



Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change

By Steven C. Hayes, Kirk D. Strosahl, Kelly G. Wilson

Download now

Read Online ➔

Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change By Steven C. Hayes, Kirk D. Strosahl, Kelly G. Wilson

Most therapists and clients believe that a more vital life can be attained by overcoming negative thoughts and feelings. Yet despite efforts to achieve this goal, many individuals continue to suffer with behavior disorders, adjustment difficulties, and low life satisfaction. This volume presents a unique psychotherapeutic approach that addresses the problem of psychological suffering by altering the very ground on which rational change strategies rest. Acceptance and Commitment Therapy (ACT) focuses in particular on the ways clients understand and perpetuate their difficulties through language. Providing a comprehensive overview of the approach and detailed guidelines for practice, this book shows how interventions based on metaphor, paradox, and experiential exercises can enable clients to break free of language traps, overcome common behavioral problems, and enhance general life satisfaction.

↓ [Download Acceptance and Commitment Therapy: An Experiential ...pdf](#)

📖 [Read Online Acceptance and Commitment Therapy: An Experiential ...pdf](#)

Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change

By Steven C. Hayes, Kirk D. Strosahl, Kelly G. Wilson

Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change By Steven C. Hayes, Kirk D. Strosahl, Kelly G. Wilson

Most therapists and clients believe that a more vital life can be attained by overcoming negative thoughts and feelings. Yet despite efforts to achieve this goal, many individuals continue to suffer with behavior disorders, adjustment difficulties, and low life satisfaction. This volume presents a unique psychotherapeutic approach that addresses the problem of psychological suffering by altering the very ground on which rational change strategies rest. Acceptance and Commitment Therapy (ACT) focuses in particular on the ways clients understand and perpetuate their difficulties through language. Providing a comprehensive overview of the approach and detailed guidelines for practice, this book shows how interventions based on metaphor, paradox, and experiential exercises can enable clients to break free of language traps, overcome common behavioral problems, and enhance general life satisfaction.

Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change By Steven C. Hayes, Kirk D. Strosahl, Kelly G. Wilson **Bibliography**

- Sales Rank: #842918 in Books
- Brand: Brand: The Guilford Press
- Published on: 2003-07-29
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: .90" h x 6.00" w x 8.96" l, .95 pounds
- Binding: Paperback
- 304 pages

 [Download Acceptance and Commitment Therapy: An Experiential ...pdf](#)

 [Read Online Acceptance and Commitment Therapy: An Experienti ...pdf](#)

Download and Read Free Online Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change By Steven C. Hayes, Kirk D. Strosahl, Kelly G. Wilson

Editorial Review

Review

"Once in a while, there is a unique contribution to psychotherapy. Even more rare is the grounding of that contribution in sound philosophy, on the one hand, and firm data, on the other. *Acceptance and Commitment Therapy* represents such an effort. In a truly creative leap forward, Hayes and his colleagues present a new approach to behavior change that is 'must' reading for everyone in the field of psychotherapy or behavior therapy, as well as students entering the profession."--David H. Barlow, PhD, ABPP

"The pragmatic and reasonable approach described in this book will be of great interest to therapists from any disciplinary background. It will also serve as an excellent text in graduate-level counseling and psychotherapy courses."--Arthur Freeman, EdD, ABPP

"Presents an innovative approach to helping clients accept their thoughts and feelings and overcome experiential avoidance.... The authors delineate a solid clinical rationale and provide clear guidelines for ACT implementation. A real strength of this book is the chapters on each stage of treatment, which detail a wealth of strategies and interventions and include excellent exercises, therapist-client dialogues, and pointers for practice."--Leslie S. Greenberg, PhD

From the Back Cover

This book offers the clinician a theoretical, philosophical, and practical guide to a new and potentially powerful model of psychotherapy. Focusing on the context and process of change, Hayes and his colleagues set out a clear plan to help those clients who, as they put it, feel unable to find their way out of life's ongoing traps. Their blueprint for change encourages a strategic and technical eclecticism and the building of a strong working alliance. The pragmatic and reasonable approach described in this book will be of great interest to therapists from any disciplinary background. It will also serve as an excellent text in graduate-level counseling and psychotherapy courses (Arthur Freeman, EdD, ABPP).

About the Author

Steven C. Hayes, PhD, is Nevada Foundation Professor in the Department of Psychology at the University of Nevada. His career has focused on the analysis of the nature of human language and cognition and the application of this to the understanding and alleviation of human suffering. Among other offices, he has been President of Division 25 of the American Psychological Association, of the American Association of Applied and Preventive Psychology, and of the Association for Advancement of Behavior Therapy (AABT).

Kirk D. Strosahl, PhD, is Research and Training Director for the Mountainview Consulting Group, where he provides consultation and training on integrative primary care medicine, outcomes management in applied delivery systems, clinical management of the suicidal patient, and Acceptance and Commitment Therapy (ACT). Dr. Strosahl began his career as the Director of the Suicidal Behaviors Research Clinic at the University of Washington, where, along with Marsha Linehan, PhD, and John Chiles, MD, he helped elaborate the use of acceptance and mindfulness strategies with suicidal borderline patients. From 1984 through 1998 he worked as a staff psychologist and as the Research Evaluation Manager for the Division of Behavioral Health Services at Group Health Cooperative of Puget Sound, where he became a recognized expert in integration of behavioral health services into primary care medicine, and in the dissemination of

empirically supported therapies into managed care settings.

Kelly G. Wilson, PhD, is Associate Director of the Center for Contextual Psychology at the University of Nevada, Reno. He has directed a National Institute on Drug Abuse grant since 1993, examining both Acceptance and Commitment Therapy (ACT) and 12-Step facilitation treatment of substance abuse. An author of over 20 articles and chapters, his interests include the integration of basic and applied behavioral science, behavioral analysis of nontraditional behavioral topics, the interface of ACT and other acceptance-oriented traditions, and the application of acceptance strategies to substance abuse.

Users Review

From reader reviews:

Geraldine Bagley:

The book Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change make you feel enjoy for your spare time. You should use to make your capable far more increase. Book can to be your best friend when you getting strain or having big problem together with your subject. If you can make examining a book Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change for being your habit, you can get far more advantages, like add your personal capable, increase your knowledge about a number of or all subjects. You may know everything if you like open and read a e-book Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change. Kinds of book are a lot of. It means that, science e-book or encyclopedia or others. So , how do you think about this guide?

Elisabeth McBee:

Do you one of people who can't read pleasant if the sentence chained inside the straightway, hold on guys that aren't like that. This Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change book is readable simply by you who hate those perfect word style. You will find the information here are arrange for enjoyable looking at experience without leaving actually decrease the knowledge that want to deliver to you. The writer involving Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change content conveys prospect easily to understand by most people. The printed and e-book are not different in the information but it just different by means of it. So , do you even now thinking Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change is not loveable to be your top collection reading book?

Larry Boggs:

Hey guys, do you wants to finds a new book you just read? May be the book with the concept Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change suitable to you? The actual book was written by well known writer in this era. The actual book untitled Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change is a single of several books this everyone read now. This specific book was inspired lots of people in the world. When you read this book you will enter the new dimensions that you ever know prior to. The author explained their concept in the simple way, consequently all of people can easily to be aware of the core of this publication. This book will give you a wide range of information about this world now. To help you to see the represented of the world on this book.

Ernestine Biggs:

Precisely why? Because this Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change is an unordinary book that the inside of the book waiting for you to snap the item but latter it will distress you with the secret that inside. Reading this book adjacent to it was fantastic author who all write the book in such wonderful way makes the content interior easier to understand, entertaining means but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this any longer or you going to regret it. This amazing book will give you a lot of positive aspects than the other book include such as help improving your ability and your critical thinking means. So , still want to hold off having that book? If I ended up you I will go to the e-book store hurriedly.

**Download and Read Online Acceptance and Commitment Therapy:
An Experiential Approach to Behavior Change By Steven C. Hayes,
Kirk D. Strosahl, Kelly G. Wilson #BZDAE4X6SN3**

Read Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change By Steven C. Hayes, Kirk D. Strosahl, Kelly G. Wilson for online ebook

Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change By Steven C. Hayes, Kirk D. Strosahl, Kelly G. Wilson Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change By Steven C. Hayes, Kirk D. Strosahl, Kelly G. Wilson books to read online.

Online Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change By Steven C. Hayes, Kirk D. Strosahl, Kelly G. Wilson ebook PDF download

Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change By Steven C. Hayes, Kirk D. Strosahl, Kelly G. Wilson Doc

Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change By Steven C. Hayes, Kirk D. Strosahl, Kelly G. Wilson Mobipocket

Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change By Steven C. Hayes, Kirk D. Strosahl, Kelly G. Wilson EPub

BZDAE4X6SN3: Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change By Steven C. Hayes, Kirk D. Strosahl, Kelly G. Wilson