1. Record Nr. UNINA9910819196403321 Autore Moran Daniel J. **Titolo** Committed action in practice: a clinician's guide to assessing, planning, & supporting change in your client / / Daniel J. Moran, Patricia A. Bach, Sonja V. Batten Oakland, CA:,: Context Press, an imprint of New Harbinger Pubbl/distr/stampa Publications, Inc., , [2018] ©2018 **ISBN** 1-62625-487-7 Descrizione fisica 1 online resource (217 pages) Collana The Context Press mastering ACT series Disciplina 616.891425 Soggetti Acceptance and commitment therapy Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Designed for use by mental health professionals and graduate Sommario/riassunto students, Committed Action in Practice clearly conceptualizes committed action--an integral aspect of acceptance and commitment therapy (ACT)--and offers a deeper investigation of the first of the six core processes of ACT. The book also provides comprehensive descriptions and insight into the conceptualization, integration, and application of committed action in therapy .--