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Titolo	Acceptance and Commitment Therapy for the Treatment of Post-Traumatic Stress Disorder and Trauma-Related Problems [[electronic resource]] : A Practitioner's Guide to Using Mindfulness and Acceptance Strategies
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Altri autori (Persone)	WestrupDarrah
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Sommario/riassunto	An indispensable resource for mental health professionals, Acceptance and Commitment Therapy for the Treatment of Post-Traumatic Stress Disorder and Trauma-Related Problems offers a practical and

accessible yet theoretically complete approach to using the principles of acceptance and commitment therapy (ACT) to treat post-traumatic stress disorder (PTSD) and acute trauma-related symptoms.
