



NIC
HOOPER
&
ANDREAS
LARSSON

THE RESEARCH
JOURNEY OF
ACCEPTANCE AND
COMMITMENT
THERAPY (ACT)

WITH A
FOREWORD
BY
STEVEN C.
HAYES



The Research Journey Of Acceptance And Commitment Therapy Act

**Gareth Holman,Jonathan W.
Kanter,Mavis Tsai,Robert Kohlenberg**

The Research Journey Of Acceptance And Commitment Therapy Act:

The Research Journey of Acceptance and Commitment Therapy (ACT) Nic Hooper, Andreas Larsson, 2015-08-18 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 Research Journey of Acceptance and Commitment Therapy (ACT) Nic Hooper, Andreas Larsson, 2015-08-18 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

Acceptance and Commitment Therapy For Dummies Freddy Jackson Brown, Duncan Gillard, 2016-01-12 Harness ACT to live a healthier life Do you want to change your relationship with painful thoughts and feelings that are holding you back from making changes to improve your life In Acceptance and Commitment Therapy For Dummies you ll discover how to identify negative and unhealthy modes of thinking and apply Acceptance and Commitment Therapy ACT principles throughout your day to day life creating a healthier richer and more meaningful existence with yourself and others Closely connected to Cognitive Behavioural Therapy CBT ACT is an evidence based NICE approved therapy that uses acceptance and mindfulness strategies mixed in with commitment and behaviour changing strategies to help people increase their psychological flexibility in both their personal and professional lives With the help of this straightforward and authoritative guide you ll find out how to target unpleasant feelings and not act upon them without sending yourself spiraling down the rabbit hole The objective is not happiness rather it is to be present with what life brings you and to move toward valued behaviour Shows you how to banish unhelpful thoughts Guides you to making room for painful feelings Teaches you how to engage fully with your here and now experience Helps you cope with anxiety depression stress OCD and psychosis Whether you re looking to practice self care at home or are thinking about seeing an ACT therapist Acceptance and Commitment Therapy For Dummies makes it easier to live a healthier and more productive life in spite of and alongside unpleasantness

The ^AOxford Handbook of Acceptance and Commitment Therapy, 2023-06-20 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 the first 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 will further cover theory empirical support and scholarly descriptions of treatment application

Acceptance and Commitment Therapy Dawn Johnson, Richard Bennett, 2023-08-29 Acceptance and Commitment Therapy ACT is an evidence based contemporary psychological approach to behaviour change that promotes the idea of people living more in line with their values whilst providing them with practical strategies for managing adversity In this book Dawn Johnson and Richard Bennett have collated fifty of the questions that have most frequently been put to them whilst delivering ACT training and supervision to a wide range of therapists and other helping professionals This book is the first of its kind to provide concise answers to a range of philosophical theoretical conceptual and practical questions raised by practitioners who are learning ACT It will be of interest to psychotherapists clinical psychologists counsellors psychiatrists and a broad range of other mental health practitioners and trainees It serves as a useful resource for those new to the practice of ACT and for more experienced practitioners who might want to consider these questions themselves

Treatments for Psychological Problems and Syndromes Dean McKay, Jonathan S. Abramowitz, Eric A. Storch, 2017-05-08 An important new guide to flexible empirically supported practice in CBT There is a growing movement across health care to adopt empirically supported practice Treatments for Psychological Problems and Syndromes makes an important contribution by offering a comprehensive guide for adopting a more flexible approach to cognitive behavioural therapy Edited by three recognized experts in the field of CBT the text has three key aims firstly to identify components of models describing specific psychological conditions that are empirically supported poorly supported or unsupported secondly to propose theoretical rationales for sequencing of interventions and criteria for moving from one treatment procedure to the next and thirdly to identify mechanisms of psychological syndromes that may interfere with established protocols in order to promote more informed treatment and improve outcomes Written in clear and concise terms this is an authoritative guide that will be relevant and useful to a wide range of readers from beginning clinicians to experienced practitioners

The Educator's Guide to Autism Spectrum Disorder Kaye L. Otten, Sonja R. de Boer, Leslie Ann Bross, 2023-07-06 Identify the best interventions to fit the unique needs of each learner with autism Whatever your role general or special education teacher school counselor therapist behavior analyst administrator you undoubtedly interact with learners with autism spectrum disorder ASD and are committed to helping them succeed and thrive This easy to use accessible guide summarizes more than 75 interventions and rates each based on the most recent evidence of effectiveness and safety Features include A summary of interventions and treatments from a comprehensive variety of domains organized into 11 categories including behavioral interventions visual supports social and emotional skills training and physiological interventions as well as interventions that have the potential for causing harm An evidence based five point scale that clearly rates each intervention

s effectiveness for specific learners Guidance for working with colleagues and families to choose and implement the most promising treatments Written by educators with decades of experience and expertise in a variety of settings many of whom are also Board Certified Behavior Analysts this comprehensive guide is an indispensable resource for all those who serve students with ASD

Acceptance and Commitment Coaching Jon Hill, Joe Oliver, 2018-12-17 Jon Hill and Joe Oliver introduce the Acceptance and Commitment Coaching ACC model with clarity and accessibility defining it as an approach that incorporates mindfulness and acceptance focusing on committed values based actions to help coachees make meaningful changes to their lives Acceptance and Commitment Coaching Distinctive Features explains the ACC model in such a way that the reader will be able to put it into practice immediately as well as offering sufficient context to anchor the practical tools in a clear theoretical framework Split into two parts the book begins by emphasising ACC's relevance and its core philosophy before providing an overview of its key theoretical points and the research that supports it The authors also explain the six key ACC processes defusion acceptance contact with the present moment self as context values and committed action and explain how to use them in practice Hill and Oliver address essential topics such as the critical work needed before and as you begin working with a coachee how to use metaphor as an effective tool as a coach and they finish by offering helpful tips on how to help coachees maintain their positive changes how to make ACC accessible to all types of client how to manage challenging coachees and how to work with both individuals and groups using ACC Aimed specifically at coaches the book offers context examples practicality and a unique combination of practical and theoretical points in a concise format Acceptance and Commitment Coaching Distinctive Features is essential reading for coaches coaching psychologists and executive coaches in practice and in training It would be of interest to academics and students of coaching psychology and coaching techniques as well as Acceptance and Commitment Therapy ACT practitioners looking to move into coaching

The Sage Encyclopedia of Mood and Anxiety Disorders Dara G. Friedman-Wheeler, Amy Wenzel, 2024-10-15 Mood and anxiety disorders are among the most prevalent disorders covered in courses on psychological distress and disorders and encountered by mental health professionals The SAGE Encyclopedia of Mood and Anxiety Disorders will provide students and other interested readers with a comprehensive and accessible reference for understanding these disorders with respect to their phenomenology etiology and treatment through an inclusive lens that consistently considers how these symptoms appear and are construed across cultures addressing societal factors such as race culture equity and oppression Readers will become familiar with past and current approaches and theories and will enhance their understanding of the sociocultural factors that affect how we discuss approach and treat these types of psychological distress As such consideration of these factors will infuse this three volume set

Emerging and Advanced Technologies in Diverse Forensic Sciences Ronn Johnson, 2018-09-03 An important contribution to the professional work performed in the areas on emerging technologies this book provides an extensive expansion of the literature base on contemporary theories and investigative techniques used in

the forensic sciences Forensic science as a relatively new field of research still actively identifying itself in the larger landscape of the sciences has been sharply criticized for utilizing techniques deemed largely unscientific by subject area experts This book presents a collective analysis and review of the existing challenges as well as directions for state of the art practices found in diverse forensic settings enabling the reader to make an informed decision about the scientific validity of forensic techniques and emphasizes the need for a greater understanding of the use of the most appropriate methodology and procedures The contributors address cutting edge developing and even hypothetical techniques and technologies in forensics research and practice especially as it relates to the sphere of criminal justice and law enforcement in contemporary society A useful work for forensics professionals and students and scholars working in the fields of politics and technology criminal justice forensic psychology police psychology law enforcement and forensic science Experiencing ACT from the Inside Out Dennis Tirch, Laura R. Silberstein-Tirch, R. Trent Codd, Martin J. Brock, M. Joann Wright, 2019-09-03 This book invites therapists to enhance their effectiveness from the inside out using self practice self reflection It leads therapists through a structured three stage process of focusing on a personal or professional issue they want to change practicing therapeutic techniques on themselves self practice and reflecting on the experience self reflection Research supports the unique benefits of SP SR for providing insights and skills not readily available through more conventional training procedures The approach is suitable for therapists at all levels of experience from trainees to experienced supervisors **Développer la santé mentale des étudiants** Rebecca Shankland, Clémence Gayet, Nadine RICHEUX, 2021-10-19 La problématique de la santé mentale des étudiants de leur entrée dans les études leur insertion professionnelle est au cœur des préoccupations actuelles dans le champ de l'enseignement supérieur en raison du nombre élevé de checs ou de décrochages de l'augmentation des symptômes anxieux et de pressifs du burn out ainsi que des consommations de substances psychoactives Autant de problématiques mises en lumière et amplifiées par l'épidémie de Covid 19 qui a impacté la vie des étudiants notamment des plus fragiles En fonction des troubles ou difficultés l'ouvrage présente des interventions innovantes pour promouvoir la santé mentale dans l'enseignement supérieur en particulier des pratiques de psychologie positive de pleine conscience et fondées sur l'approche d'acceptation et d'engagement L'importance de l'hygiène de vie globale alimentation activité physique sommeil est également abordée de même que la question des stratégies d'apprentissage et de mémorisation pouvant aider les étudiants dans leur parcours académique De plus l'ouvrage propose un chapitre spécifique sur le tutorat d'accompagnement des étudiants pour favoriser les capacités d'adaptation la prévention et la résilience face aux situations difficiles rencontrées Des compléments en ligne sont accessibles fiches et enregistrements audio sur les pratiques de psychologie positive de pleine conscience d'acceptation et d'engagement de tutorat d'accompagnement fondé sur les ressources Functional Analytic Psychotherapy Made Simple Gareth Holman, Jonathan W. Kanter, Mavis Tsai, Robert Kohlenberg, 2017-04-01 How therapists relate to their clients can have a profound impact on treatment outcomes Functional Analytic Psychotherapy Made Simple is the first

professional resource to offer a practical treatment approach focused on interpersonal relationships Written by the founders of this evidence based modality the book integrates the latest research on the importance of the therapist client relationship with the new science of social connection into a user friendly contextual behavioral framework **Acceptance and Commitment Therapy** Richard Bennett, Joseph E. Oliver, 2025-03-31 This book offers a comprehensive overview of the central theoretical tenets of Acceptance and Commitment Therapy ACT guidance on key practical applications of the approach and reflection on the strategic issues inherent to the delivery of this psychological intervention This thoroughly revised edition 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 provides the reader with a solid grounding from which to develop their delivery of ACT consistent interventions This new edition also includes an update of the research literature and a review of new developments techniques and approaches within ACT theory and practice fortified with a greater appreciation of diversity issues such as the application of ACT across different groups and cultures This book will be of interest to students and practitioners of ACT from a range of disciplines spanning clinical organisational coaching counselling and psychotherapy settings *The Oxford Handbook of the Positive Humanities* Louis Tay, James O. Pawelski, 2022-01-25 This text reviews and synthesizes the theories research and empirical evidence between human flourishing and the humanities broadly including history literary studies philosophy religious studies music art theatre and film Via multidisciplinary essays this book expands our understanding of how the humanities contribute to the theory and science of well being by considering historical trends conceptual ideas and wide ranging interdisciplinary drivers between positive psychology and the arts *The Unbreakable Student* Nic Hooper, 2021-07-01 Equal parts practical funny and illuminating belongs on the required reading list for life Sarah Knight internationally bestselling author of *Get Your Sh t Together* Accessible and inspirational *The Unbreakable Student* is the self care guide that every university student needs So you re starting university you ve learnt what to pack where to socialise how to cook sort of but what about how to look after your mental health University is a whirlwind of exciting fresh experiences But it can also be overwhelming You re in a strange new environment and faced with the pressure to make friends complete difficult assignments stay healthy manage your finances and so much more all while being away from your loved ones In this time of massive change looking after your mental wellbeing is more important than ever Nic Hooper has witnessed the student mental health crisis unfolding every day on campus and is determined to help A psychologist with fifteen years experience teaching and mentoring young adults *The Unbreakable Student* is his guide to navigating your university years and staying sane using six simple rules Using exercise to stay healthy in body and mind Learning to positively challenge yourself Connecting with your peers Mindfully embracing the moment Managing self critical thoughts and vulnerability Giving to others and taking positive action Abnormal Psychology, Sixth Canadian Edition Loose-Leaf Print Companion Gordon

Leslie Flett, Nancy L. Kocovski, Gerald C. Davison, John M. Neale, Kirk R. Blankstein, 2017-08-14 **Abnormal Psychology 6th Canadian Edition** builds upon the strengths of the classic Davison and Neale textbook and presents abnormal psychology from a unique Canadian perspective with a contemporary emphasis. It provides students with the most up to date relevant and comprehensive content available in an abnormal psychology undergraduate textbook. The material is presented in a clear and concise manner that offers students the foundation they need to succeed in the abnormal psychology course and in their future studies. Abnormal Psychology offers students a wealth of tools and content in a structured online learning environment. WileyPLUS WileyPLUS provides students with an engaging intuitive interface with cohesive vetted resources. Everything students need to master the course: videos, a complete eTextbook, practice questions, assessments, and more is in one place. WileyPLUS provides trusted author branded content and resources that can easily be customized to match an instructor's teaching preference and integrated into their campus LMS. Backed by learning science and customer driven development, the WileyPLUS course supports instructors with efficiency and data driven insights so they can help students succeed in their coursework and beyond.

Depression Gary Christopher, 2023-05-24 Depression now recognized as a significant source of disability across the globe is something many of us will be familiar with. This book explores the way people have discussed depression and examines how scientific understanding has led to ways to better appreciate and treat the condition. Through evaluations of contemporary research and literature, this book examines how depression has been depicted throughout history and presents an up to date account of how a diagnosis is made. Offering a narrative steeped in cognitive neuropsychology and emotion regulation, chapters explore the different theories behind current explanations of why depression develops and how this understanding drives the different ways to treat and manage the condition. It presents a holistic approach that considers depression in the context of physical health and how it impacts across the lifespan. This book is an essential read for practising and trainee clinical psychologists, but its accessible and readable style will appeal to a broader audience of those looking to further understand depression.

The Mindful Journey R.H Rizvi, 2024-06-29 Embark on a transformative journey to cultivate mental well being and resilience through the power of mindfulness. In this insightful book, R H Rizvi expertly guides you through the principles and practices of mindfulness, providing a comprehensive roadmap to develop greater self awareness and emotional regulation. Manage stress, anxiety, and depression. Enhance relationships and communication skills. Improve focus, productivity, and overall well being. With a unique blend of psychological expertise, spiritual wisdom, and relatable examples, Rizvi makes mindfulness accessible and applicable to everyday life. Join the journey to awaken your mind, nurture your spirit, and unlock a path to lasting mental health and happiness.

Fundamentals of Psychotherapy Kevin William Grant, 2023-11-05 **Foundations of Psychotherapy: Essential Skills that Bridge Theory and Practice** is an essential textbook and guide for psychotherapists, psychologists, educators, social workers, and mental health professionals at every level. It is a comprehensive resource that delivers practical advice and pragmatic wisdom for those

committed to supporting mental well being in themselves and others The following topics are explored Successful and Unsuccessful Therapeutic Outcomes Understanding what factors contribute to the effectiveness of therapy sessions Roles in Mental Health A detailed overview of the distinct functions and approaches of counselors psychotherapists social workers psychologists and psychiatrists Effective Communication Techniques and insights on persuasion enhancing self esteem building confidence delivering feedback and navigating conflicts within therapy Navigating Emotions in Therapy Explorations into emotion focused therapy managing complex feelings like guilt and shame and balancing empathy and emotional resilience Mindfulness in Practice Core elements benefits and mindfulness techniques that can be integrated into therapeutic practice Depth Therapy and Root Causes Examining psychodynamic therapy and strategies to address resistance explore therapeutic choices and tackle cognitive biases Building Self Esteem and Confidence Insights into fostering these essential qualities through psychotherapy Psychological Development and Life Transitions Understanding how to navigate through various stages of life and the emotional challenges they bring Relationship Challenges Addressing issues such as dating anxiety loneliness and the psychological impacts of manipulation within relationships Intimacy and Attachment The significance of attachment styles childhood trauma and maintaining intimacy and passion Grief and Loss Guidance on processing mourning navigating breakups and moving forward Stress and Anxiety Management Strategies for managing stress and anxiety including cognitive behavioral therapy and mindfulness Toxic Workplaces Identifying and coping with the stressors of an unhealthy work environment and the broader implications of the Great Resignation Abuse and Trauma Addressing and overcoming the impacts of abusive relationships and trauma including narcissistic abuse and intergenerational trauma COVID 19 Pandemic Psyches Analyzing the mental health impacts of the pandemic including chronic stress and mass trauma Climate Change Global Tensions and Mental Health Discussing eco anxiety the psychological effects of air pollution and the impact of global tensions on mental health This resource offers an essential foundation for anyone seeking to understand or practice psychotherapy providing a rich tapestry of theoretical knowledge complemented by practical tools and interventions

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