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STEPHENSON BLEVINS

ACTivate Your Life Routledge

Edited by Steven C. Hayes and Stefan G. Hofmann, and based on the new training standards developed by the Inter-Organizational Task Force on Cognitive and Behavioral Psychology Doctoral Education, this groundbreaking textbook presents the core competencies of cognitive behavioral therapy (CBT) in an innovative, practically applicable way, with contributions from some of the luminaries in the field of behavioral science. CBT is one of the most proven-effective and widely used forms of psychotherapy today. But while there are plenty of books that provide an overview of CBT, this is the first to present the newest recommendations set forth by a special task force of the Association for Behavioral and Cognitive Therapies—and that focuses on the application of these interventions based on a variety of approaches for doctoral-level education and training. Starting with an exploration of the science and theoretical foundations of CBT, then moving into a thorough presentation of the clinical processes, this book constitutes an accessible, comprehensive guide to grasping and using even the most difficult competencies. Each chapter of Process-Based CBT is written by a leading authority in that field, and their combined expertise presents the best of behavior therapy and analysis, cognitive therapy, and the acceptance and mindfulness therapies. Most importantly, in addition to gaining an up-to-date understanding of the core processes, with this premiere text

you'll learn exactly how to put them into practice for maximum efficacy. For practitioners, researchers, students, instructors, and other professionals working with CBT, this breakthrough textbook—poised to set the standard in coursework and training—provides the guidance you need to fully comprehend and utilize the core competencies of CBT in a way that honors the behavioral, cognitive, and acceptance and mindfulness wings of the tradition.

Acceptance and Commitment Therapy New Harbinger Publications

There are now over 900 randomized controlled trials demonstrating the positive effects of Acceptance and Commitment Therapy (ACT) for a wide range of areas. ACT is listed as an empirically supported therapy for multiple clinical concerns and is being disseminated as an evidence-based treatment by organizations including the United States Veterans Health Administration and the World Health Organization. In *The Oxford Handbook of Acceptance and Commitment Therapy*, Michael P. Twohig, Michael E. Levin, and Julie M. Petersen bring together contributions from the world's leading scholars to create a comprehensive volume on established areas of ACT. The Handbook presents a scholarly review of the treatment as it has developed over the past two to three decades. Featuring 33 chapters on key aspects of the treatment, the contributors offer analysis on ACT's conceptual and theoretical underpinnings, applications to specific populations and problems, methods of implementation, and other special topics. They further cover theory, empirical support, and scholarly descriptions of treatment application. The volume is divided into four sections, with the

first, on conceptual foundations, offering five chapters that comprise a primer on ACT. The second section presents chapters on ACT methods, such as acceptance, cognitive defusion, and values. The third section covers specific applications of ACT, including depression, eating disorders, and psychosis. The fourth and final section covers issues implementing ACT such as training, delivery in schools, technology, and cultural adaptation. The Handbook concludes with two chapters examining directions for future research and practice. Offering rich resources to further study each topic, the Handbook is an essential resource for scholars and students who wish to understand the important major aspects of this transdiagnostic form of cognitive behavior therapy.

ACT Made Simple New Harbinger Publications

In *Psychodynamic Coaching: Distinctive Features*, Claudia Nagel presents a comprehensive overview of the unique features of psychodynamic coaching. As leaders and managers acknowledge the need to understand themselves and their context by looking underneath the surface to improve their decision-making, psychodynamic approaches offer unique insight. *Psychodynamic Coaching: Distinctive Features* covers not only the major theory but also the practice of coaching, giving guidance from beginning to end of the client relationship. Constructive, holistic and accessible, it demonstrates the impact and dynamics of the unconscious whilst illustrating the power of understanding human behaviour in the complexity of the modern world. With a focus on emotions and relationships in supporting modern leaders adapting to organisational challenges, this book will be an invaluable tool for coaches of all backgrounds, academics and

students of coaching and organisational behaviour, and also clinicians. It will also be a key resource for senior leaders for their own personal growth.

ACT for Musicians Routledge

ACTivate Your Life focuses on helping people to be more open, connected and engaged with their lives, demonstrating how Acceptance Commitment Therapy can be used to tackle a range of problems such as low self-esteem, anxiety, anger and depression, as well as providing skills for life enhancement and self-development. Readers are encouraged to consider what matters to them and will learn techniques to set life directions based on meaningful values. Readers will also be introduced to mindfulness and learn how to use it in everyday life to connect with their actions, experiences and the people around them. The ACT approach also teaches that it's a normal part of being human to have thoughts and feelings that are unpleasant and the most important thing is to respond effectively when these kinds of experiences arise. The book is aimed at anyone wanting to enhance their life skills, and character stories are used to demonstrate the spectrum of how they might be employed.

Innovations in Acceptance and Commitment Therapy American Bar Association

This fully updated second edition of *Cognitive Behavioural Coaching in Practice* explores various aspects of coaching from within a cognitive behavioural framework. In response to the continued growth in the popularity and scope of coaching and cognitive behavioural therapy, Michael Neenan and Stephen Palmer again bring together experts in the field to discuss topics including procrastination, stress, coaching alliance, motivational interviewing, goal selection and self-esteem. The book is illustrated throughout with coach-coachee dialogues that include a commentary of the aims of the coach during the session. This second edition is fully updated and includes three new chapters on single-session coaching, health and wellbeing coaching and coaching supervision. Part of the *Essential Coaching Skills and Knowledge* series, this comprehensive volume will be essential reading for coaches, as well as therapists, counsellors and psychologists.

Coaching Psychology for Mental Health Springer Nature

"This book provides a framework, grounded in the International Coach Federation's eight core competencies, for understanding

the coaching relationship and how it benefits the client. It helps the reader to understand the wide variety of applications of personal coaching and explains the change and coaching models that have evolved over decades"--

The Oxford Handbook of Acceptance and Commitment Therapy New Harbinger Publications

In 1986 the first research study investigating Acceptance and Commitment Therapy (ACT) was published. It aimed to determine if an early conceptualization of the ACT model could be used to treat depression. Since this seminal study, further investigations have been conducted across every imaginable psychological issue and the rate at which this research has emerged is impressive. This book describes the research journey that ACT has taken in the past 30 years. It also suggests, in light of the progress that has already been made, how ACT research should move forward in the coming decades.

The Mindful and Effective Employee Universal-Publishers

The ACT Matrix revolutionized contextual behavioral science. Now, the creators of this pioneering new model present the first detailed, step-by-step guide to help professionals implement the ACT Matrix in clinical practice and improve clients' psychological flexibility. If you're a clinician, you know that acceptance and commitment therapy (ACT) is extremely effective in helping clients who are "stuck" in unhealthy thought patterns by encouraging them align their values with their thoughts and actions. However, the ACT model is complex, and it's not always easy to use. Enter the ACT Matrix, a seamless fusion of the six core processes of the ACT hexaflex—cognitive defusion, acceptance, contact with the present moment, observing the self, values, and committed action—into a simplified, easy-to-apply approach. From the editors of *The ACT Matrix*, *The Essential Guide to the ACT Matrix* offers professionals a comprehensive guide to using the innovative Matrix model in-session. With this book, you'll learn how to help your clients break free from painful psychological traps and live more meaningful lives. You'll also learn how client actions and behavior should be viewed as workable or unworkable, rather than good or bad. Most importantly, you'll discover how this unique approach can be used to deliver ACT more effectively in a variety of settings and contexts, even when clients are resistant or unmotivated to participate. This book is essential for any ACT clinician looking to

simplify their therapeutic approach in client sessions.

Learning ACT Human Kinetics

Applied sport psychology knowledge has advanced rapidly in recent years. Traditionally, literature focused primarily on a narrow range of topics associated with performance enhancement, giving rise to a model of helping labelled psychological skills training. Although the psychological skills training model has considerable value, the literature has broadened to address a greater diversity of athlete and team issues; a greater range of methods; and a greater recognition of the knowledge, skills, and attributes practitioners need to help clients. The first edition of the *Routledge Handbook of Applied Sport Psychology* was seminal work, bringing together the full range of knowledge and skills sport psychology practitioners needed to help clients. The second edition continues that vision and draws on the full range of related disciplines, including sport and exercise psychology, clinical psychology, and counselling psychology. This comprehensive range of topics provides professionals what they need to build strong relationships with athletes and enhance clients' performance, mental health, well-being, happiness, and meaning in life. This new volume is the guide to the theory and practice of applied sport psychology. Adopting a holistic definition of the role of the sport psychology practitioner, it introduces the most effective tools and skills that sport psychology practitioners need to help their clients and explains how effective counselling, assessment, and therapeutic models add necessary dimensions to professional practice. This book is divided into seven thematic sections, addressing: Counselling Assessment Theoretical and therapeutic models Psychosocial issues presenting in individual athletes Psychosocial issues presenting in teams Inclusion in sport psychology Mental skills interventions

Emotion Efficacy Therapy Robinson

While it is widely recognized that music contributes to the health and well-being of societies, the reverse is not necessarily true. Being a professional musician is a rewarding yet challenging occupation, and the results of newer survey studies show musicians experience psychological challenges, like depression and anxiety, at much higher rates than adults in the general public. This book introduces Acceptance and Commitment Training (ACT) as an intervention for addressing some of the most

common problems facing student and professional musicians across the world. A broadly applicable model for behavior change, ACT can be used by professionals in both clinical and non-clinical settings with adequate training. Thus, this book is intended for musicians and practitioners from various backgrounds, including psychologists, music teachers, performance coaches, and others, who are looking for an evidence-based approach for enhancing music performance, treating performance anxiety, managing pain and recovery from injury, and coping with other issues like perfectionism, procrastination, shame, burnout and career uncertainty. Written by a clinical psychologist/performance coach and a singing teacher/vocalist in a conversational yet highly informative style, this book provides a detailed discussion of ACT and the research supporting it, and it gives step-by-step instructions for using it to treat those common problems. **INSIDE THIS BOOK YOU'LL FIND** * Practical guides on how to apply the six processes of ACT--Mindfulness, Acceptance, Defusion, Self-as-Context, Values & Committed Action--to enhance performance, overcome performance anxiety, and improve well-being * Exercises, techniques, metaphors and worksheets you can use as a musician or a practitioner * Exclusive interviews with leading experts in psychology and music performance about how they use ACT and similar strategies within their practice * Foreword by renowned performance enhancement coach, Phil Towle **WORDS OF PRAISE** An amazingly thorough and carefully crafted book, ACT for Musicians never talks down to the reader, or skips over material that is harder to explain. It's like having an instructor who refuses to give up on you... Highly recommended. --Steven C. Hayes, PhD, Foundation Professor of Psychology, University of Nevada, Reno, NV, Originator of Acceptance and Commitment Therapy and author of A Liberated Mind ACT for Musicians is a ground-breaking book, full of useful techniques and interventions that will help musicians and performers tackle performance anxiety. Musicians and their teachers will find the ACT approach explored in this book invaluable. In addition, other helping professionals who work in this field including coaches, psychotherapists, and psychologists will gain insight and knowledge into how ACT can be applied so that musicians can also improve their performance quality. David Juncos and Elvire de Paiva e Pona are to be congratulated for writing this trailblazing book. --Stephen Palmer, PhD, Professor of Practice at

the Wales Academy for Professional Practice and Applied Research, University of Wales Trinity Saint David, UK This phenomenal resource is written with an acute awareness of musicians as students, performers and teachers. The authors' integration and application of their expertise in performance, psychology and education enables an explanation of the theory and practice of ACT in a thorough and accessible way. Extensive exercises and examples are clearly formulated to entice musicians to immediately and compassionately incorporate the strategies into their practice. As a consulting psychologist, university lecturer and researcher specialising in music performance anxiety, I have seen firsthand how the material contained in this book has enabled students and patients to reach new levels of their potential. This book will be my go-to resource for using ACT to help musicians at all levels and stages. I encourage you to make it yours, too. --Margaret Osborne, PhD, Registered Psychologist, Senior Lecturer in Psychology and Music, University of Melbourne, Australia Conductors often hit a wall when trying to understand how musicians cope with personal constraints. This happens because they fail to address the underlying physical and psychological issues that manifest in musicians. Both conductors and musicians lack the knowledge of the tools needed to cope with the pressure of musical performance. This magnificent book brings thorough insight and a valuable path to finally create a healthy and productive environment to make music in small or large ensembles. This process not only helps single performers but also conductors who need to be aware of their fellow musicians' performance struggles. Bravo Dr. Juncos and Ms. De Paiva e Pona! --Paulo Vassalo Lourenco, DMA, Conductor, Head of Choral Conducting Program Escola Superior de Música de Lisboa, Portugal It has always struck me as odd that, of the thousands of hours that we in the performing arts devote to cultivating our craft, so few of those are dedicated to perhaps the most essential skill of all: how to execute that craft under pressure. As a longtime sufferer of MPA (finally, a name for this thing that I've been enduring for so long), nothing was more frustrating to me than not being able to demonstrate on stage that which I was fully capable of in the practice room as a result of an unlucky biochemical response to stress I felt I simply could not control. But, of course, therein lies the essential paradox clarified so eloquently and so helpfully in

this wonderful book. Years of 'trying to control' my anxiety by denying it, fighting it, faking it 'til I made it (except I never quite did), in effect made my anxiety far worse. Applying some of the basic tenets of ACT in recent years has shown me that the somewhat counterintuitive process of accepting and acknowledging my fears, and mindfully attending to them, has yielded more successful and more enjoyable performances. Having recently pivoted to the role of educator, I am so grateful to be able to add this comprehensive, evidence-based, and ever accessible resource to my pedagogical toolkit. It is a wonderful feeling to know that I will be able to offer hope to a new generation of performers who may in the past have felt doomed to a lifetime of subpar performances on account of anxiety. Thank you, Dr. Juncos & Ms. De Paiva e Pona, and as we say in the opera world, Bravissimo! --Kiera Duffy, MM, Soprano, Head of Undergraduate Voice Studies, University of Notre Dame, South Bend, IN It is rare to find decent research that merges Psychology and Musical performance. As a professional singer with a degree in Psychology, I found ACT for Musicians very enlightening in this field that still holds so many questions. Fascinating, practical, and with an empirical curiosity that approaches a much needed field of research. I highly recommend any performer to read it and benefit from the many tools to help navigate the mind: an ingredient so vital and yet neglected to a successful music performance. --Nuno Queimado, BA, Professional Actor and Singer based in London, West End credits include Hamilton, Jesus Christ Superstar, and From Here to Eternity The effectiveness of previously available music performance anxiety treatments was always questionable in my experience. A shift in focus from intervention to therapy based on the ideas of acceptance and commitment is the way forward not only for being an approach for addressing performance anxiety in conceptual and practical terms, but also for becoming a healthier & more complete individual. This shift is supported by the data presented where we see once anxious, shaken musicians with nowhere to turn, now being able to face their fears and achieve success. In my forty years of performance experience, I've utilized various methods of reducing performance anxiety, mostly by trying to suppress those uncomfortable feelings - but this book is rooted in compassion and acceptance, and in the understanding of the psychological complexities involved in the world of the performing arts. It also

provides practical exercises and solutions and is without a doubt a game-changer. Any musician that reads it I have no doubt will agree, but I would go as far as to say that any musician, coach, or professor of music should read this book because philosophically, conceptually, and statistically there is no doubt it can change the struggles of music performance for the better. --Pablo Cohen, DMA, Classical Guitarist, Associate Professor of Music of Latin America & Classical Guitar, Whalen Center for Music, Ithaca College, Ithaca, NY

Acceptance and Commitment Therapy Oxford University Press

NOTE FROM THE PUBLISHER: Due to the recent illegal counterfeiting of this book, we cannot guarantee book quality when purchased through third-party sellers. Now fully-revised and updated, this second edition of ACT Made Simple includes new information and chapters on self-compassion, flexible perspective taking, working with trauma, and more. Why is it so hard to be happy? Why is life so difficult? Why do humans suffer so much? And what can we realistically do about it? No matter how rewarding your job, as a mental health professional, you may sometimes feel helpless in the face of these questions. You are also well aware of the challenges and frustrations that can present during therapy. If you're looking for ways to optimize your client sessions, consider joining the many thousands of therapists and life coaches worldwide who are learning acceptance and commitment therapy (ACT). With a focus on mindfulness, client values, and a commitment to change, ACT is proven-effective in treating depression, anxiety, stress, addictions, eating disorders, schizophrenia, borderline personality disorder (BPD), and myriad other psychological issues. It's also a revolutionary new way to view the human condition—packed full of exciting new tools, techniques, and strategies for promoting profound behavioral change. A practical primer, ideal for ACT newcomers and experienced ACT professionals alike, ACT Made Simple offers clear explanations of the six ACT processes and a set of real-world tips and solutions for rapidly and effectively implementing them in your practice. This book gives you everything you need to start using ACT with your clients for impressive results. Inside, you'll find: scripts, exercises, metaphors, and worksheets to use with your clients; a session-by-session guide to implementing ACT; transcripts from therapy sessions; guidance for creating your own therapeutic techniques and exercises; and practical tips to

overcome “therapy roadblocks.” This book aims to take the complex theory and practice of ACT and make it accessible and enjoyable for therapists and clients.

The Research Journey of Acceptance and Commitment Therapy (ACT) Exisle Publishing

The Model Rules of Professional Conduct provides an up-to-date resource for information on legal ethics. Federal, state and local courts in all jurisdictions look to the Rules for guidance in solving lawyer malpractice cases, disciplinary actions, disqualification issues, sanctions questions and much more. In this volume, black-letter Rules of Professional Conduct are followed by numbered Comments that explain each Rule's purpose and provide suggestions for its practical application. The Rules will help you identify proper conduct in a variety of given situations, review those instances where discretionary action is possible, and define the nature of the relationship between you and your clients, colleagues and the courts.

Gestalt Coaching New Harbinger Publications

For many clients, group therapy is a more practical treatment option than one-on-one therapy sessions. The financial cost of group therapy is substantially less than individual therapy, and research shows it can be just as effective. However, group therapy also presents unique challenges, and is often more difficult to administer. That's why professionals need a solid plan of action when using group therapy to treat clients. In recent years, acceptance and commitment therapy (ACT) has gained immense popularity. Based in values, mindfulness, and committed action, this therapeutic model has proven successful in treating a number of psychiatric disorders, including anxiety, depression, stress, addictions, eating disorders, trauma, and relationship problems. However, despite the popularity of this modality, there are very limited resources available when it comes to applying ACT in a group setting. Learning ACT for Group Treatment is a comprehensive, powerful manual for clinicians, therapists, and counselors looking to implement ACT in group therapy with clients. A composite of stand-alone sessions, the book provides detailed explanations of each of the core ACT processes, printable worksheets, tips on group session formatting, and a wide range of activities that foster willingness, cooperation, and connection among participants. In the book, professionals will see how the benefits of ACT can actually be enhanced in a group

setting, particularly because there are more participants for ACT exercises. This leads to increased accountability among clients, and allows them to play both an active role and the role of the observer during treatment. The book also includes concrete tips for applying ACT to a number of treatment scenarios, including inpatient group therapy, partial hospitalization programs, outpatient programs, and community self-help groups. With detailed exercises and group activities, this book has everything therapists need to start using ACT in group settings right away. ACT in Practice Taylor & Francis

Acceptance and commitment therapy (ACT) is among the most remarkable developments in contemporary psychotherapy. This second edition of the pioneering ACT skills-training manual for clinicians provides a comprehensive update—essential for both experienced practitioners and those new to using ACT and its applications. ACT is a proven-effective treatment for numerous mental health issues, including depression, anxiety, stress, addictions, eating disorders, schizophrenia, borderline personality disorder, and more. With important revisions based on new developments in contextual behavioral science, Learning ACT, Second Edition includes up-to-date exercises and references, as well as material on traditional, evidence-based behavioral techniques for use within the ACT framework. In this fully revised and updated edition of Learning ACT, you'll find workbook-format exercises to help you understand and take advantage of ACT's unique six process model—both as a tool for diagnosis and case conceptualization, and as a basis for structuring treatments for clients. You'll also find up-to-the-minute information on process coaching, new experiential exercises, an increased focus on functional analysis, and downloadable extras that include role-played examples of the core ACT processes in action. By practicing the exercises in this workbook, you'll learn how this powerful modality can improve clients' psychological flexibility and help them to live better lives. Whether you're a clinician looking for in-depth training and better treatment outcomes for individual clients, a student seeking a better understanding of this powerful modality, or anyone interested in contextual behavioral science, this second edition provides a comprehensive revision to an important ACT resource.

Positive Psychology Coaching in the Workplace New Harbinger Publications

Acceptance and Commitment Therapy: 100 Key Points and Techniques offers a comprehensive, yet concise, overview of the central features of the philosophy, theory, and practical application of ACT. It explains and demonstrates the range of acceptance, mindfulness, and behaviour change strategies that can be used in the service of helping people increase their psychological flexibility and wellbeing. Divided into three main parts, the book covers the 'Head, Hands, and Heart' of the approach, moving from the basics of behavioural psychology, via the key principles of Relational Frame Theory and the Psychological Flexibility model, to a detailed description of how ACT is practiced, providing the reader with a solid grounding from which to develop their delivery of ACT-consistent interventions. It concludes by addressing key decisions to make in practice and how best to attend to the therapeutic process. The authors of Acceptance and Commitment Therapy bring a wealth of experience of using ACT in their own therapy practice and of training and supervising others in developing knowledge and skills in the approach. This book will appeal to practitioners looking to further their theoretical knowledge and hands-on skills and those seeking a useful reference for all aspects of their ACT practice.

A CBT Practitioner's Guide to ACT Guilford Publications

This book is the most practical clinical guide on Acceptance and Commitment Therapy (ACT said as one word, not as initials) yet available. It is designed to show how the ACT model and techniques apply to various disorders, settings, and delivery options. The authors of these chapters are experts in applying ACT in these various areas, and it is intriguing how the same core principles of ACT are given a nip here and a tuck there to fit it to so many issues. The purpose of this book, in part, is to embolden researchers and clinicians to begin to apply ACT wherever it seems to fit. The chapters in the book demonstrate that ACT may be a useful treatment approach for a very wide range of clinical problems. Already there are controlled data in many of these areas, and soon that database will be much larger. The theory underlying ACT (Relational Frame Theory or "RFT"-and yes, here you say the initials) makes a powerful claim: psychopathology is, to a significant degree, built into human language. Further, it suggests ways to diminish destructive language-based functions and ways of augmenting helpful ones.

To the extent that this model is correct, ACT should apply to a very wide variety of behavioral issues because of the centrality of language and cognition in human functioning.

Acceptance and Commitment Therapy For Dummies New Harbinger Publications

Since the original publication of this seminal work, acceptance and commitment therapy (ACT) has come into its own as a widely practiced approach to helping people change. This book provides the definitive statement of ACT--from conceptual and empirical foundations to clinical techniques--written by its originators. ACT is based on the idea that psychological rigidity is a root cause of a wide range of clinical problems. The authors describe effective, innovative ways to cultivate psychological flexibility by detecting and targeting six key processes: defusion, acceptance, attention to the present moment, self-awareness, values, and committed action. Sample therapeutic exercises and patient-therapist dialogues are integrated throughout. New to This Edition *Reflects tremendous advances in ACT clinical applications, theory building, and research. *Psychological flexibility is now the central organizing focus. *Expanded coverage of mindfulness, the therapeutic relationship, relational learning, and case formulation. *Restructured to be more clinician friendly and accessible; focuses on the moment-by-moment process of therapy.

International symposium on performance science 2021 Routledge Discover the latest innovations in ACT research and clinical practice—all in one comprehensive, edited volume. Acceptance and commitment therapy (ACT) is a powerful and proven-effective treatment model for alleviating several mental health conditions, ranging from depression and anxiety to addiction and eating disorders. And because ACT is an ever-evolving modality that relies on processes, rather than fixed protocols, it is primed for substantial clinical innovations as researchers and clinicians develop new strategies for increasing psychological flexibility. *Innovations in Acceptance and Commitment Therapy* combines the latest, cutting-edge ACT research with a wealth of "in-the-trenches" experience from leading clinicians in the field, including Steven C. Hayes, Matthieu Villatte, Benjamin Schoendorff, and more. In this volume, you'll find an overview of innovations spanning the last decade, how to translate these innovations into everyday interventions, and a summary of future directions for researching and refining ACT in practice. The book also includes:

New research on clinical behavior analysis, relational frame theory (RFT), and evolution science Innovative methods for applying basic RFT principles in clinical practice Implications for developing process-based assessments and interventions Tips for integrating ACT in applied behavior analysis As ACT continues to evolve, you need up-to-date resources to inform and improve your work with clients. Whether you're a clinician, researcher, or student, this book is a must-have for your professional library. Single-Session Coaching and One-At-A-Time Coaching Routledge Acceptance and Commitment Therapy (ACT) is a unique empirically-based psychological intervention that uses acceptance and mindfulness processes, and commitment and behaviour change processes to produce psychological flexibility. Steven C. Hayes, who helped develop ACT, and co-author Jason Lillis provide an overview of ACT's main influences and its basic principles In this succinct and understandable survey, the authors show how ACT illuminates the ways that language encourages unhelpful skirmishing in clients' psychic lives, and how to use ACT to help clients accept private experiences, become more mindful of thoughts, develop greater clarity about personal values, and commit to needed behaviour change. The latest edition in the Theories of Psychotherapy Series. Acceptance and Commitment Therapy examines the therapy's history and process, evaluates the therapy's evidence base and effectiveness, and suggests future directions in the therapy's development..

Process-Based CBT Theories of Psychotherapy

Uniquely combining the latest research into careers with the most up-to-date coaching approaches, Julia Yates shows how to effectively apply coaching techniques to the world of career support. Demonstrating how coaching research explains practice and how practice benefits from research, *The Career Coaching Handbook* is accessibly written with a solid evidence-based foundation. Presented in three parts, this new edition covers developments in theory and research and applies this knowledge to the real world, as well as introducing a few new practical approaches. Part 1, *Theories of Career*, looks at twenty-first century career paths, job satisfaction and career changes – both planned and unplanned. Part 2, *Career Coaching Approaches*, looks at coaching strategies that are applicable to career coaching in particular. Part 3, *Coaching into the World of Work*, covers specific real-world situations in which coaching is

beneficial, from job search strategies to CV and interview coaching. Evidence and research is used throughout to demonstrate the most effective strategies for coaching. The

Career Coaching Handbook provides an essential introduction for students or practitioners who are interested in developing their

own practice, finding new and improved ways to do things and understanding the theories that underpin effective career coaching practice.