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Titolo	Learning acceptance and commitment therapy : the essential guide to the process and practice of mindful psychiatry // Debrin P. Goubert [and five others]
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ISBN	1-61537-532-5 1-61537-355-1
Descrizione fisica	1 online resource (360 pages)
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Soggetti	Acceptance and Commitment Therapy - methods Case Reports
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	The Benefits of ACT in Psychiatric Practice : Letters From the Front Lines -- An Overview of ACT : From Basic Behavioral Science Foundations to a Model of Human Resilience -- The Practice of Functional Psychiatry -- Learning to Treat Your Patient With CARE : Mastering the Basic Moves of ACT -- ACT Dancing : Learning Advanced ACT Moves -- The Art and Science of Functional Psychopharmacology -- ACT in Outpatient Psychiatric Practice -- ACT in Consultation-Liaison Psychiatry -- ACT in the Inpatient Psychiatric Unit -- Teaching ACT in Residency, Institutional, and Programmatic Settings.
Sommario/riassunto	"The traditional practice of psychiatry has been focused on reducing or eliminating distressing, unwanted symptoms. But what if the key to health and well-being is not to be symptom free, but rather to function effectively in life even when symptoms are present? What if symptoms serve an adaptive and motivational function, rather than being signals of a latent illness? What if the key to personal health is the ability to accept symptoms for what they are and to do what matters in life at the same time? This is the underlying proposition of Acceptance and Commitment Therapy (ACT), and this book-a collaboration among six clinicians from diverse practice backgrounds-is the first to systematically describe the principles and practices of ACT as they

apply to psychiatric assessment, case analysis, and treatment. Learning Acceptance and Commitment Therapy uses a diverse array of case examples and clinical dialogues to offer readers a real-life view of the methodology in practice. Each chapter also includes additional reading resources to pursue should a particular theoretical or applied clinical concept create a desire to learn more. Additionally, readers have unlimited access to an online instructional library that includes video demonstrations of core ACT clinical strategies "in action" as well as a host of written practice support tools and worksheets"--

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