psychosis; 6.2 Acceptance and Commitment Therapy; 6.3 Functional Analytic Psychotherapy; 6.4 Acceptance-based Methods and Techniques for Improving Engagement; 6.4.1 Workability; 6.4.2 Values Clarification
6.4.3 Acceptance and Mindfulness

Sommario/riassunto

This is the first volume to present a broad picture of theory and application for clinical approaches incorporating ACT and mindfulness in working with psychosis. It provides an overview and introduction to the subject, including a review of the evidence base. Clinical and practical applications are supported with case studies in both individual and group work, with an emphasis on utilizing these strategies in a clinical context. Addressed to practitioners, this book is idea for clinical and counseling psychologists, CBT therapists, and psychiatrists.