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Nota di contenuto	Foreword; Acknowledgments; Introduction; CHAPTER 1; The Prevalence and Impact of Psychological Distress in the Workplace; CHAPTER 2; What Is ACT?; CHAPTER 3; The Rationale for Applying ACT in the Workplace; CHAPTER 4; Practical Considerations and Program Overview; CHAPTER 5; Training Session 1: Opening Presentation and Introduction to Mindfulness and Values-Based Action Skills; CHAPTER 6; Training Session 2: Untangling from Internal Barriers to Values-Based Action; CHAPTER 7; Training Session 3: Consolidating Mindfulness and Values-Based Action Skills; CHAPTER 8 ACT Trainer Stance and Skills CHAPTER 9; Research Review; CHAPTER 10; The Evolution of ACT in the Workplace: The Leading Edge and Beyond; Handouts; Handout 1: Define Your Values; Handout 2: Values, Goals, and Actions Worksheet; Handout 2a: Values, Goals, and Actions Worksheet (Work Example); Handout 2b: Values, Goals, and Actions Worksheet (Relationship Example); Handout 3: Home Practice (To be completed between Sessions 1 and 2); Handout 4: Untangling from Thought Barriers to Values-Based Action; Handout 5: Values, Goals,

and Actions Map

Handout 6: Home Practice (To be completed between Sessions 2 and 3)

Handout 7: Assessing Value Consistency; Handout 8: Home Practice (To keep things going now that the program has finished!); References;

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Sommario/riassunto

The Mindful and Effective Employee presents a powerful three-session acceptance and commitment therapy (ACT) program for reducing workplace stress and increasing employee effectiveness. Psychologists and human resource professionals will use this program to conduct employee training in workplace settings.
