

# Acceptance & Commitment Therapy

Books *for* Psychology Professionals

**2023**

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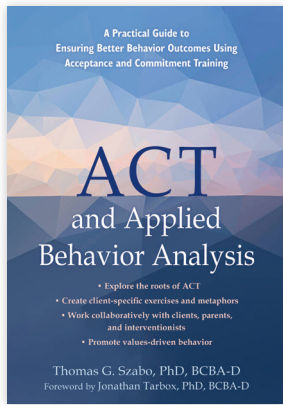
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# 2023 RELEASES



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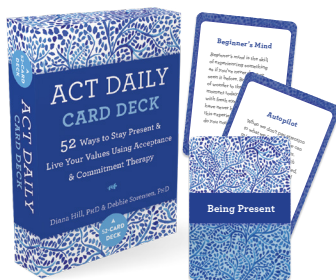
AVAILABLE OCTOBER 2023

## ACT & APPLIED BEHAVIOR ANALYSIS

A Practical Guide to Ensuring Better Behavior Outcomes Using Acceptance & Commitment Training

This definitive professional manual teaches board-certified behavior analysts (BCBAs) the psychological flexibility model, as well as how to conceptualize their cases using acceptance and commitment therapy (ACT). With this guide, BCBAs will learn how to create their own exercises and generate metaphors, be present with the unique individual learner in front of them, and practice the core ACT skills flexibly to ensure better behavior outcomes for clients and their families.

**THOMAS G. SZABO, PHD, BCBA-D** | FOREWORD BY **JONATHAN TARBOX, PHD, BCBA-D**  
ISBN: 9781684035816 | US \$59.95



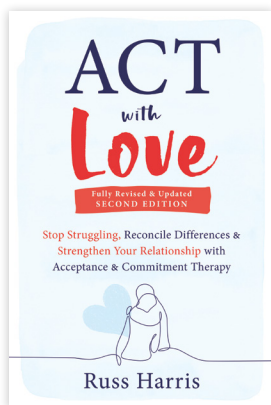
## ACT DAILY CARD DECK

52 Ways to Stay Present & Live Your Values Using Acceptance & Commitment Therapy

How can you help clients create a framework for values-based living? With the *ACT Daily Card Deck*, your clients will learn about the six core processes of ACT—including mindfulness, acceptance, and values-based living—as well as self-compassion. By applying ACT to daily life, clients can recover from setbacks, live fully in the present moment, and make choices that reflect their deepest values.

**DIANA HILL, PHD, & DEBBIE SORENSEN, PHD**  
ISBN: 9781648481239 | US \$18.95

NEW EDITION

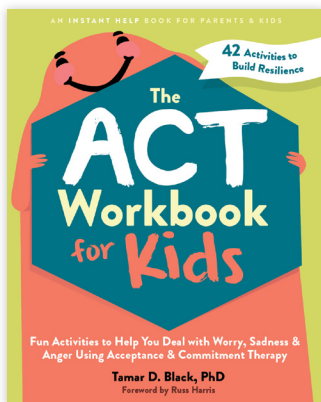


## ACT WITH LOVE, SECOND EDITION

Stop Struggling, Reconcile Differences & Strengthen Your Relationship with Acceptance & Commitment Therapy

In this fully revised and updated edition of *ACT with Love*, therapist and world-renowned ACT expert Russ Harris explains how developing psychological flexibility—the ability to be in the present moment with openness, awareness, and focus—can help clients build more compassionate, accepting, and loving relationships. The book also includes new information on attachment theory, powerful new mindfulness and self-compassion techniques, and new assertiveness and boundary-setting skills.

**RUSS HARRIS**  
ISBN: 9781648481635 | US \$18.95



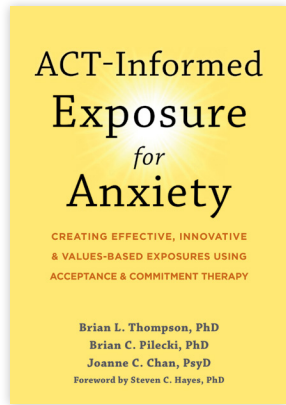
AVAILABLE JANUARY 2024

## THE ACT WORKBOOK FOR KIDS

Fun Activities to Help You Deal with Worry, Sadness & Anger Using Acceptance & Commitment Therapy

If you treat children or pre-teens with mental health challenges such as anxiety, depression, stress, and trauma, you need fun and engaging resources to help them stay motivated and practice the skills they've learned in session. In this workbook, renowned ACT expert Tamar D. Black offers skills based in a simplified version of the ACT Hexaflex called the *Kidflex*, to help kids ages eight to twelve deal with worry, sadness, and anger; build the resilience needed to face life's challenges; and thrive.

**TAMAR D. BLACK, PHD** | FOREWORD BY **RUSS HARRIS**  
ISBN: 9781648481819 | US \$18.95

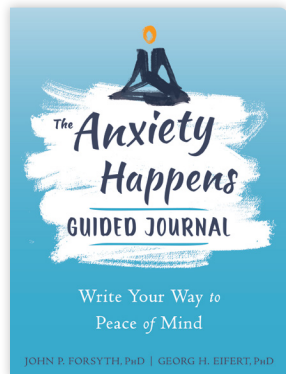


## ACT-INFORMED EXPOSURE FOR ANXIETY

Creating Effective, Innovative & Values-Based Exposures Using Acceptance & Commitment Therapy

This clinical guide shows therapists how to create effective, innovative, and values-driven exposures for treating clients with anxiety and avoidant behaviors. The exposures outlined in this book are easy to implement, easily tolerated by clients, and work to strengthen psychological flexibility. Whether you are new to ACT and exposure, or are experienced in other models of exposure therapy and interested in incorporating ACT into your practice, this book is an essential resource for your professional library.

**BRIAN L. THOMPSON, PHD, BRIAN C. PILECKI, PHD, & JOANNE C. CHAN, PSYD**  
FOREWORD BY STEVEN C. HAYES, PHD  
ISBN: 9781648480812 | US \$64.95

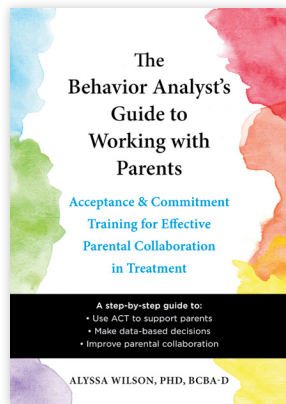


## THE ANXIETY HAPPENS GUIDED JOURNAL

Write Your Way to Peace of Mind

Journaling is a powerful and proven-effective way to help clients record their emotional experiences, reflect on what they've learned in treatment, and make a commitment to positive change. From two internationally recognized experts on anxiety and the authors of *Anxiety Happens*, this guided journal offers daily writing prompts based in ACT to help your clients connect with what matters, stay calm in the moment, accept uncertainty—and break free from worry, fear, and panic.

**JOHN P. FORSYTH, PHD, & GEORG H. EIFERT, PHD**  
ISBN: 9781648482113 | US \$18.95



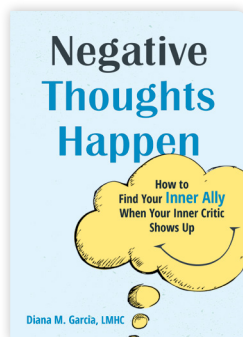
## THE BEHAVIOR ANALYST'S GUIDE TO WORKING WITH PARENTS

Acceptance & Commitment Training for Effective Parental Collaboration in Treatment

If you are a board-certified behavior analyst (BCBA) working in the field, you understand how essential it is to enlist the support of parents when working with children with complex needs. This comprehensive professional guide offers skills grounded in ACT to help you get parents on the same page and working with you to achieve measurable results. You'll also find an overview of relational frame theory (RFT), rule governance, and how these core concepts and principles align within the ACT model.

**ALYSSA N. WILSON, PHD, BCBA-D**  
ISBN: 9781648480904 | US \$79.95

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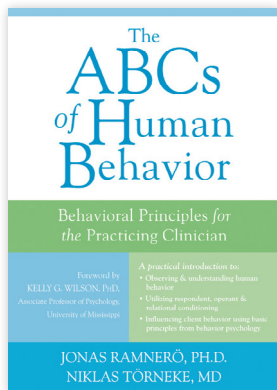
AVAILABLE DECEMBER 2023

## NEGATIVE THOUGHTS HAPPEN

How to Find Your Inner Ally When Your Inner Critic Shows Up

This powerful yet accessible guide offers quick, simple, and evidence-based skills drawn from ACT to help clients respond more effectively to negative or self-critical thoughts in the moment. Clients will discover the root cause of their negative thoughts, how to put these thoughts into perspective, and how to focus instead on what really matters in their lives.

**DIANA M. GARCIA, LMHC**  
ISBN: 9781648482250 | US \$18.95

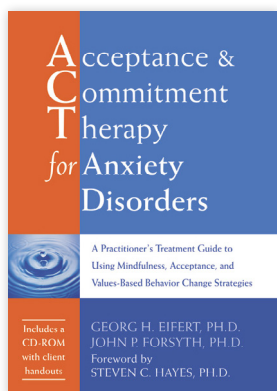


## THE ABCS OF HUMAN BEHAVIOR

### 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, PH.D., & NIKLAS TÖRNEKE, MD**  
ISBN: 9781608824342 | US \$54.95

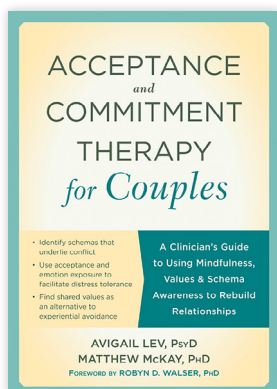


## ACCEPTANCE & COMMITMENT THERAPY FOR ANXIETY DISORDERS

### 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, PH.D., & JOHN P. FORSYTH, PH.D.** | FOREWORD BY STEVEN C. HAYES, PH.D.  
ISBN: 9781626251236 | US \$59.95



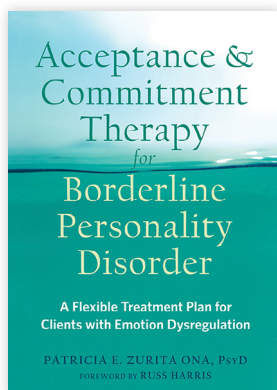
## ACCEPTANCE & COMMITMENT THERAPY FOR COUPLES

### 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, PH.D.** | FOREWORD BY ROBYN D. WALSER, PH.D.  
ISBN: 9781626254800 | US \$39.95

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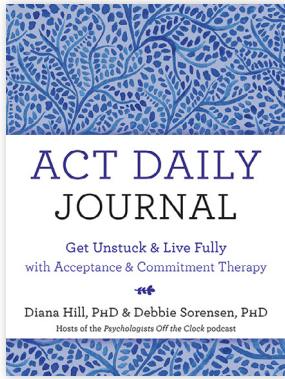
## ACCEPTANCE & COMMITMENT THERAPY FOR BORDERLINE PERSONALITY DISORDER

### 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

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## ACT DAILY JOURNAL

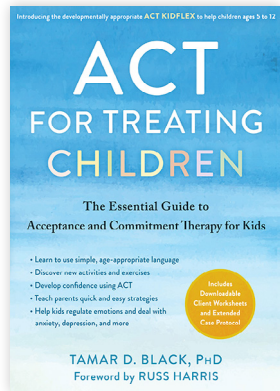
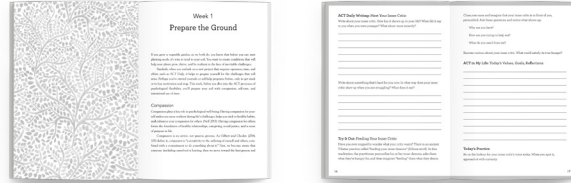
Get Unstuck & Live Fully with Acceptance & Commitment Therapy

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

INSIDE



## ACT FOR TREATING CHILDREN

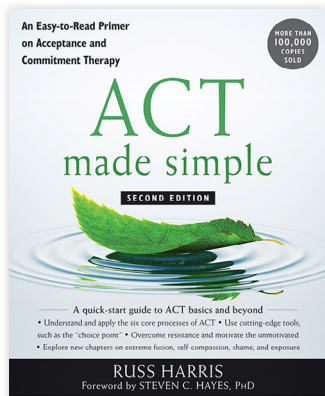
The Essential Guide to Acceptance & Commitment Therapy for Kids

*ACT for Treating Children* offers a customized adaptation of the ACT Hexaflex—a key component of ACT—called the *Kidflex* to help young clients build resilience and psychological flexibility. You'll find detailed case studies, transcripts, activities, experiential exercises, worksheets, and session plans to help children manage emotions. Finally, you'll find strategies for involving parents in treatment when appropriate, and enlisting them as “ACT coaches” in the child's therapy.

TAMAR D. BLACK, PHD | FOREWORD BY RUSS HARRIS

ISBN: 9781684039760 | US \$54.95

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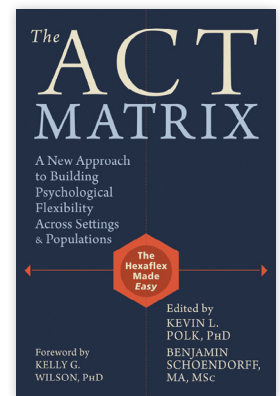
## ACT MADE SIMPLE, SECOND EDITION

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 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.

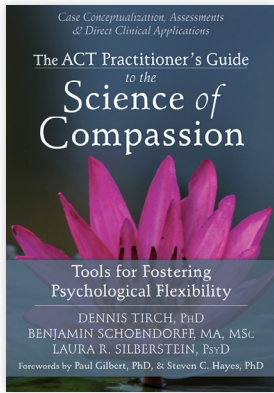
EDITED BY KEVIN L. POLK, PHD, & BENJAMIN SCHOENDORFF, MA, MSC

FOREWORD BY KELLY G. WILSON, PHD

ISBN: 9781608829231 | US \$58.95

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## THE ACT PRACTITIONER'S GUIDE TO THE SCIENCE OF COMPASSION

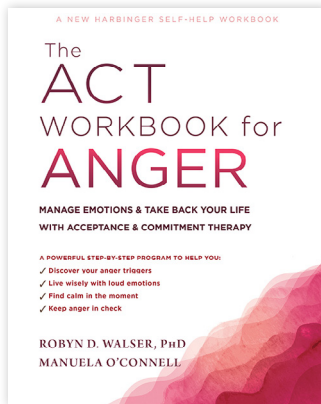
Tools for Fostering Psychological Flexibility

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



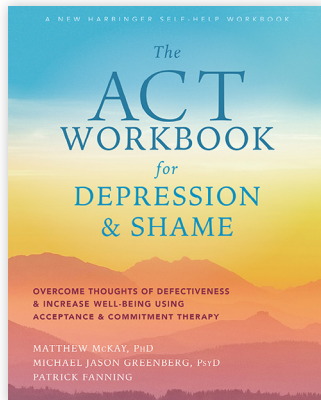
## THE ACT WORKBOOK FOR ANGER

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



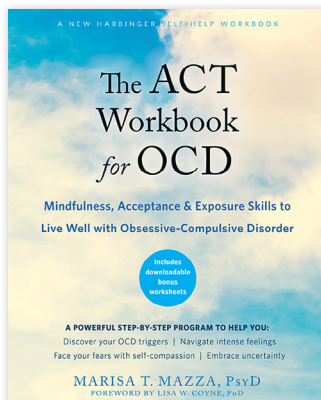
## THE ACT WORKBOOK FOR DEPRESSION & SHAME

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



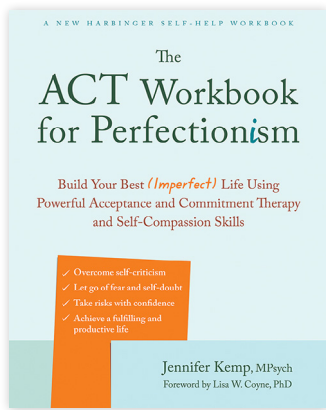
## THE ACT WORKBOOK FOR OCD

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

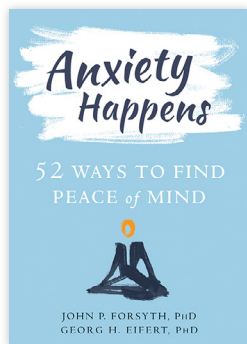


## THE ACT WORKBOOK FOR PERFECTIONISM

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

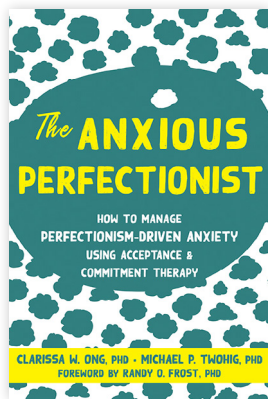


## ANXIETY HAPPENS

52 Ways to Find Peace of Mind

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

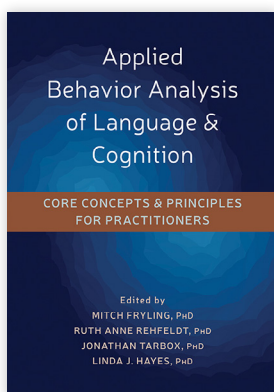


## THE ANXIOUS PERFECTIONIST

How to Manage Perfectionism-Driven Anxiety Using Acceptance & Commitment Therapy

This book shines a much-needed light on the hidden costs of “being the best,” and offers essential ACT skills to help your client cope with the anxiety that is driven by their perfectionism. Clients will discover how to overcome negative self-talk and criticism, let go of self-limiting labels such as “success” or “failure,” and give themselves and others permission to make mistakes.

CLARISSA W. ONG, PHD, & MICHAEL P. TWOHIG, PHD  
FOREWORD BY RANDY O. FROST, PHD  
ISBN: 9781684038459 | US \$16.95



## APPLIED BEHAVIOR ANALYSIS OF LANGUAGE & COGNITION

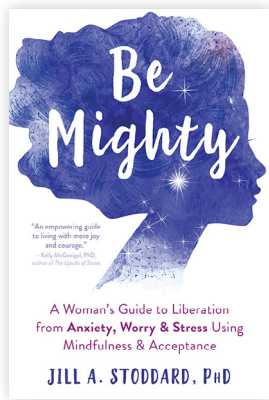
Core Concepts & Principles for Practitioners

With contributions from leading behaviorists, this groundbreaking edited volume brings the study of verbal behavior into the twenty-first century with new, cutting-edge 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

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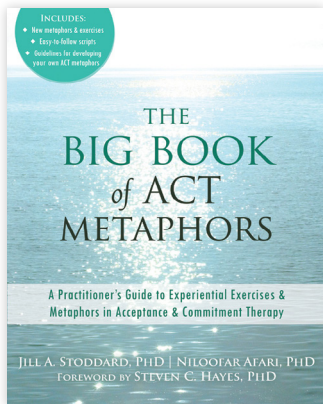


## BE MIGHTY

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

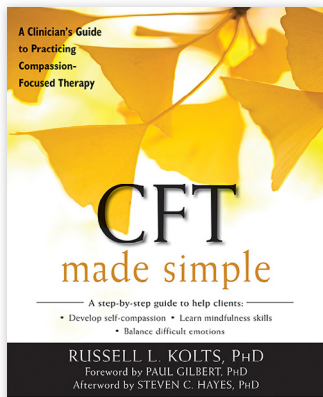


## THE BIG BOOK OF ACT METAPHORS

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

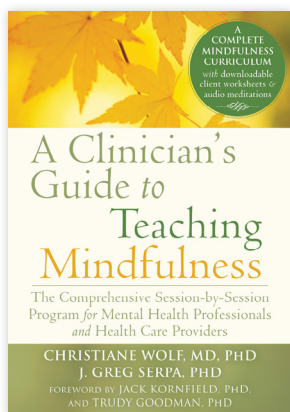
A Clinician's Guide to Practicing Compassion-Focused Therapy

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

“ This book will be an essential tool for any therapist wanting to effectively incorporate compassion into their work with clients. ”

—KRISTIN NEFF, PHD, author of *Self-Compassion*



## A CLINICIAN'S GUIDE TO TEACHING MINDFULNESS

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

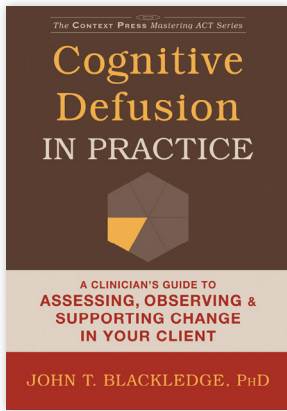
This introductory six-week protocol is easy to use in a variety of settings, regardless of your theoretical background. Also included are training materials, scripts for weekly meditations, invaluable teaching tips, and additional online resources.

CHRISTIANE WOLF, MD, PHD, & J. GREG SERPA, PHD  
FOREWORD BY JACK KORNFIELD, PHD, & TRUDY GOODMAN, PHD  
ISBN: 9781626251397 | US \$59.95

“ Wolf and Serpa give a crystal clear road map for any professional wanting to teach mindfulness in clinical settings. ”

—RICK HANSON, PHD, author of *Buddha's Brain*





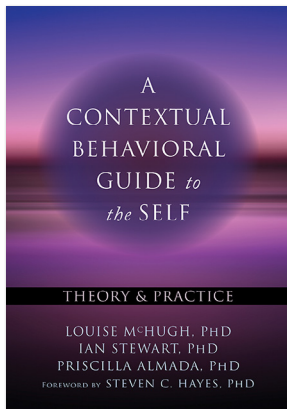
## COGNITIVE DEFUSION IN PRACTICE

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

Designed for use by mental health professionals and graduate students, this book clearly conceptualizes cognitive defusion—an integral aspect of ACT—for accessible and practical reference. The book also provides comprehensive descriptions of a wide variety of defusion techniques, and illustrates how and when to introduce defusion in therapy.

**JOHN T. BLACKLEDGE, PHD**

**ISBN: 9781608829804 | US \$39.95**



## A CONTEXTUAL BEHAVIORAL GUIDE TO THE SELF

**Theory & Practice**

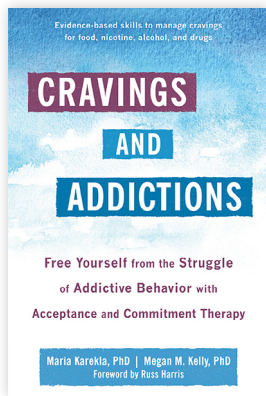
The self plays an integral role in human motivation, cognition, and social identity. That's why observing the self is such an important element of ACT. However, for many ACT clinicians, it can be difficult to apply this complex theory in everyday practice. A must-have addition to any ACT practitioner's library, this book translates the ACT model's most difficult—yet essential—process into easy-to-apply steps and user-friendly language.

**LOUISE MCHUGH, PHD, IAN STEWART, PHD, & PRISCILLA ALMADA, PHD**

**FOREWORD BY STEVEN C. HAYES, PHD**

**ISBN: 9781626251762 | US \$49.95**

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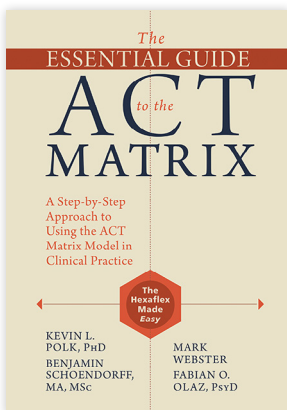
## CRAVINGS & ADDICTIONS

**Free Yourself from the Struggle of Addictive Behavior with Acceptance & Commitment Therapy**

This powerful guide offers practical ACT strategies to help clients cope with the cravings at the core of their addiction. Clients will learn to recognize the cues that trigger unhealthy choices and behaviors, accept that cravings are a normal part of life, choose to manage cravings rather than surrender to them, and take action to change their lives for the better.

**MARIA KAREKLA, PHD, & MEGAN M. KELLY, PHD | FOREWORD BY RUSS HARRIS**

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## THE ESSENTIAL GUIDE TO THE ACT MATRIX

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

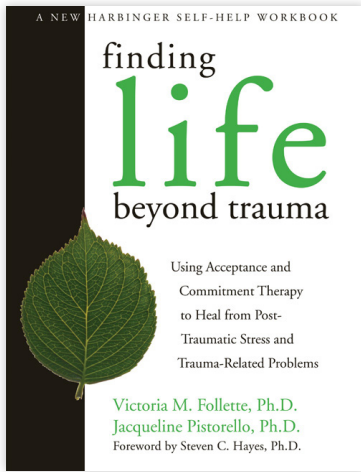
This comprehensive guide offers a seamless fusion of the six core processes of the ACT hexaflex—cognitive defusion, acceptance, contact with the present moment, observing the self, values, and committed action—and distills ACT into a simple, easy-to-use model. With this book, you'll gain powerful tools to help clients break free from painful psychological traps and live more meaningful lives. Most importantly, you'll discover how this unique approach can be used to deliver ACT in a variety of settings and contexts, even when clients are resistant or unmotivated to participate.

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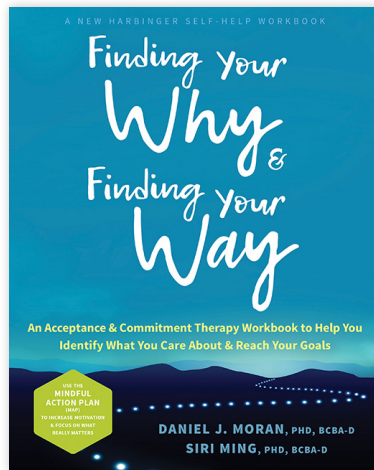


## FINDING LIFE BEYOND TRAUMA

Using Acceptance & Commitment Therapy to Heal from Post-Traumatic Stress & Trauma-Related Problems

This workbook offers an ACT-based approach to living a rich and purposeful life after experiencing a traumatic event. By exploring mindfulness techniques, readers will be able to remain present with painful feelings, and stop avoiding the thoughts and situations that bring them up. Instead of focusing on the past, they'll clarify what they want their lives to be about right now and in the future.

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FOREWORD BY STEVEN C. HAYES, PHD  
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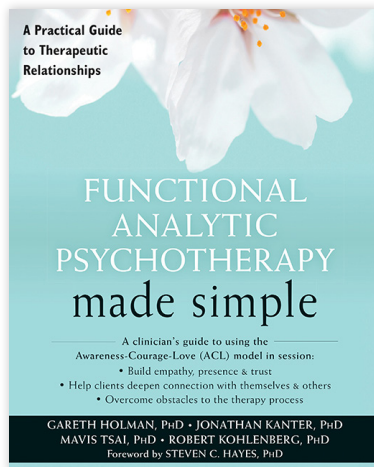


## FINDING YOUR WHY & FINDING YOUR WAY

An Acceptance & Commitment Therapy Workbook to Help You Identify What You Care About & Reach Your Goals

Help clients put mindfulness into action, and create a “map” for their chosen life path with this powerful, step-by-step workbook. Clients will find a customizable approach that blends mindfulness, behavioral activation skills, performance management techniques, and ACT to identify what they deeply care about; increase motivation; get unstuck from anxiety, depression, or trauma; reach their goals; and live a more meaningful life.

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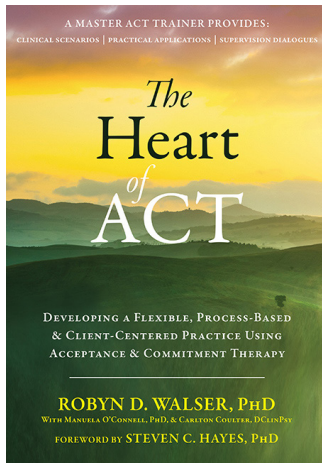
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“ *Functional Analytic Psychotherapy Made Simple* is the perfect introduction to a transformational therapy— highly recommended! ”

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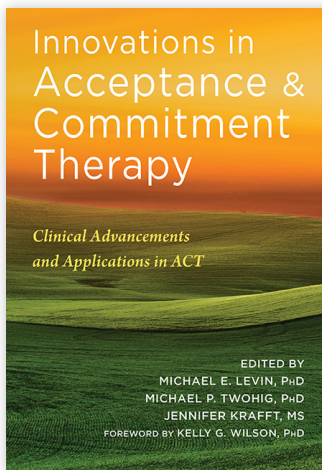
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Developing a Flexible, Process-Based & Client-Centered Practice Using Acceptance & Commitment Therapy

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.

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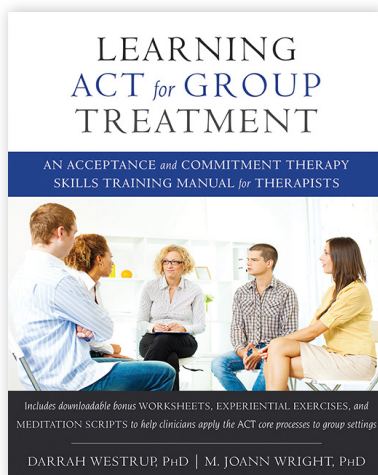
Clinical Advancements & Applications in ACT

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.

EDITED BY **MICHAEL E. LEVIN, PHD,** **MICHAEL P. TWOHIG, PHD,**  
& **JENNIFER KRAFFT, MS** | FOREWORD BY **KELLY G. WILSON, PHD**  
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“ 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



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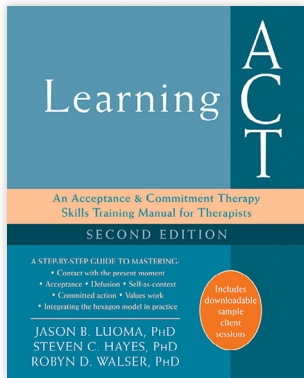
## LEARNING ACT FOR GROUP TREATMENT

An Acceptance & Commitment Therapy Skills Training Manual for Therapists

*Learning ACT for Group Treatment* outlines each of the core ACT processes and provides printable worksheets, tips on group session formatting, and a wide range of exercises that promote willingness, cooperation, and connection among participants. If you're interested in using ACT in group therapy, this practical resource will guide you every step of the way.

**DARRAH WESTRUP, PHD,** & **M. JOANN WRIGHT, PHD**  
**ISBN: 9781608823994 | US \$59.95**

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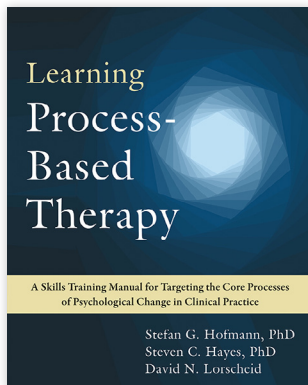
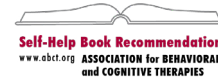
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## LEARNING ACT, SECOND EDITION

An Acceptance & Commitment Therapy Skills Training Manual for Therapists

In this second edition of *Learning ACT*, you'll find practical, workbook-format exercises to help you understand and implement ACT's unique six-process model—both as a tool for diagnosis and case conceptualization, and as a basis for structuring treatments for clients. Also included are new experiential exercises, an increased focus on functional analysis, and downloadable extras that include role-played examples of the core ACT processes in action.

JASON B. LUOMA, PHD, STEVEN C. HAYES, PHD,  
& ROBYN D. WALSER, PHD  
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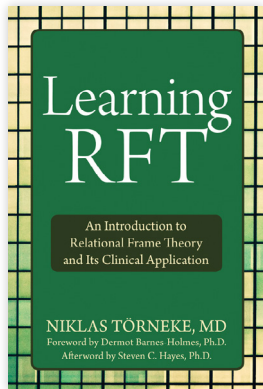
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STEFAN G. HOFMANN, PHD, STEVEN C. HAYES, PHD, & DAVID N. LORSCHIED  
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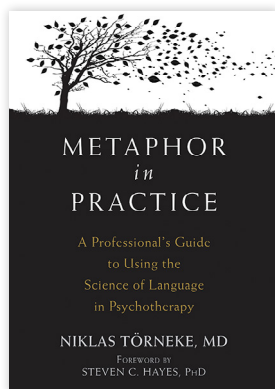
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Niklas Törneke presents the building blocks of relational frame theory (RFT): language as a particular kind of relating, derived stimulus relations, and transformation of stimulus functions. *Learning RFT* shows how to use experiential exercises and metaphors in psychological treatment, and explains how they can help your clients.

NIKLAS TÖRNEKE, MD  
FOREWORD BY DERMOT BARNES-HOLMES, PHD | AFTERWORD BY STEVEN C. HAYES, PHD  
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## METAPHOR IN PRACTICE

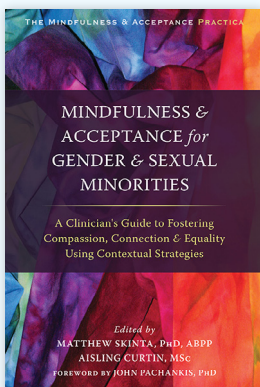
A Professional's Guide to Using the Science of Language in Psychotherapy

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.

NIKLAS TÖRNEKE, MD | FOREWORD BY STEVEN C. HAYES, PHD  
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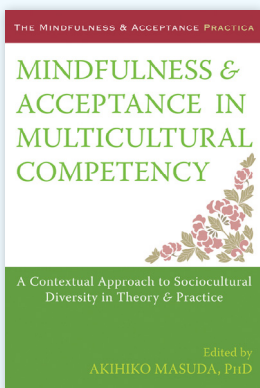
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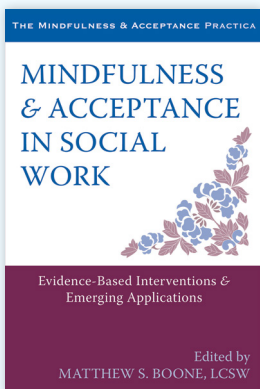
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**A Contextual Approach to Sociocultural Diversity in Theory & Practice**

This book presents a contextual approach to sociocultural diversity in both theory and practice. You'll learn how to tailor your therapeutic approaches to address a number of cultural factors, including religion and spirituality, social stigma, prejudice, and differences in language. You'll also find solid data and research that show how innovations in acceptance and mindfulness therapies can be directed for the wellness of all people.

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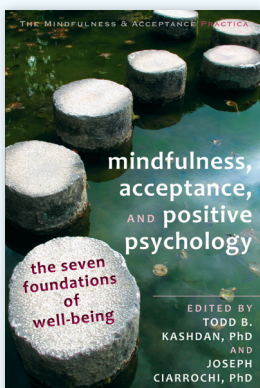
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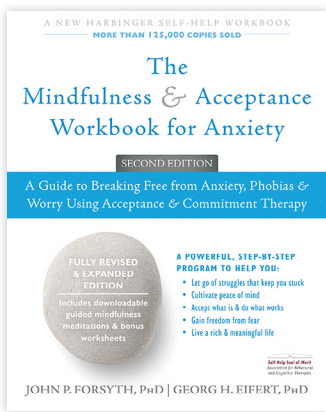
**The Seven Foundations of Well-Being**

This book reveals the seven foundations of well-being—beliefs, mindfulness, perspective, values, acceptance, behavior control, and cognitive skills. By focusing on the core elements of ACT and positive psychology—such as mindfulness, self-compassion, and committed action—professionals can help their clients live healthier, happier, and more fulfilling lives.

**EDITED BY TODD B. KASHDAN, PHD, & JOSEPH CIARROCHI, PHD**

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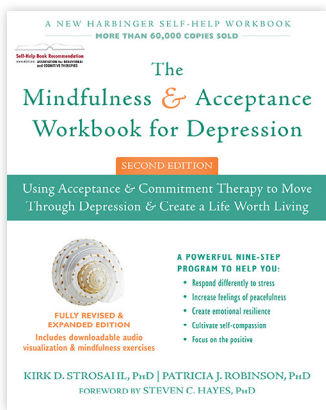
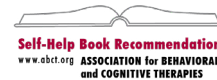


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A Guide to Breaking Free from Anxiety, Phobias & Worry Using Acceptance & Commitment Therapy

This fully revised and updated edition offers powerful new exercises based in ACT to help clients break free from anxiety. They'll discover how the mind can keep us stuck and struggling in fear, and discover how acceptance, mindfulness, and compassion can help shift focus away from managing anxiety and onto what really matters.

JOHN P. FORSYTH, PHD, & GEORG H. EIFERT, PHD  
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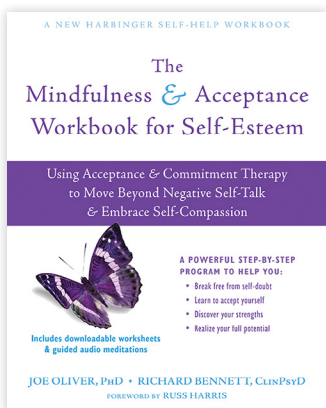
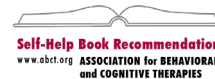


## THE MINDFULNESS & ACCEPTANCE WORKBOOK FOR DEPRESSION, SECOND EDITION

Using Acceptance & Commitment Therapy to Move Through Depression & Create a Life Worth Living

This second edition offers step-by-step guidance to help clients work through—rather than avoid—the aspects of life that are causing them to feel depressed. Based in ACT, the techniques and tools in this book will help clients evaluate their own depression, and create a personalized treatment plan.

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FOREWORD BY STEVEN C. HAYES, PHD  
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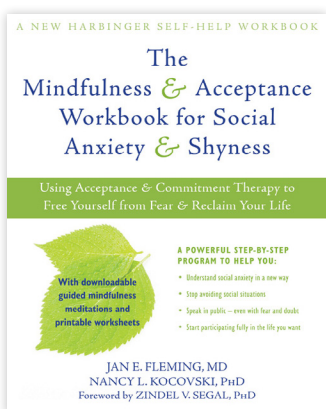


## THE MINDFULNESS & ACCEPTANCE WORKBOOK FOR SELF-ESTEEM

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 and discover the things that matter to them.

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FOREWORD BY RUSS HARRIS  
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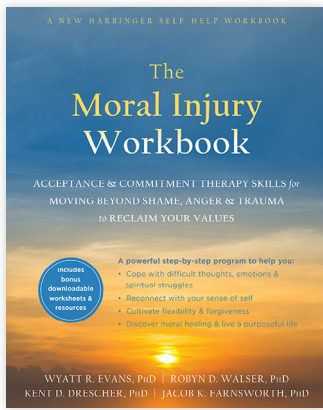


## THE MINDFULNESS & ACCEPTANCE WORKBOOK FOR SOCIAL ANXIETY & SHYNESS

Using Acceptance & Commitment Therapy to Free Yourself from Fear & Reclaim Your Life

This workbook offers an ACT approach to overcoming shyness and social anxiety. Using the worksheets and exercises included in this book, clients will build the courage they need to engage in situations that may seem threatening at first, but will ultimately lead to profound personal growth and fulfillment.

JAN E. FLEMING, MD, & NANCY L. KOCOVSKI, PHD  
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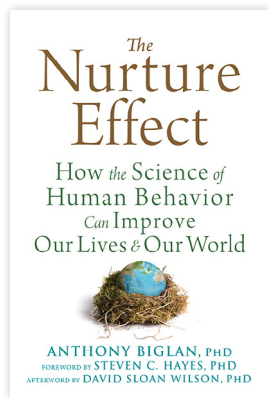


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Acceptance & Commitment Therapy Skills for Moving Beyond Shame, Anger & Trauma to Reclaim Your Values

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.

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KENT D. DRESCHER, PHD, & JACOB K. FARNSWORTH, PHD  
ISBN: 9781684034772 | US \$24.95

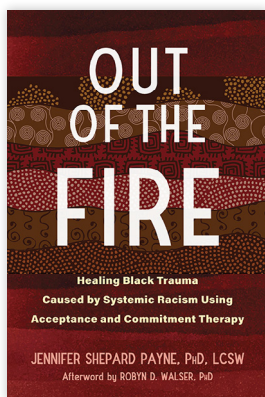


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ANTHONY BIGLAN, PHD  
FOREWORD BY STEVEN C. HAYES, PHD | AFTERWORD BY DAVID SLOAN WILSON, PHD  
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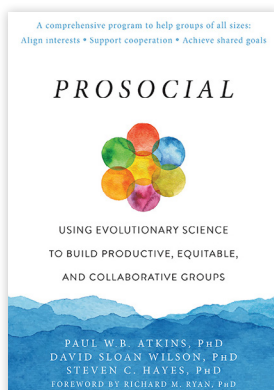


## OUT OF THE FIRE

Healing Black Trauma Caused by Systemic Racism Using Acceptance & Commitment Therapy

Black clinician and professor, Jennifer Shepard Payne, presents culturally informed ACT skills to help clients heal from trauma, so they can live a meaningful life that is in tune with their own values. The ACT approach in this guide is empowering, strength-based, and non-pathologizing. Clients who have experienced race-based trauma, or have lived through a personal traumatic experience, will find the tools needed to rediscover a sense of wholeness.

JENNIFER SHEPARD PAYNE, PHD, LCSW | AFTERWORD BY ROBYN D. WALSER, PHD  
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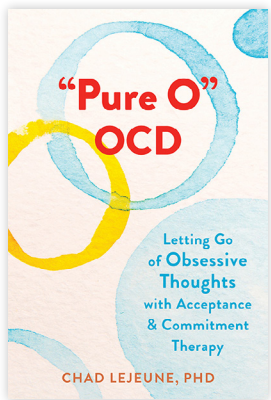
Using Evolutionary Science to Build Productive, Equitable & Collaborative Groups

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FOREWORD BY RICHARD M. RYAN, PHD  
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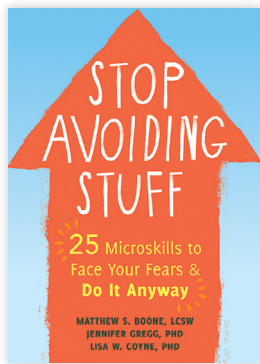
### “PURE O” OCD

Letting Go of Obsessive Thoughts with Acceptance & Commitment Therapy

This book explains the cognitive fusion underlying obsessive thoughts, and how it can lead to social anxiety, not feeling good enough, panics and phobias, and even other disorders—all of which then reinforce the fusion in an unhelpful, positive feedback loop. Using the five skills in this book—labeling, letting go, mindfulness, purpose, and acceptance—clients will learn how to finally break free of the struggle, worrying, and avoidance that keep them stuck.

CHAD LEJEUNE, PHD

ISBN: 9781648480409 | US \$18.95



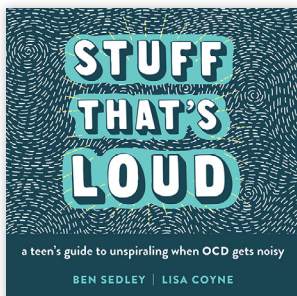
### STOP AVOIDING STUFF

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

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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

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### STUFF THAT SUCKS

A Teen's Guide to Accepting What You Can't Change & Committing to What You Can

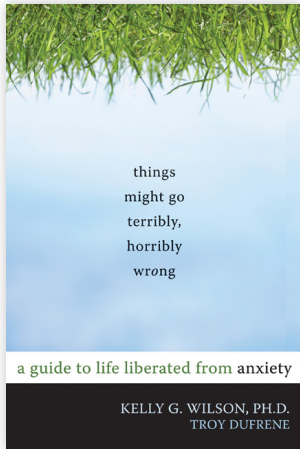
*Stuff That Sucks* offers teen-friendly ACT skills to help young clients accept their emotions rather than fight them, and move past negative thoughts and feelings to discover what that really matters. With this compassionate and engaging guide, clients will learn effective strategies to handle life's challenges, and discover how taking just a few moments each day to pursue their interests can improve overall well-being.

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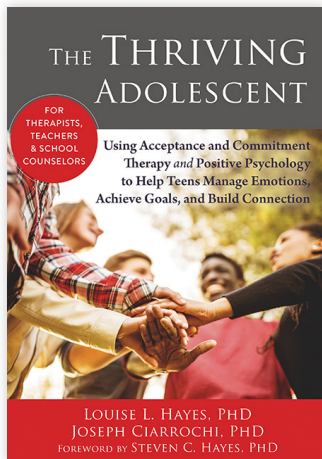
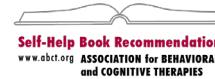


## THINGS MIGHT GO TERRIBLY, HORRIBLY WRONG

### A Guide to Life Liberated from Anxiety

Instead of trying to help readers overcome or reduce feelings of anxiety, this book will help them climb inside these feelings, sit in that place, and see what it would be like to have anxiety and still make room in their life to breathe, rest, and live—really and truly live—in a way that matters to them. This book starts a conversation about why we all sometimes feel anxious, and what role that anxiety serves in our lives.

KELLY G. WILSON, PHD, & TROY DUFRENE  
ISBN: 9781572247116 | US \$18.95



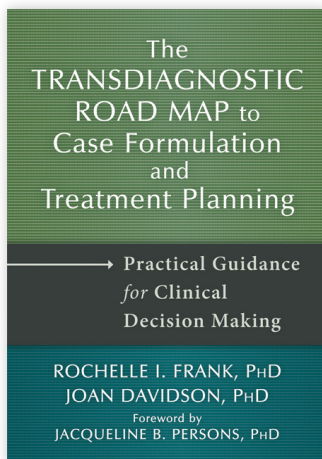
## THE THRIVING ADOLESCENT

### Using Acceptance & Commitment Therapy & Positive Psychology to Help Teens Manage Emotions, Achieve Goals & Build Connection

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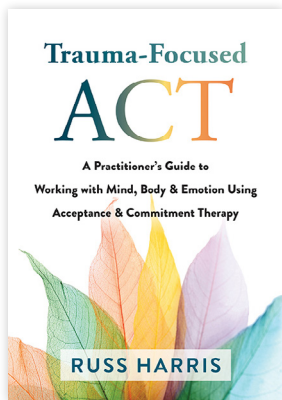
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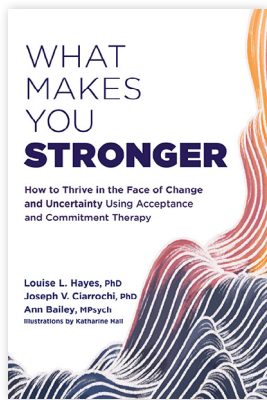
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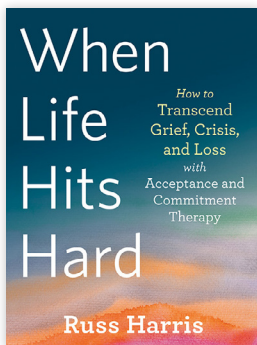
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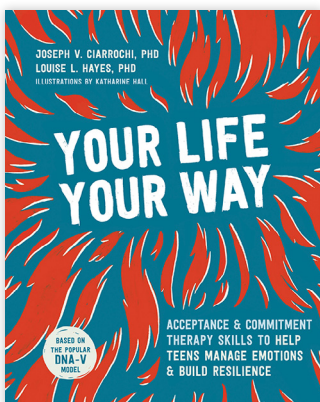
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