

An Easy-to-Read Primer
on Acceptance and
Commitment Therapy



ACT

made simple

— A quick-start guide to ACT basics and beyond —

- Understand & apply the six core processes of ACT
- Create your own mindfulness techniques
- Overcome resistance & motivate the unmotivated
- Learn tools for profound life change
- Build powerful therapeutic relationships

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Russ Harris

ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy (The New Harbinger Made Simple Series)



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and practical ideas to conquer 'therapy roadblocks. Why is life so difficult? Why do humans suffer so much? This book gives you everything you need to start using ACT together with your clients for impressive results. No matter how rewarding your job, as a mental health professional, you might sometimes feel helpless in the face of these questions. You are also well-aware of the problems and frustrations that can present during therapy.' This reserve aims to take the complex theory and practice of Work and make it accessible and pleasurable for both you, the therapist, as well as your clients. Inside, you will discover: scripts, exercises, metaphors, and worksheets to use together with your clients; It is also a revolutionary brand-new way to see the human being condition, packed filled with exciting new tools, techniques, and strategies for advertising profound behavioral alter. A practical and entertaining primer, ideal for Action newcomers and experienced Work professionals alike, Take action Made Simple offers very clear explanations of the six Work processes and a couple of real-world suggestions and solutions for rapidly and effectively implementing them in your practice. And what can we realistically do about it? ACT is not just a proven effective treatment for melancholy, anxiety, stress, addictions, consuming disorders, schizophrenia, borderline personality disorder, and myriad various other psychological issues that focuses on mindfulness, client ideals, and a commitment to improve. a session-by-session guide to implementing Take action; transcripts from therapy classes; assistance for creating your very own therapeutic methods and exercises;Why is it so hard to be happy? If you are searching for ways to optimize your customer periods, consider joining the countless a large number of therapists and life instructors world-wide who are learning acceptance and commitment therapy (ACT).



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Best intro to ACT, RFT and contextual technology (graduate student review) This is very easy to understand. Simply the best introduction to ACT. One really requires a workshop but this is a great place to start. That is ACT made simple and engaging - however, not simplistic. Action was invented by researchers and eggheads, with an unflinching devotion to obtaining the conceptual and scientific underpinnings right. This they generally did, but at times at the expense of intelligibility for the lay clinician. Do not get me wrong, I really like the rigorous technology and elegant theory behind Action. But it might not be everyone's cup of tea on first contact with the work. The genius of Russ Harris is to have written a Therapist Manual which, while remaining faithful to the underlying model and seamlessly grounded in theory, makes the approach luminous and good sense, and makes it relevant to your clinical practice. This book is full of ready to use metaphors which you can use in this experiential therapy. ACT made simple addresses all of the bases, promotes clinical versatility and also carefully explores pitfalls and possible snags in applying Work in your practice. After reading many Action books, including the original 1999 Take action book, I am therefore grateful to have go through this guide first, as it aided me with much more difficult texts to follow. The best introduction to do something as a clinical tool yet written. Mr. In order to learn to do therapy that's somewhere between CBT and mindfulness training, this is the best, most approachable publication to get you began. It provides many explanations, examples, and useful metaphors to share with clients. Perfect for schizophrenia! So we need methods to accept ourselves. Not really with Work made simple. While most books on ACT have become dense this book is understandable and readable. If you can't get rid of symptoms but want help with schizophrenia Action is a must. Highly recommended! I take advantage of this with medication not as an alternate. Update: my life offers changed dramatically! This reserve sets up a great foundation that you will build your Work knowledge on. Many thanks! The best practical ACT Book Russ does an excellent job of jogging you through the dix processes of ACT and offers clarity and practicality for newbies. Amazing work on ACT This was my first ever book on ACT and I am so happy I came upon it. This is both therapist manual and workbook. I love this book! More than simply the foundation that this reserve aides with, I continually come back and make reference to it for tips, metaphors, and activities on the other Take action books I've read. It works I've the Kindle book, but I bought this so I could make better use of the worksheets. Harris offers come up with a book that may introduce you to the wonderful world of ACT and CBS. It hooked me immediately and I followed the advise of the writer and examine it cover to cover before trying it. Good ACT introduction I'm a therapist and We this book has been a wonderful introduction to do something. It is the only book I've used so considerably in my own brief ACT profession, and I have gotten great results with my patients. It is very adaptable and gives me confidence to use it with clients. I believe I can tackle the more specialized books on my shelf, now that I am aware the concepts and make use of in therapy, along with my own life. Good introduction for therapists Well written introduction to a complex method of therapy. Russ Harris explains in layman's vocabulary how and just why mindfulness, Acceptance and Ideals underlie the ACT approach and illustrates ways to start applying it in your clinical practice today. Efforts are made to simplify the vocabulary to make it more accessible. changed my practice I am doing therapy for the past 7 years and experienced training in selection of treatment modalities. I am so thrilled to have stumbled upon ACT made basic. I'd had several books on my shelf about mindfulness and acceptance, but the yawn element kicked them back again on the shelf. Sadly for people with schizophrenia this is hard because we often hate that we have symptoms. I value everything this reserve has given me in helping me to enrich my work with clients. Needs more practical

interventions for sessions. My clients possess responded well to the exercises I've used out of this book. Not a imply feat when one considers the revolutionary strategy that acceptance promotes : stop trying to eliminate unwanted feelings and thoughts, focus on moving in the direction of your values. I love Take action, and it has produced me like doing therapy again. It is so effective and I feel like I'm truely helping people switch their lives with this therapy.The easiest entry into ACT! If you're a therapist intrigued by the new Acceptance and Commitment Therapy (ACT) and need to get a clear straightforward feel for what it's about, look no further than this reserve. Also introduces the RFT theory behind Take action and contextual science overall. Everything in baby talk because the topics are very difficult to read on other textbooks. After this you can buy any Take action textbook and case publication to practic le. I'm definately an Action convert and have been applying it with all my adult customers. Too many screenplays of therapist/client- not enough practical interventions. Easy to Read and Understand Excellent book, easy to read and understand. Great! A great place to start for clinicians or college students wishing to learn the basics of ACT! Five Stars Easy to understand and implement immediately. Excellent introduction to ACT Thurs book is simple to read yet clear on the principles of Work. I am a counseling student attempting to hone my skills before employed in the field. This book provides helped me apply Action to my everyday activity. My therapist is pleased with me! It teaches you to love yourself when you are and for that reason some symptoms *may* get better although there is no guarantee.



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