

Acceptance & Commitment Therapy

Books *for* Psychology Professionals

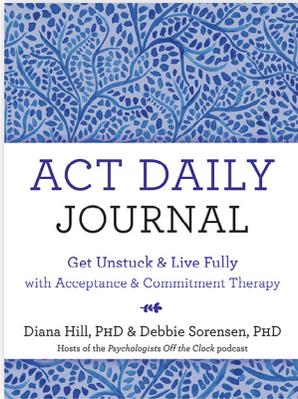
2021



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2021 RELEASES



ACT DAILY JOURNAL

Get Unstuck & Live Fully with Acceptance & Commitment Therapy

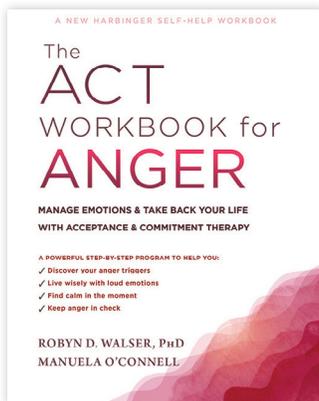
ACT is more than just a therapy—it's a framework for living well. With *ACT Daily Journal*, your clients will find powerful writing practices grounded in ACT to help them get unstuck and start living a life based on their values.

DIANA HILL, PHD, & DEBBIE SORENSEN, PHD

ISBN: 9781684037377 | US \$18.95

“ Useful for anxiety and stress, as well as for simply living life fully and joyfully. This is a real gem. ”

—RICK HANSON, PHD, author of *Hardwiring Happiness*



AVAILABLE NOVEMBER 2021

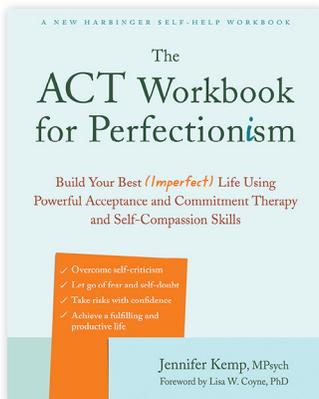
THE ACT WORKBOOK FOR ANGER

Manage Emotions & Take Back Your Life with Acceptance & Commitment Therapy

Written by renowned ACT experts, this workbook offers a comprehensive anger management program designed to help clients successfully manage their anger in today's world. Your client will learn to break anger's stranglehold by unlocking their own capacity for acceptance, mindfulness, kindness, and compassion.

ROBYN D. WALSER, PHD, & MANUELA O'CONNELL

ISBN: 9781684036530 | US \$21.95



AVAILABLE DECEMBER 2021

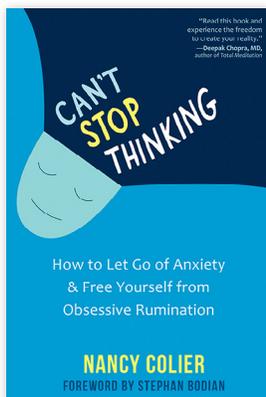
THE ACT WORKBOOK FOR PERFECTIONISM

Build Your Best (*Imperfect*) Life Using Powerful Acceptance & Commitment Therapy & Self-Compassion Skills

Introducing an innovative approach to help clients maintain their high standards while also accepting mistakes with compassion and kindness. Grounded in evidence-based ACT, this workbook will help clients discover what drives their perfectionism, and develop the skills they need to develop self-compassion.

JENNIFER KEMP, MPSYCH | FOREWORD BY LISA W. COYNE, PHD

ISBN: 9781684038077 | US \$24.95



CAN'T STOP THINKING

How to Let Go of Anxiety & Free Yourself from Obsessive Rumination

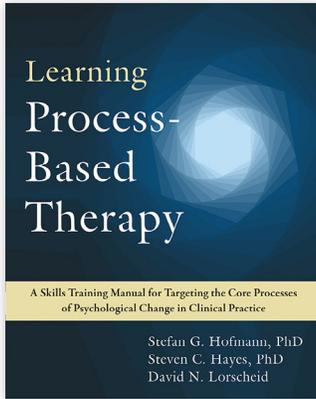
This book offers clients the keys to breaking free from the obsessive rumination that drives stress, worry, and anxiety. Using the powerful tools in this guide, your clients will learn how to observe and gain distance from troubling thoughts, put an end to harsh self-criticism, and manage difficult feelings like resentment and shame.

NANCY COLIER | FOREWORD BY STEPHAN BODIAN

ISBN: 9781684036776 | US \$18.95

“ Read this book and experience the freedom to create your reality. ”

—DEEPAK CHOPRA, MD, author of *Total Meditation*



AVAILABLE DECEMBER 2021

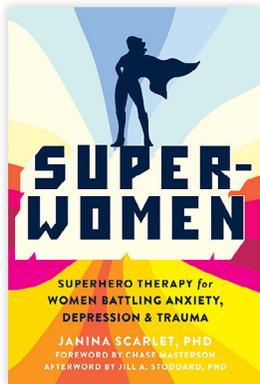
LEARNING PROCESS-BASED THERAPY

A Skills Training Manual for Targeting the Core Processes of Psychological Change in Clinical Practice

The future of psychology is process-based. This groundbreaking workbook offers concrete strategies for utilizing the core competencies of process-based therapy, and provides step-by-step guidance for formulating effective treatment plans.

STEFAN G. HOFMANN, PHD, STEVEN C. HAYES, PHD, & DAVID N. LORSCHIED
ISBN: 9781684037551 | US \$59.95

CONTEXT PRESS
An Imprint of New Harbinger Publications

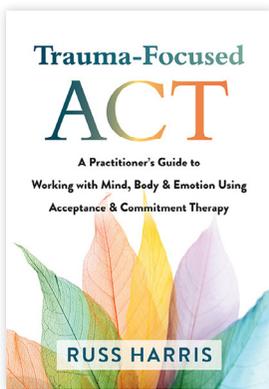


SUPER-WOMEN

Superhero Therapy for Women Battling Anxiety, Depression & Trauma

Using a unique blend of ACT and the author's own "superhero therapy," this one-of-a-kind guide helps female clients suffering from anxiety, depression, or trauma to explore and process painful experiences, rewrite their "origin stories," and use mindfulness and self-compassion to tap into their own unique superpowers for lasting healing. The book also includes real-life, empowering stories of encouragement from notable women from around the world.

JANINA SCARLET, PHD | FOREWORD BY CHASE MASTERSON | AFTERWORD BY JILL A. STODDARD, PHD
ISBN: 9781684037520 | US \$18.95



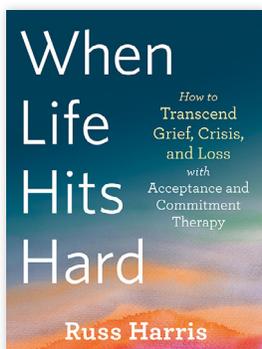
AVAILABLE DECEMBER 2021

TRAUMA-FOCUSED ACT

A Practitioner's Guide to Working with Mind, Body & Emotion Using Acceptance & Commitment Therapy

This practitioner's manual presents a highly effective, research-based protocol for treating post-traumatic stress disorder (PTSD), as well as a broad range of trauma-related disorders—from depression to addiction. Newcomers and experienced professionals alike will learn a comprehensive approach to treating trauma with a focus on living in the present, healing the past, and building the future.

RUSS HARRIS
ISBN: 9781684038213 | US \$59.95



AVAILABLE AUGUST 2021

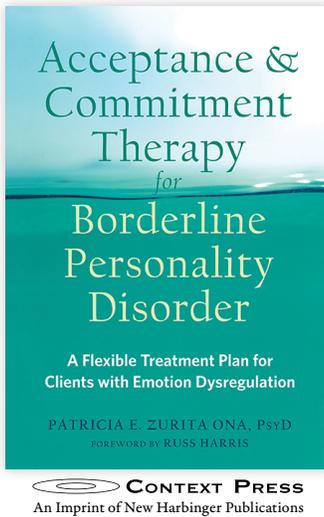
WHEN LIFE HITS HARD

How to Transcend Grief, Crisis & Loss with Acceptance & Commitment Therapy

For clients struggling to come to terms with painful losses or traumatic events beyond their control, ACT trainer Russ Harris offers powerful and practical skills to help clients get back on their feet after grief, loss, and crisis. Your client will learn how to transcend pain and suffering; cope with painful memories; create their own healing rituals; and transform difficult emotions into unexpected strengths.

RUSS HARRIS
ISBN: 9781684039012 | US \$19.95

2020 RELEASES



ACCEPTANCE & COMMITMENT THERAPY FOR BORDERLINE PERSONALITY DISORDER

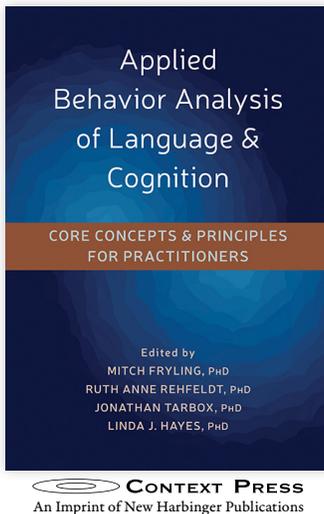
A Flexible Treatment Plan for Clients with Emotion Dysregulation

As you know, clients with borderline personality disorder (BPD) and emotion dysregulation often struggle with negative beliefs about themselves—beliefs that can lead to feelings of shame, problems with personal relationships, and dangerous behaviors. Using the session-by-session protocol outlined in this book, you can help your clients gain greater self-awareness, find emotional balance, improve psychological flexibility, and move beyond experiential avoidance—a main component of BPD.

PATRICIA E. ZURITA ONA, PSYD | FOREWORD BY RUSS HARRIS
ISBN: 9781684031771 | US \$49.95

“Written with terrific humor, intelligence, and compassion, Dr. Z’s manual is thoroughly recommended.”

—ERIC MORRIS, PHD, coauthor of *ACT for Psychosis Recovery*

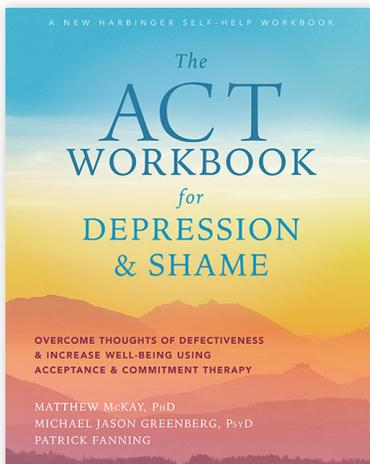


APPLIED BEHAVIOR ANALYSIS OF LANGUAGE & COGNITION

Core Concepts & Principles for Practitioners

With contributions from leading behaviorists, this groundbreaking edited volume brings the study of verbal behavior into the 21st century with cutting-edge, new research. You’ll find a comprehensive overview of the concepts and core behavioral processes involved in language and cognition. You’ll also find in-depth discussions on topics such as generative responding, learning by observation, and perspective taking. Also included are clinically proven interventions based on mindfulness and psychological flexibility to help your clients improve complex language, social, and academic skills.

EDITED BY MITCH FRYLING, PHD, BCBA-D, RUTH ANNE REHFELDT, PHD, BCBA, JONATHAN TARBOX, PHD, BCBA-D, & LINDA J. HAYES, PHD
ISBN: 9781684031375 | US \$64.95

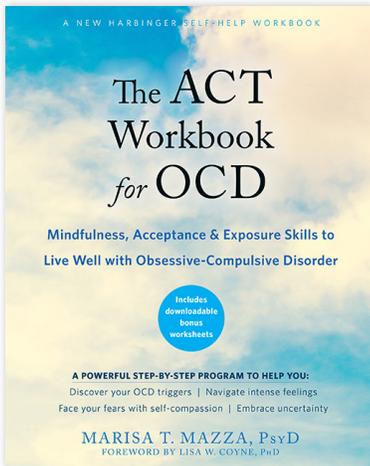


THE ACT WORKBOOK FOR DEPRESSION & SHAME

Overcome Thoughts of Defectiveness & Increase Well-Being Using Acceptance & Commitment Therapy

As you know, clients with depression often feel flawed, self-conscious, or inadequate. This powerful and evidence-based workbook will give clients the tools needed to identify and move beyond feelings of defectiveness. Clients will discover ways to connect with their values, find better coping strategies, and learn to see themselves in all their wonderful complexity—with kindness and compassion.

MATTHEW MCKAY, PHD, MICHAEL JASON GREENBERG, PSYD,
& PATRICK FANNING
ISBN: 9781684035540 | US \$22.95



THE ACT WORKBOOK FOR OCD

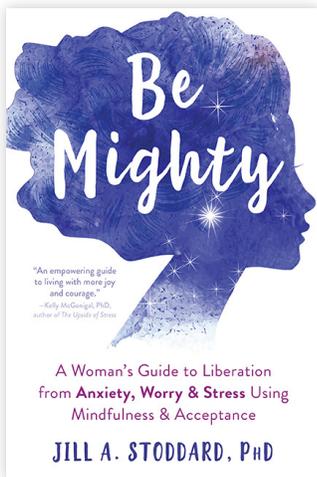
Mindfulness, Acceptance & Exposure Skills to Live Well with Obsessive-Compulsive Disorder

This workbook combines evidence-based ACT with exposure and response prevention (ERP) for the most up-to-date, integrative treatment for obsessive-compulsive disorder (OCD). With this workbook, your client will learn to identify their own underlying OCD patterns, and navigate triggering incidents while being present and connected to their values. By practicing the strategies in this program, your client will discover how they can embrace uncertainty and commit to the behaviors that are most important to them.

MARISA T. MAZZA, PSYD | FOREWORD BY LISA W. COYNE, PHD
ISBN: 9781684032891 / US \$24.95

“ [This book] goes further than just teaching you what OCD is or how to combat it—it also helps you use your values and other meaningful aspects of your life as anchors and motivation for treating your OCD. ”

—RYAN VIDRINE, MD, UCSF School of Medicine

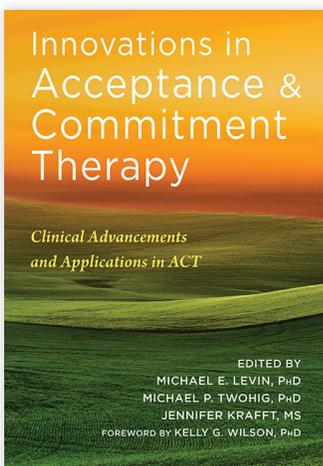


BE MIGHTY

A Woman's Guide to Liberation from Anxiety, Worry & Stress Using Mindfulness & Acceptance

In this empowering guide, renowned ACT trainer and coauthor of *The Big Book of ACT Metaphors*, Jill Stoddard, offers female clients practical tools and experiential exercises to mindfully conquer anxieties, worries, and fears—and live mightily. With this book, clients who suffer from anxiety will learn to respond to everyday triggers, build resilience and confidence, and make important life choices based on their deepest values.

JILL A. STODDARD, PHD
ISBN: 9781684034413 | US \$16.95



INNOVATIONS IN ACCEPTANCE & COMMITMENT THERAPY

Clinical Advancements & Applications in ACT

If you are looking for up-to-date tools to inform and improve your work with clients, this edited volume outlines the latest advances in ACT—all in one place. It combines cutting-edge ACT research with a wealth of “in-the-trenches” experience from leading clinicians in the field, including Steven C. Hayes, Matthieu Villatte, Yvonne Barnes-Holmes, and more. I

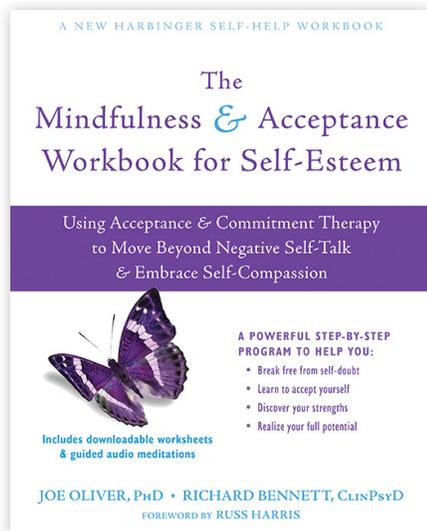
EDITED BY MICHAEL E. LEVIN, PHD, MICHAEL P. TWOHIG, PHD,
& JENNIFER KRAFFT, MS | FOREWORD BY KELLY G. WILSON, PHD
ISBN: 9781684033102 | US \$69.95

“ If I were to recommend one book that would instantly get the reader up to speed on the most recent developments in ACT... this would be it! ”

—KIRK STROSAHL, PHD, cofounder of ACT

 **CONTEXT PRESS**
An Imprint of New Harbinger Publications

2020 RELEASES



THE MINDFULNESS & ACCEPTANCE WORKBOOK FOR SELF-ESTEEM

Using Acceptance & Commitment Therapy to Move Beyond Negative Self-Talk & Embrace Self-Compassion

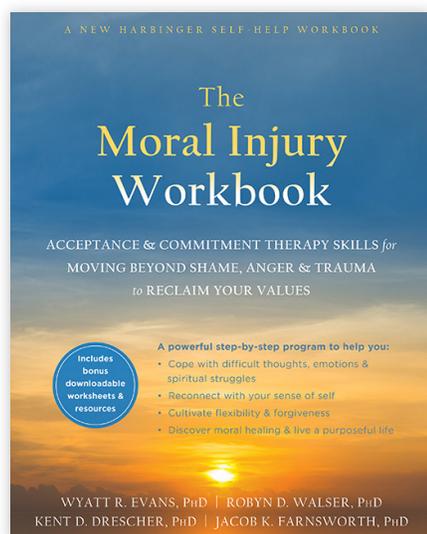
Grounded in ACT, this evidence-based workbook offers a practical step-by-step program to help your clients break free from self-doubt, move beyond self-criticism, identify and cultivate their strengths, and find meaning in their lives. Your client will develop the essential skills needed to overcome self-sabotaging thoughts, discover the things that matter to them, and start treating themselves with acceptance, kindness, and compassion.

JOE OLIVER, PHD, & RICHARD BENNETT, CLINPSYD
FOREWORD BY RUSS HARRIS

ISBN: 9781684033041 | US \$24.95

“ The authors of this fabulous workbook have a story to tell, and if you listen to it and learn from it, it will change your life.... Highly recommended.

—KIRK STROSAHL, PHD, codeveloper of ACT, and coauthor of *The Mindfulness and Acceptance Workbook for Depression*



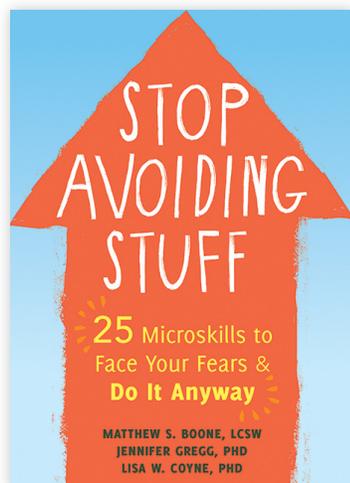
THE MORAL INJURY WORKBOOK

Acceptance & Commitment Therapy Skills for Moving Beyond Shame, Anger & Trauma to Reclaim Your Values

For clients who have witnessed, perpetuated, or unwittingly participated in an act that violates their core values, this groundbreaking workbook offers a powerful step-by-step program to heal the deep psychological wounds associated with moral injury. Clients will learn to work through difficult thoughts, emotions, and spiritual troubles; reconnect with a deeply held sense of self, values, or spiritual beliefs; and gain the psychological flexibility needed to begin healing and living with a deeper sense of meaning and purpose.

WYATT R. EVANS, PHD, ROBYN D. WALSER, PHD,
KENT D. DRESCHER, PHD, & JACOB K. FARNSWORTH, PHD

ISBN: 9781684034772 | US \$24.95

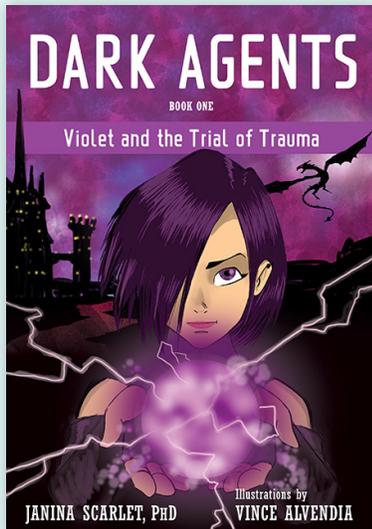


STOP AVOIDING STUFF

25 Microskills to Face Your Fears & Do It Anyway

Drawing on evidence-based ACT, this accessible guide offers twenty-five microskills to help clients overcome avoidant behaviors and face their fears, so they can live a truly courageous and meaningful life. With this engaging book, your clients will learn why they avoid, tips to increase self-awareness in moments of fear, strategies for untangling from distressing thoughts, and ways to connect with their values and take action to improve their life.

MATTHEW S. BOONE, LCSW, JENNIFER GREGG, PHD, & LISA W. COYNE, PHD
ISBN: 9781684036059 | US \$14.95



Instant Help Books
An Imprint of New Harbinger Publications

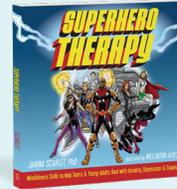
DARK AGENTS, BOOK ONE

Violet and the Trial of Trauma

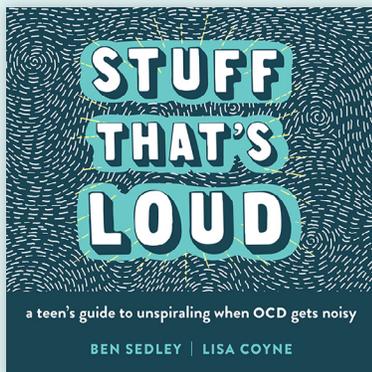
This spellbinding graphic novel follows the adventures of Violet—a young witch whose parents were murdered when she was a child. As she wages war against necromancers and demons, Violet learns to overcome her internal monsters as well. Filled with dynamic illustrations, *Dark Agents* seamlessly weaves together practical and evidence-based ACT skills into a comic book format to help teach teen and young adult clients about mindfulness, acceptance, and self-compassion.

JANINA SCARLET, PHD | ILLUSTRATIONS BY VINCE ALVENDIA
ISBN: 9781684031740 | US \$19.95

“Thoughtful, fun,
and educative.”
—KIRKUS REVIEWS



ALSO BY
JANINA SCARLET



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STUFF THAT'S LOUD

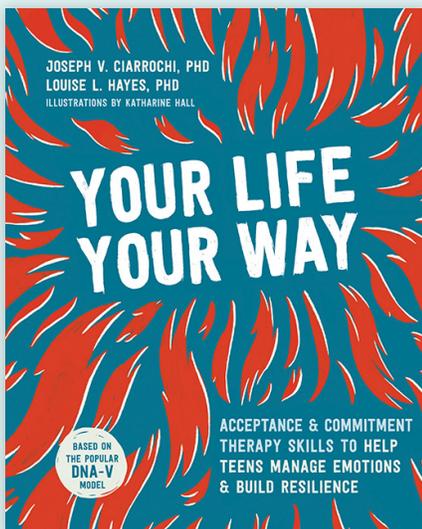
A Teen's Guide to Unspiraling When OCD Gets Noisy

Stuff That's Loud is a friendly, illustrated guide full of practical and proven-effective tools to help your young client break free from obsessive-compulsive disorder (OCD) thoughts and behaviors. Your client will learn how to “unspiral” when thoughts get too loud, how to stop avoiding the stuff that scares them, and how healthy choices can help them manage symptoms every day.

BEN SEDLEY, PHD, & LISA COYNE, PHD
ISBN: 9781684035366 | US \$16.95



ALSO BY
BEN SEDLEY



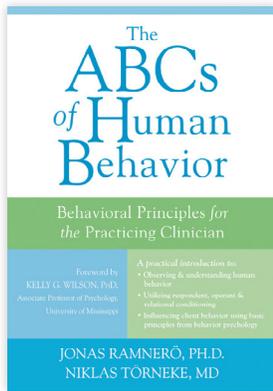
Instant Help Books
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YOUR LIFE, YOUR WAY

Acceptance & Commitment Therapy Skills to Help Teens Manage Emotions & Build Resilience

Teens today often feel like they're being pulled in a dozen different directions. Teens may also compare themselves to others, setting the stage for self-criticism. With this illustrated workbook, your clients will learn how to deal with all the pressures of the teen years. Using DNA-v, the youth model of mindfulness and action, teens will discover new and effective ways to manage difficult emotions, break bad habits, and start believing in themselves.

JOSEPH V. CIARROCHI, PHD, & LOUISE L. HAYES, PHD
ILLUSTRATIONS BY KATHARINE HALL
ISBN: 9781684034659 | US \$17.95

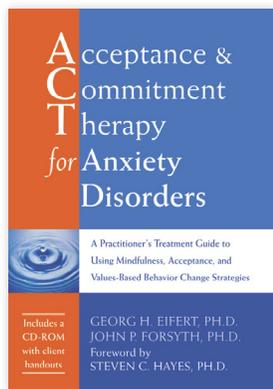


THE ABCS OF HUMAN BEHAVIOR

Behavioral Principles for the Practicing Clinician

The ABCs of Human Behavior offers practicing clinicians a pithy and practical introduction to the basics of modern behavioral psychology. The book focuses both on the classical principles of learning, as well as more recent developments that explain language and cognition in behavioral and contextual terms. These principles are not just discussed in the abstract—rather, the book shows how the principles of learning apply in the clinical context.

JONAS RAMNERÖ, PHD, & NIKLAS TÖRNEKE, MD
ISBN: 9781608824342 | US \$54.95

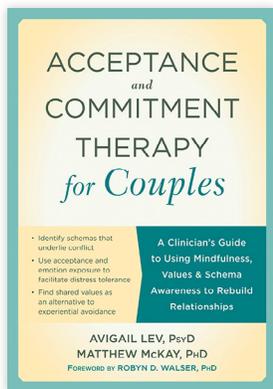


ACCEPTANCE & COMMITMENT THERAPY FOR ANXIETY DISORDERS

A Practitioner's Treatment Guide to Using Mindfulness, Acceptance & Values-Based Behavior Change Strategies

This book provides an effective ACT approach for treating any anxiety disorder. Readers will learn to remove barriers to change, and foster rapid client progress. Theoretical information in the book is supported by detailed examples of individual therapy sessions, worksheets, and exercises.

GEORG H. EIFERT, PHD, & JOHN P. FORSYTH, PHD | FOREWORD BY STEVEN C. HAYES, PHD
ISBN: 9781626251236 | US \$59.95



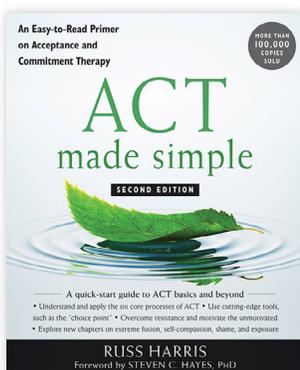
ACCEPTANCE & COMMITMENT THERAPY FOR COUPLES

A Clinician's Guide to Using Mindfulness, Values & Schema Awareness to Rebuild Relationships

In this breakthrough clinical resource, psychologists Avigail Lev and Matthew McKay identify the ten most common relationship schemas, and provide an ACT-based approach to help couples overcome feelings of dependence, abandonment, and mistrust. You'll find an outline of maladaptive schema coping behaviors, strategies to help couples identify their values, and skills to help clients break through the cognitive and emotional barriers that stand in the way of values-based action.

AVIGAIL LEV, PSYD, & MATTHEW MCKAY, PHD | FOREWORD BY ROBYN D. WALSER, PHD
ISBN: 9781626254800 | US \$39.95

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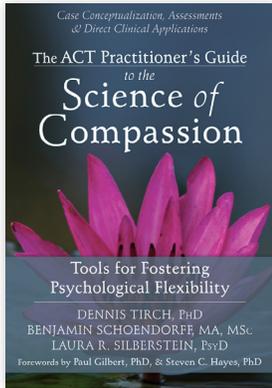


ACT MADE SIMPLE, SECOND EDITION

An Easy-To-Read Primer on Acceptance & Commitment Therapy

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.

RUSS HARRIS | FOREWORD BY STEVEN C. HAYES, PHD
ISBN: 9781684033010 | US \$44.95



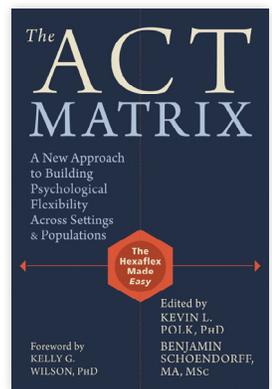
THE ACT PRACTITIONER'S GUIDE TO THE SCIENCE OF COMPASSION Tools for Fostering Psychological Flexibility

This resource explores the emotionally healing benefits of compassion-focused practices when applied to traditional ACT. You'll find case conceptualization, assessments, and direct clinical applications that integrate ACT, functional analytic psychotherapy (FAP), and compassion-focused therapy (CFT) to enhance your clinical practice.

DENNIS TIRCH, PHD, BENJAMIN SCHOENDORFF, MA, MSC, & LAURA R. SILBERSTEIN, PSYD
FOREWORDS BY PAUL GILBERT, PHD, & STEVEN C. HAYES, PHD
ISBN: 9781626250550 | US \$54.95

“ User-friendly and filled with insights and clinical examples.... Highly recommended. ”

—ROBERT LEAHY, PHD, director of the American Institute for Cognitive Therapy



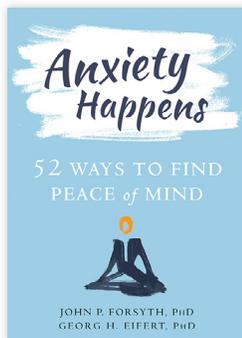
THE ACT MATRIX

A New Approach to Building Psychological Flexibility Across Settings & Populations

The ACT Matrix fuses the six core principles of ACT—cognitive defusion, acceptance, contact with the present moment, a flexible sense of self, values, and committed action—into a simplified, easy-to-apply approach that focuses on client actions and behavior. In the book, you'll learn how to deliver ACT more effectively in a variety of settings and contexts, even when clients are resistant or unmotivated to participate.

EDITED BY KEVIN L. POLK, PHD, & BENJAMIN SCHOENDORFF, MA, MSC
FOREWORD BY KELLY G. WILSON, PHD
ISBN: 9781608829231 | US \$58.95

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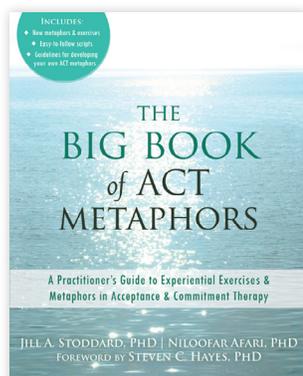


ANXIETY HAPPENS

52 Ways to Find Peace of Mind

Let's face it—anxiety happens. This powerful, portable guide is packed with fifty-two in-the-moment mindfulness strategies clients can use anytime, anywhere to cultivate calm and peace of mind. Clients will learn about what causes their anxiety, why avoidance just doesn't work, and how to quiet anxious thoughts when they strike. Finally, clients will discover how focusing on values can help them move past anxiety—once and for all.

JOHN P. FORSYTH, PHD, & GEORG H. EIFERT, PHD
ISBN: 9781684031108 | US \$14.95

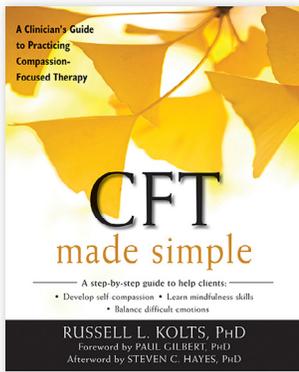


THE BIG BOOK OF ACT METAPHORS

A Practitioner's Guide to Experiential Exercises & Metaphors in Acceptance & Commitment Therapy

Metaphors help clients connect with their values and overcome personal obstacles in order to make a real, conscious commitment to change. This book provides a comprehensive overview of the six core ACT processes, as well as tons of new metaphors and experiential exercises to help promote opening up, being present, and taking action.

JILL A. STODDARD, PHD, & NILOOFAR AFARI, PHD | FOREWORD BY STEVEN C. HAYES, PHD
ISBN: 9781608825295 | US \$59.95



CFT MADE SIMPLE

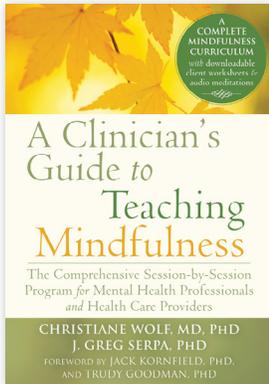
A Clinician's Guide to Practicing Compassion-Focused Therapy

Compassion-focused therapy (CFT) is especially effective in helping clients work through troubling thoughts and behaviors, approach themselves and others with greater compassion and kindness, and feel safer and more confident in their ability to handle life's challenges.

RUSSELL L. KOLTS, PHD

FOREWORD BY PAUL GILBERT, PHD | AFTERWORD BY STEVEN C. HAYES, PHD

ISBN: 9781626253094 | US \$54.95



A CLINICIAN'S GUIDE TO TEACHING MINDFULNESS

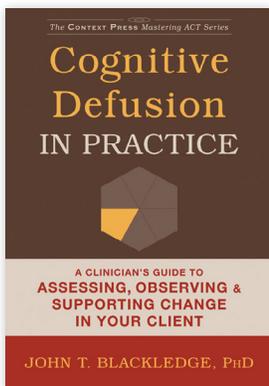
The Comprehensive Session-by-Session Program for Mental Health Professionals & Health Care Providers

This introductory six-week protocol is easy to use in a variety of settings, regardless of your theoretical background. Also included are training materials, scripts for weekly meditations, invaluable teaching tips, and additional online resources.

CHRISTIANE WOLF, MD, PHD, & J. GREG SERPA, PHD

FOREWORD BY JACK KORNFIELD, PHD, & TRUDY GOODMAN, PHD

ISBN: 9781626251397 | US \$59.95



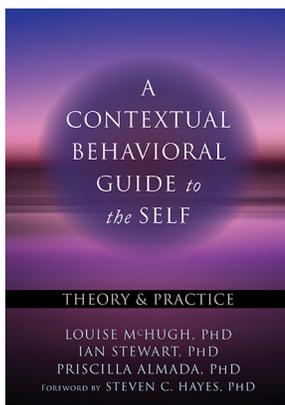
COGNITIVE DEFUSION IN PRACTICE

A Clinician's Guide to Assessing, Observing & Supporting Change in Your Client

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JOHN T. BLACKLEDGE, PHD

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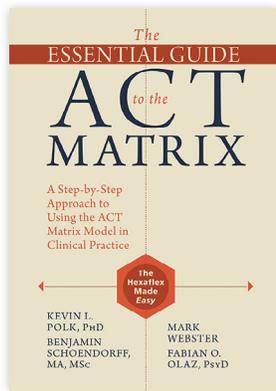
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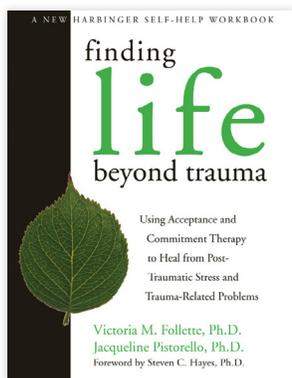
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A Step-by-Step Approach to Using the ACT Matrix Model in Clinical Practice

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& FABIAN O. OLAZ, PSYD

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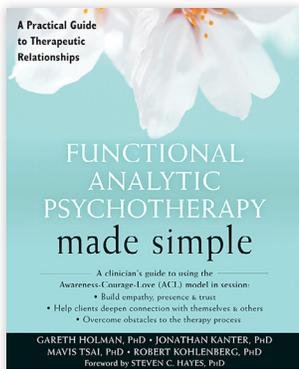
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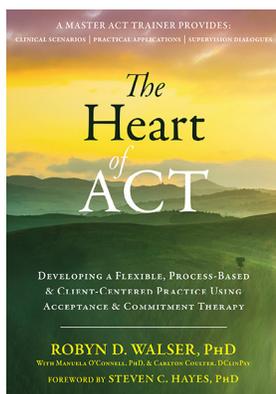
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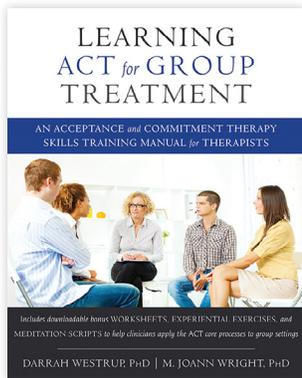
Developing a Flexible, Process-Based & Client-Centered Practice Using Acceptance & Commitment Therapy

Renowned ACT trainer Robyn Walser explores ACT as a process-based therapy incorporating intrapersonal and interpersonal processes, as well as the six core components of psychological flexibility to connect clinicians to the dynamic and relational implementation of ACT. Engaging clinical scenarios, therapeutic insights, and supervision dialogues are offered to help clinicians move beyond their conceptual understanding of ACT principles to master the nuances of the therapeutic relationship at the heart of ACT.

ROBYN D. WALSER, PHD | FOREWORD BY STEVEN C. HAYES, PHD

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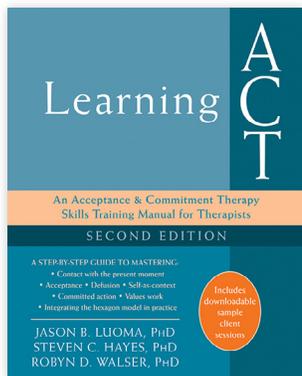
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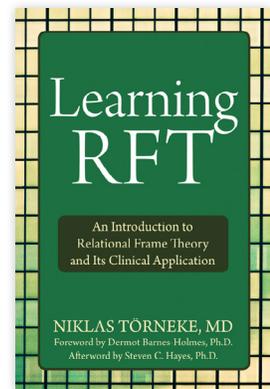
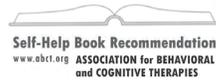
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JASON B. LUOMA, PHD, STEVEN C. HAYES, PHD, & ROBYN D. WALSER, PHD
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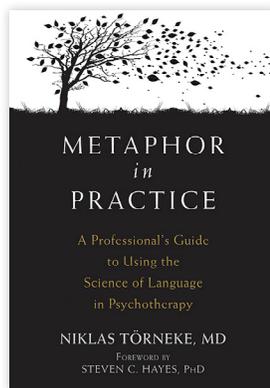
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NIKLAS TÖRNEKE, MD
FOREWORD BY DERMOT BARNES-HOLMES, PHD | AFTERWORD BY STEVEN C. HAYES, PHD
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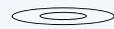
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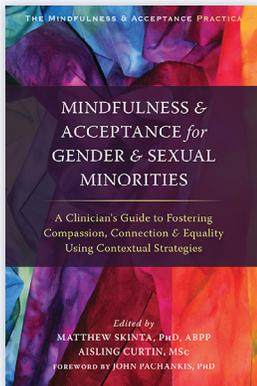
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In this book, you'll find a scientific analysis of metaphor based on over thirty years of research, as well as trends in research over the last ten years. The book includes an overview of how metaphor has influenced the community of behavior analysis, as well as available clinical research on metaphor use. You'll also discover how to create metaphors for functional analysis, distance of observation, and things that matter to your client. Most importantly, you'll find practical examples of metaphors and clinical exercises you can use in session.

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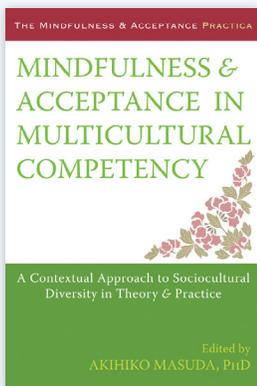
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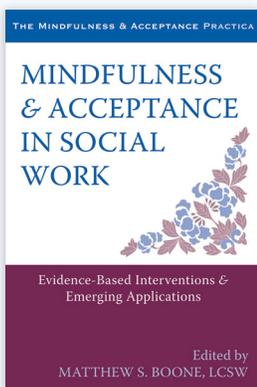
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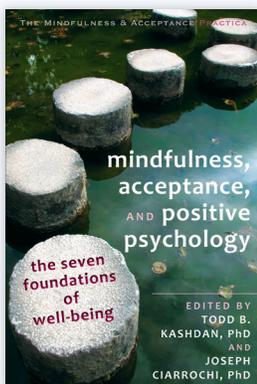
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Evidence-Based Interventions & Emerging Applications

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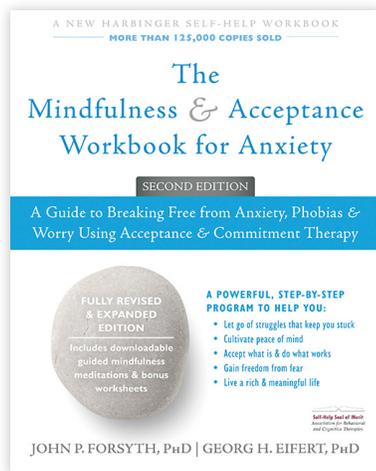
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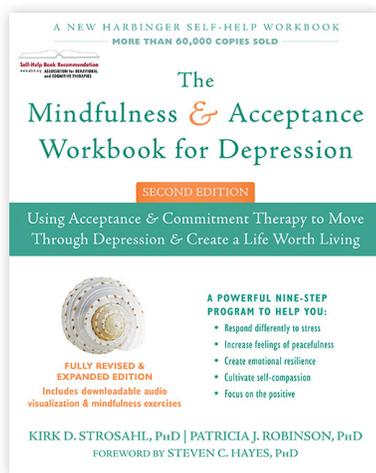


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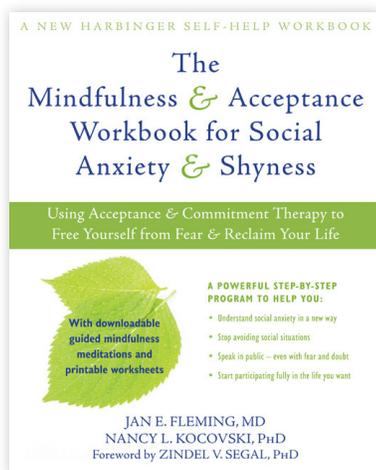
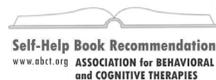


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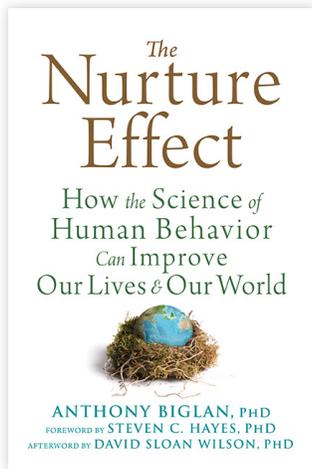
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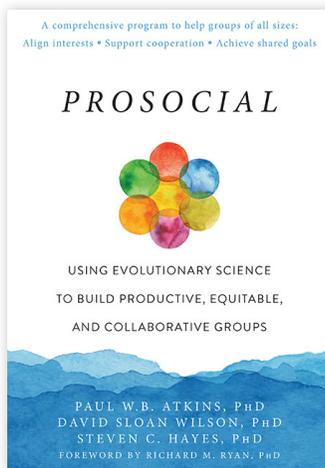
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ANTHONY BIGLAN, PHD

FOREWORD BY STEVEN C. HAYES, PHD | AFTERWORD BY DAVID SLOAN WILSON, PHD

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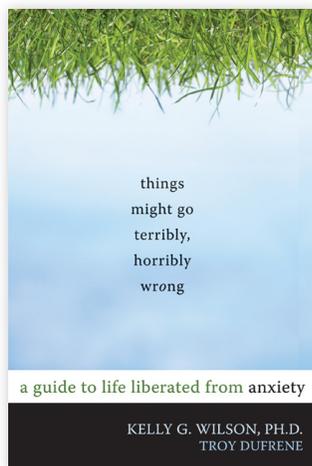
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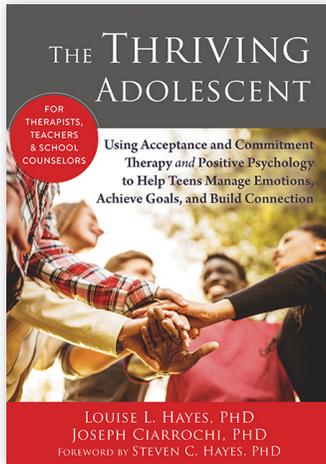
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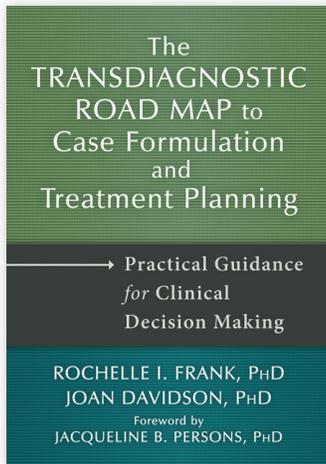
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LOUISE L. HAYES, PHD, & JOSEPH CIARROCHI, PHD

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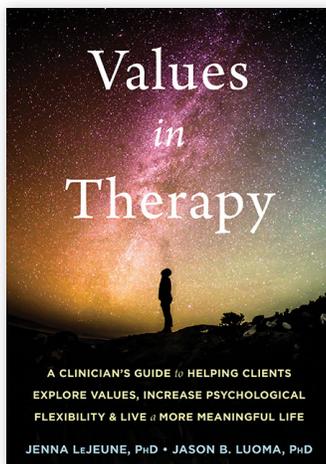
ROCHELLE I. FRANK, PHD, & JOAN DAVIDSON, PHD

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“ As the DSM-V stumbles, this book presents the exciting possibility that we now have enough transdiagnostic knowledge to create a categorization system that will help practitioners select interventions based on their usefulness in targeting identified processes of change.

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