

1. Record Nr.	UNINA9910482613903321
Autore	Moffett Thomas <1553-1604.>
Titolo	De jure et praestantia chymicorum medicamentorum dialogus apologeticus ... Accesserunt etiam epistolae quaedam medicinales ad medicos aliquot conscriptae / [Thomas Moffett] [[electronic resource]]
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Descrizione fisica	Online resource (111 p. , (8vo))
Lingua di pubblicazione	Latino
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Reproduction of original in The Wellcome Library, London.
2. Record Nr.	UNINA9910818926603321
Titolo	The ACT matrix : a new approach to building psychological flexibility across settings & populations / / edited by Kevin L. Polk, PhD, Benjamin Schoendorff, MA, MSc ; foreword by Kelly G. Wilson, PhD
Pubbl/distr/stampa	Oakland, CA : , : New Harbinger Publications, Inc., , [2014] ©2014
ISBN	1-4619-5732-X 1-60882-924-3
Descrizione fisica	1 online resource (281 p.)
Altri autori (Persone)	PolkKevin L. <1955-> SchoendorffBenjamin
Disciplina	616.89/1425
Soggetti	Acceptance and commitment therapy Mental illness - Psychological aspects Adaptability (Psychology)
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Nota di contenuto

part 1. Understanding the matrix -- part 2. Populations and settings --
part 3. The matrix outside the box.

Sommario/riassunto

Edited by clinical psychologists and popular ACT workshop leaders Kevin Polk and Benjamin Schoendorff, The ACT Matrix fuses the six core principles of acceptance and commitment therapy (ACT) into a simplified, easy-to-apply approach. This essential book shows professionals and general readers how this approach can be used to treat a variety of disorders-such as anxiety, depression, substance abuse, trauma, and eating disorders-in a variety of settings and contexts. Professionals will also learn how to work more effectively with difficult clients and increase clients' psychological