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Autore	Westrup Darrah
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Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
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Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	pt. 1 Getting Oriented -- 1.Let the Theory Guide the Way -- Diving In -- The Aim of ACT -- The Means of ACT -- What about RFT? -- The Core Processes of ACT -- Problems with the Processes -- Either In or Out -- Quick Tips for Staying on Point -- Summary -- 2.Starting Off Well and Staying the Course -- Session Objectives -- The Importance of Structure -- Staying on the Path -- Preparation Is Good, but Being Present Is Better! -- Principles over Planning -- Summary -- 3.Style Matters -- Individuality, but Not at the Cost of Fidelity -- Actual, Not Theoretical, Equality -- Getting in the Room -- Sharing as Contribution -- The Gift of Transparency -- Nurturing or Enabling -- Support Does Not Mean Aligning -- Summary -- 4.Let's Talk About Timing -- The Importance of Being Present -- The Gift of Silence -- When in Doubt, Listen -- Explicit vs. Implicit Work -- Common Timing Missteps -- Summary -- 5.Know Your Approach -- To Sequence or Not to Sequence -- Other Considerations -- Wrapping Up Well -- Summary -- pt. 2 Tricky Little Pieces and Common Missteps -- 6.That Little Problem Called Language -- Letting Language Off the Hook -- Why Go There? -- What Is Needed? -- Description vs. Evaluation -- The Mind Is Not All That -- Summary -- 7.Help with Creative Hopelessness -- Why So Hard? -- Bailing Out -- Fragility or Fusion? -- Once Again, the Importance of Style -- Other Stylistic Missteps -- The Heart of the Matter -- It's About the Larger Agenda -- Creative Hopelessness Lite -- Summary -- 8.

Barriers to Treatment -- How to Spot Barriers -- What to Do --  
Common Barriers to Behavioral Change -- When Clients Don't Progress  
-- Summary -- 9.The Conundrum of Self-as-Context -- The Struggle  
-- What Is the Self, Exactly? -- How Does Self Happen? -- Is the Self the  
Soul? -- What Are We Aiming For? -- So How Do We Go About It? --  
Other Perplexities -- Summary -- 10.Optimizing Your Secret Weapons  
-- Why So Hard? --  
Winging It -- Not Going for It You, but Not Me -- Timing, Yet Again --  
Why Can't the Passengers Drive the Bus? -- Turning Buses into Shovels  
-- Some Stickiness with Mindfulness -- Use What Works -- Summary  
-- pt. 3 Some Finer Points -- 11.Curveballs and Consistency -- Oh, by  
the Way... -- Bad News -- In Pursuit of Happiness -- Summary -- 12.  
Your Continued ACT Journey -- Claiming Your Barriers -- Living Your  
Intention -- Walking the Walk -- Ways to Grow -- Lonely in ACT-ville  
-- Conclusion.

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Sommario/riassunto

In Advanced Acceptance and Commitment Therapy, a licensed clinical psychologist and renowned ACT expert presents the first advanced ACT book for use in client sessions. Inside, readers will hone their understanding of the core processes behind ACT and learn practical strategies for moving past common barriers that can present during therapy, such as over-identifying with clients or difficulty putting theory into practice.

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