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Acceptance and Commitment Therapy, Second Edition: The Process and Practice of Mindful Change

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

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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.

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