

The Big Book Of Act Metaphors A Practitioners Guide To Experiential Exercises And Metaphors In Acceptance And Commitment Therapy

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Tarot for Change - Jessica Dore 2021-10-26
"An instant classic, a must-have for every tarot enthusiast, and a manifesto for insightful living."
—Chani Nicholas, astrologer and author of *You Were Born for This* "Generous, practical, and gently radical." —New York Times
Though tarot is often thought of as a tool for divination and fortune-telling, it also has deep roots in spirituality and psychology. For those who know how to see and listen, the cards hold the potential to help us better navigate the full spectrum of the human experience. In *Tarot for Change*, Jessica Dore divulges years of hard-won secrets about how to work with tarot to better understand ourselves and live in alignment with what's precious. Dore shows readers how to choose a deck, interpret images, and build a relationship with the cards, while also demonstrating how the mythic imagery of tarot supports modern therapeutic concepts like mindfulness, acceptance, and compassion. Her reflections on each of the seventy-eight cards are a vibrant tapestry that weaves together ideas from psychology, behavioral science,

spirituality, and old stories, breathing new language into ancient wisdoms about what it means to be human. This is as much a book for those who are new to tarot as it is for those who have worked with the cards for years. And it's a book for anyone interested in exploring what it means to experience joy, heartbreak, wonder, stagnation, grief, loneliness, love. A book of secrets, symbols, and stories, *Tarot for Change* is a charm for remembering that our problems are not new, we are never alone, and whether we know it or not, we are always in a process of change.

Lord of the Flies - William Golding 2003-12-16
Golding's iconic 1954 novel, now with a new foreword by Lois Lowry, remains one of the greatest books ever written for young adults and an unforgettable classic for readers of any age. This edition includes a new *Suggestions for Further Reading* by Jennifer Buehler. At the dawn of the next world war, a plane crashes on an uncharted island, stranding a group of schoolboys. At first, with no adult supervision, their freedom is something to celebrate. This far

from civilization they can do anything they want. Anything. But as order collapses, as strange howls echo in the night, as terror begins its reign, the hope of adventure seems as far removed from reality as the hope of being rescued.

The ACT Approach - Timothy Gordon 2017-08
"Clearly written, entertaining, informative, and very clinically focused." Kirk Strosahl, PhD, cofounder of Acceptance and Commitment Therapy
The ACT Approach is the ultimate Acceptance and Commitment Therapy (ACT) resource all clinicians need to move their clients and therapy forward. Combining the foundational knowledge of ACT with practical guidance, strategies, and techniques, you can begin to use ACT immediately with any client that walks through your door. Highly recommended by other ACT experts, this workbook is filled with unique tools you won't find anywhere else: * Reproducible handouts & worksheets * Mindfulness scripts * Experiential exercises * Transcripts from therapy sessions with line by line analysis Includes specific case examples and treatment strategies for: * Anxiety Disorders * Depression * Chronic Pain * PTSD * OCD * Substance Use * Borderline Personality Disorder * Adults, Children, Couples, Families, and Groups!
Their Eyes Were Watching God - Zora Neale Hurston 2021-11-18

One of the most important and enduring books of the twentieth century, *Their Eyes Were Watching God* brings to life a Southern love story with the wit and pathos found only in the writing of Zora Neale Hurston. Out of print for almost thirty years—due largely to initial audiences' rejection of its strong black female protagonist—Hurston's classic has since its 1978 reissue become perhaps the most widely read and highly acclaimed novel in the canon of African-American literature.

Metaphors We Live By - George Lakoff
1980-11-01

The now-classic *Metaphors We Live By* changed our understanding of metaphor and its role in language and the mind. Metaphor, the authors explain, is a fundamental mechanism of mind, one that allows us to use what we know about our physical and social experience to provide understanding of countless other subjects.

Because such metaphors structure our most basic understandings of our experience, they are "metaphors we live by"—metaphors that can shape our perceptions and actions without our ever noticing them. In this updated edition of Lakoff and Johnson's influential book, the authors supply an afterword surveying how their theory of metaphor has developed within the cognitive sciences to become central to the contemporary understanding of how we think and how we express our thoughts in language.
The Big Book of ACT Metaphors - Jill A. Stoddard 2014-04

Metaphors and exercises play an incredibly important part in the successful delivery of acceptance and commitment therapy (ACT). These powerful tools go far in helping clients connect with their values and give them the motivation needed to make a real, conscious commitment to change. Unfortunately, many of the metaphors that clinicians use have become stale and ineffective. That's why you need fresh, new resources for your professional library. In this breakthrough book, two ACT researchers provide an essential A-Z resource guide that includes tons of new metaphors and experiential exercises to help promote client acceptance, defusion from troubling thoughts, and values-based action. The book also includes scripts tailored to different client populations, and special metaphors and exercises that address unique problems that may sometimes arise in your therapy sessions. Several ACT texts and workbooks have been published for the treatment of a variety of psychological problems. However, no one resource exists where you can find an exhaustive list of metaphors and experiential exercises geared toward the six core elements of ACT. Whether you are treating a client with anxiety, depression, trauma, or an eating disorder, this book will provide you with the skills needed to improve lives, one exercise at a time. With a special foreword by ACT cofounder Steven C. Hayes, PhD, this book is a must-have for any ACT Practitioner.

Vehicles - David Lipset 2014-08-01

Metaphor, as an act of human fancy, combines ideas in improbable ways to sharpen meanings of life and experience. Theoretically, this arises from an association between a sign—for example, a cattle car—and its referent, the

Holocaust. These “sign-vehicles” serve as modes of semiotic transportation through conceptual space. Likewise, on-the-ground vehicles can be rich metaphors for the moral imagination.

Following on this insight, *Vehicles* presents a collection of ethnographic essays on the metaphoric significance of vehicles in different cultures. Analyses include canoes in Papua New Guinea, pedestrians and airplanes in North America, lowriders among Mexican-Americans, and cars in contemporary China, Japan, and Eastern Europe, as well as among African-Americans in the South. Vehicles not only “carry people around,” but also “carry” how they are understood in relation to the dynamics of culture, politics and history.

The Happiness Trap - Russ Harris 2013

A guide to ACT: the revolutionary mindfulness-based program for reducing stress, overcoming fear, and finding fulfilment - now updated. International bestseller, 'The Happiness Trap', has been published in over thirty countries and twenty-two languages. NOW UPDATED. Popular ideas about happiness are misleading, inaccurate, and are directly contributing to our current epidemic of stress, anxiety and depression. And unfortunately, popular psychological approaches are making it even worse! In this easy-to-read, practical and empowering self-help book, Dr Russ Harris, reveals how millions of people are unwittingly caught in the 'The Happiness Trap', where the more they strive for happiness the more they suffer in the long term. He then provides an effective means to escape through the insights and techniques of ACT (Acceptance and Commitment Therapy), a groundbreaking new approach based on mindfulness skills. By clarifying your values and developing mindfulness (a technique for living fully in the present moment), ACT helps you escape the happiness trap and find true satisfaction in life. Mindfulness skills are easy to learn and will rapidly and effectively help you to reduce stress, enhance performance, manage emotions, improve health, increase vitality, and generally change your life for the better. The book provides scientifically proven techniques to: reduce stress and worry; rise above fear, doubt and insecurity; handle painful thoughts and feelings far more effectively; break self-

defeating habits; improve performance and find fulfilment in your work; build more satisfying relationships; and, create a rich, full and meaningful life.

ACT on Life Not on Anger - Georg H. Eifert
2006-03-03

Drop the Rope in Your Tug-of-War with Anger If you've tried to control problem anger before with little success, this book offers you a fundamentally new approach and new hope. Instead of struggling even harder to manage or eliminate your anger, you can stop anger feelings from determining who you are and how you live your life. Based on a revolutionary psychological approach called acceptance and commitment therapy (ACT), the techniques in *ACT on Life Not on Anger* can help you let go of anger and start living your life to the fullest. Your path begins as you learn to accept your angry feelings as they occur, without judging or trying to manage them. Then, using techniques based in mindfulness practice, you'll discover how to observe your feelings of anger without acting on them. Value-identification exercises help you figure out what truly matters to you so that you can commit to short- and long-term goals that turn your values into reality. In the process, anger will lose power over your life- and, amazingly, you'll gain control over your life by simply letting go of your angry feelings.

The Joy of Parenting - Lisa W. Coyne 2009

Offers parents acceptance and commitment therapy skills to help them develop flexibility and mindfulness when parenting their children, and includes exercises covering such topics as handling tantrums and refocusing values.

A CBT Practitioner's Guide to ACT - Joseph V. Ciarrochi 2008-12-03

Interest in acceptance and commitment therapy (ACT) is expanding rapidly. Many of those who are interested in ACT are trained using a mechanistic cognitive behavioral therapy model (or MCBT). Utilizing both ACT and MCBT together can be difficult, because the approaches make different philosophical assumptions and have different theoretical models. The core purpose of the book is to help provide a bridge between ACT and MCBT. The emphasis of this book will be applied psychology, but it will also have important theoretical implications. The book will highlight where ACT

and MCBT differ in their predictions, and will suggest directions for future research. It will be grounded in current research and will make clear to the reader what is known and what has yet to be tested. The core theme of *A CBT-Practitioner's Guide to ACT* is that ACT and CBT can be unified if they share the same philosophical underpinnings (functional contextualism) and theoretical orientation (relational frame theory, or RFT). Thus, from a CBT practitioner's perspective, the mechanistic philosophical core of MCBT can be dropped, and the mechanistic information processing theory of CBT can be held lightly and ignored in contexts where it is not useful. From an ACT practitioner's perspective, the decades of CBT research on cognitive schema and dysfunctional beliefs provides useful information about how clients might be cognitively fused and how this fusion might be undermined. The core premise of the book is that CBT and ACT can be beneficially integrated, provided both are approached from a similar philosophical and theoretical framework. The authors acknowledge that practitioners often have little interest in extended discussions of philosophy and theory. Thus, their discussion of functional contextualism and RFT is grounded clearly in clinical practice. They talk about what functional contextualism means for the practitioner in the room, with a particular client. They describe how RFT can help the practitioner to understand the barriers to effective client action.

A Liberated Mind - Steven C. Hayes, PhD
2020-08-04

"In all my years studying personal growth, Acceptance and Commitment Therapy is one of the most useful tools I've ever come across, and in this book, Dr. Hayes describes it with more depth and clarity than ever before."-Mark Manson, #1 New York Times best-selling author of *The Subtle Art of Not Giving a F*ck* Life is not a problem to be solved. ACT shows how we can live full and meaningful lives by embracing our vulnerability and turning toward what hurts. In this landmark book, the originator and pioneering researcher into Acceptance and Commitment Therapy (ACT) lays out the psychological flexibility skills that make it one of the most powerful approaches research has yet to offer. These skills have been shown to help

even where other approaches have failed. Science shows that they are useful in virtually every area--mental health (anxiety, depression, substance abuse, eating disorders, PTSD); physical health (chronic pain, dealing with diabetes, facing cancer); social processes (relationship issues, prejudice, stigma, domestic violence); and performance (sports, business, diet, exercise). How does psychological flexibility help? We struggle because the problem-solving mind tells us to run from what causes us fear and hurt. But we hurt where we care. If we run from a sense of vulnerability, we must also run from what we care about. By learning how to liberate ourselves, we can live with meaning and purpose, along with our pain when there is pain. Although that is a simple idea, it resists our instincts and programming. The flexibility skills counter those ingrained tendencies. They include noticing our thoughts with curiosity, opening to our emotions, attending to what is in the present, learning the art of perspective taking, discovering our deepest values, and building habits based around what we deeply want. Beginning with the epiphany Steven Hayes had during a panic attack, this book is a powerful narrative of scientific discovery filled with moving stories as well as advice for how we can put flexibility skills to work immediately. Hayes shows how allowing ourselves to feel fully and think freely moves us toward commitment to what truly matters to us. Finally, we can live lives that reflect the qualities we choose.

The Big Book of ACT Metaphors - John L. Stoddard 2014

Brief Interventions for Radical Change - Kirk D. Strosahl 2012-10-01

As a mental health professional, you know it's a real challenge to help clients develop the psychological skills they need to live a vital life. This is especially true when you are working with time constraints or in settings where contacts with the client will be brief. *Brief Interventions for Radical Change* is a powerful resource for any clinician working with clients who are struggling with mental health, substance abuse, or life adjustment issues. If you are searching for a more focused therapeutic approach that requires fewer follow-up visits

with clients, or if you are simply looking for a way to make the most of each session, this is your guide. In this book, you'll find a ready-to-use collection of brief assessment and case-formulation tools, as well as many brief intervention strategies based in focused acceptance and commitment therapy (ACT). These tools and strategies can be used to help your clients stop using unworkable behaviors, and instead engage in committed, values-based actions to change their lives for the better. The book includes a practical approach to understanding how clients get stuck, focusing questions to help clients redefine their problem, and tools to increase motivation for change. In addition, you will learn methods for rapidly constructing effective treatment plans and effective interventions for promoting acceptance, present-moment awareness, and contact with personal values. With this book, you will easily integrate important mindfulness, acceptance, and values-based therapeutic work in their interactions with clients suffering from depression, anxiety, or any other mental health problem.

Acceptance and Commitment Therapy for Anxiety Disorders - Georg H. Eifert 2005-08-01
Acceptance and commitment therapy, or ACT (pronounced as a word rather than letters), is an emerging psychotherapeutic technique first developed into a complete system in the book *Acceptance and Commitment Therapy* by Steven Hayes, Kirk Strosahl, and Kelly Wilson. ACT marks what some call a third wave in behavior therapy. To understand what this means, it helps to know that the first wave refers to traditional behavior therapy, which works to replace harmful behaviors with constructive ones through a learning principle called conditioning. Cognitive therapy, the second wave of behavior therapy, seeks to change problem behaviors by changing the thoughts that cause and perpetuate them. In the third wave, behavior therapists have begun to explore traditionally nonclinical treatment techniques like acceptance, mindfulness, cognitive defusion, dialectics, values, spirituality, and relationship development. These therapies reexamine the causes and diagnoses of psychological problems, the treatment goals of psychotherapy, and even the definition of mental illness itself. ACT earns

its place in the third wave by reevaluating the traditional assumptions and goals of psychotherapy. The theoretical literature on which ACT is based questions our basic understanding of mental illness. It argues that the static condition of even mentally healthy individuals is one of suffering and struggle, so our grounds for calling one behavior 'normal' and another 'disordered' are murky at best. Instead of focusing on diagnosis and symptom etiology as a foundation for treatment—a traditional approach that implies, at least on some level, that there is something 'wrong' with the client—ACT therapists begin treatment by encouraging the client to accept without judgment the circumstances of his or her life as they are. Then therapists guide clients through a process of identifying a set of core values. The focus of therapy thereafter is making short and long term commitments to act in ways that affirm and further this set of values. Generally, the issue of diagnosing and treating a specific mental illness is set aside; in therapy, healing comes as a result of living a value-driven life rather than controlling or eradicating a particular set of symptoms. Emerging therapies like ACT are absolutely the most current clinical techniques available to therapists. They are quickly becoming the focus of major clinical conferences, publications, and research. More importantly, these therapies represent an exciting advance in the treatment of mental illness and, therefore, a real opportunity to alleviate suffering and improve people's lives. Not surprisingly, many therapists are eager to include ACT in their practices. ACT is well supported by theoretical publications and clinical research; what it has lacked, until the publication of this book, is a practical guide showing therapists exactly how to put these powerful new techniques to work for their own clients. *Acceptance and Commitment Therapy for Anxiety Disorders* adapts the principles of ACT into practical, step-by-step clinical methods that therapists can easily integrate into their practices. The book focuses on the broad class of anxiety disorders, the most common group of mental illnesses, which includes general anxiety, panic disorder, phobias, obsessive-compulsive disorder, and post-traumatic stress disorder. Written with therapists in mind, this book is easy

to navigate, allowing busy professionals to find the information they need when they need it. It includes detailed examples of individual therapy sessions as well as many worksheets and exercises, the very important 'homework' clients do at home to reinforce work they do in the office. The book comes with a CD-ROM that includes electronic versions of all of the worksheets in the book as well as PowerPoint and audio features that make learning and teaching these techniques easy and engaging.

ACT Made Simple - Russ Harris 2019-05-01
Now fully-revised and updated, this second edition of *ACT Made Simple* includes new information and chapters on self-compassion, flexible perspective taking, working with trauma, and more. Why is it so hard to be happy? Why is life so difficult? Why do humans suffer so much? And what can we realistically do about it? No matter how rewarding your job, as a mental health professional, you may sometimes feel helpless in the face of these questions. You are also well aware of the challenges and frustrations that can present during therapy. If you're looking for ways to optimize your client sessions, consider joining the many thousands of therapists and life coaches worldwide who are learning acceptance and commitment therapy (ACT). With a focus on mindfulness, client values, and a commitment to change, ACT is proven-effective in treating depression, anxiety, stress, addictions, eating disorders, schizophrenia, borderline personality disorder (BPD), and myriad other psychological issues. It's also a revolutionary new way to view the human condition—packed full of exciting new tools, techniques, and strategies for promoting profound behavioral change. 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. Inside, you'll find: scripts, exercises, metaphors, and worksheets to use with your clients; a session-by-session guide to implementing ACT; transcripts from therapy sessions; guidance for creating your own therapeutic techniques and exercises; and

practical tips to overcome “therapy roadblocks.” This book aims to take the complex theory and practice of ACT and make it accessible and enjoyable for therapists and clients.

Acceptance and Commitment Therapy - Steven C. Hayes 2012

Steven C. Hayes, who helped develop ACT, and co-author Jason Lillis provide an overview of ACT's main influences and its basic principles. In this succinct and understandable survey, the authors show how ACT illuminates the ways that language encourages unhelpful skirmishing in clients' psychic lives, and how to use ACT to help clients accept private experiences, become more mindful of thoughts, develop greater clarity about personal values, and commit to needed behavior change.

Be Mighty - Jill A. Stoddard 2020-01-02

You are stronger than your anxiety—you are mighty. In this empowering guide, you'll find practical tools to help you shed the shackles of worry and fear and embrace a more vibrant life. In a culture where women are still paid less for doing the same jobs, expected to juggle family and career effortlessly, and faced with the harsh realities of misogyny and sexism daily, it's no wonder you're also twice as likely to experience issues related to anxiety and trauma. But there are real tools you can use now to build personal resilience in a difficult world, move past anxious thoughts, and conquer your worries and fears. This book will help guide the way. *Be Mighty* leads you on a bold quest to gain a deeper understanding of your anxiety by exploring your own “origin story”—how your early experiences led to thoughts and behaviors that may have offered comfort and protection at one time, but are now keeping you from living your best life. Using practical tools and experiential exercises based in mindfulness and acceptance and commitment therapy (ACT), you'll learn to respond to present-day triggers in a new way, making choices from a more conscious, values-driven place. So, drop that outdated armor and dive headlong into this book. You'll emerge fresh and fierce, with the confidence to stand up for the life you want to live and the power to face life's complexities as your best, most authentic self. It's time to be who you truly want to be. It's time for you to be mighty!

Learning ACT - Jason B. Luoma 2017-12-01

Acceptance and commitment therapy (ACT) is among the most remarkable developments in contemporary psychotherapy. This second edition of the pioneering ACT skills-training manual for clinicians provides a comprehensive update—essential for both experienced practitioners and those new to using ACT and its applications. ACT is a proven-effective treatment for numerous mental health issues, including depression, anxiety, stress, addictions, eating disorders, schizophrenia, borderline personality disorder, and more. With important revisions based on new developments in contextual behavioral science, *Learning ACT, Second Edition* includes up-to-date exercises and references, as well as material on traditional, evidence-based behavioral techniques for use within the ACT framework. In this fully revised and updated edition of *Learning ACT*, you'll find workbook-format exercises to help you understand and take advantage of ACT's unique six process model—both as a tool for diagnosis and case conceptualization, and as a basis for structuring treatments for clients. You'll also find up-to-the-minute information on process coaching, new experiential exercises, an increased focus on functional analysis, and downloadable extras that include role-played examples of the core ACT processes in action. By practicing the exercises in this workbook, you'll learn how this powerful modality can improve clients' psychological flexibility and help them to live better lives. Whether you're a clinician looking for in-depth training and better treatment outcomes for individual clients, a student seeking a better understanding of this powerful modality, or anyone interested in contextual behavioral science, this second edition provides a comprehensive revision to an important ACT resource.

The Act of Thinking - Derek Melser 2004-09-03
A new theory proposes that thinking is a learned action. In this remarkable monograph, Derek Melser argues that the core assumption of both folk psychology and cognitive science—that thinking goes on in the head—is mistaken. Melser argues that thinking is not an intracranial process of any kind, mental or neural, but is rather a learned action of the person. After an introduction in which he makes a prima facie case that thinking is an action,

Melser reviews action-based theories of thinking advanced by Ryle, Vygotsky, Hampshire and others. He then presents his own theory of "token concerting," according to which thinking is a special kind of token performance, by the individual, of certain social, concerted activity. He examines the developmental role of concerted activity, the token performance of concerted activity, the functions of speech, the mechanics and uses of covert tokening, empathy, the origins of solo action, the actional nature of perception, and various kinds and aspects of mature thinking. In addition, he analyzes the role of metaphors in the folk notion of mind. While intending his theory as a contribution to the philosophy of mind, Melser aims also at a larger goal: to establish actions as a legitimate philosophical given, self-explanatory and sui generis. To this end, he argues in the final chapter against the possibility of scientific explanation of actions. *The Act of Thinking* opens up a large new area for philosophical research.

The Mindful and Effective Employee - Paul E. Flaxman 2013-05-01

The importance of improving and maintaining employees' psychological health is now widely recognized by occupational health researchers and practitioners, business leaders, human resource professionals, and policy makers alike. Indeed, a growing body of research has established that psychological well-being is one of the most important factors in job performance. *The Mindful and Effective Employee* offers an evidence-based workplace training program based on acceptance and commitment therapy (ACT). The program is specifically designed to improve employees' psychological health—as well as their effectiveness at work and in their personal lives—through a combination of mindfulness and values-guided behavioral skills. This book is designed for use by psychologists, coaches, occupational health practitioners, and human resource professionals who are interested in improving employee well-being, performance, and quality of life. The training program described in this book is designed to:

- Promote employee self-awareness
- Help employees find purpose, direction, and meaning
- Offer new ways to improve work and life effectiveness

Help employees identify and pursue valued goals and actions

Mastering the Clinical Conversation - Matthieu Villatte 2015-11-10

This compelling book provides psychotherapists with evidence-based strategies for harnessing the power of language to free clients from life-constricting patterns and promote psychological flourishing. Grounded in relational frame theory (RFT), the volume shares innovative ways to enhance assessment and intervention using specific kinds of clinical conversations.

Techniques are demonstrated for activating and shaping behavior change, building a flexible sense of self, fostering meaning and motivation, creating powerful experiential metaphors, and strengthening the therapeutic relationship.

User-friendly features include more than 80 clinical vignettes with commentary by the authors, plus a "Quick Guide to Using RFT in Psychotherapy" filled with sample phrases and questions to ask.

[Fences \(Movie tie-in\)](#) - August Wilson 2016-12-06

From legendary playwright August Wilson comes the powerful, stunning dramatic bestseller that won him critical acclaim, including the Tony Award for Best Play and the Pulitzer Prize. Troy Maxson is a strong man, a hard man. He has had to be to survive. Troy Maxson has gone through life in an America where to be proud and black is to face pressures that could crush a man, body and soul. But the 1950s are yielding to the new spirit of liberation in the 1960s, a spirit that is changing the world Troy Maxson has learned to deal with the only way he can, a spirit that is making him a stranger, angry and afraid, in a world he never knew and to a wife and son he understands less and less. This is a modern classic, a book that deals with the impossibly difficult themes of race in America, set during the Civil Rights Movement of the 1950s and 60s. Now an Academy Award-winning film directed by and starring Denzel Washington, along with Academy Award and Golden Globe winner Viola Davis.

Acceptance and Commitment Therapy -

Richard Bennett 2019-03-27

Acceptance and Commitment Therapy: 100 Key Points and Techniques offers a comprehensive, yet concise, overview of the central features of

the philosophy, theory, and practical application of ACT. It 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 covers the 'Head, Hands, and Heart' of the approach, moving from the basics of behavioural psychology, via the key principles of Relational Frame Theory and the Psychological Flexibility model, to a detailed description of how ACT is practiced, providing the reader with a solid grounding from which to develop their delivery of ACT-consistent interventions. It concludes by addressing key decisions to make in practice and how best to attend to the therapeutic process. The authors of Acceptance and Commitment Therapy bring a wealth of experience of using ACT in their own therapy practice and of training and supervising others in developing knowledge and skills in the approach. This book will appeal to practitioners looking to further their theoretical knowledge and hands-on skills and those seeking a useful reference for all aspects of their ACT practice.

From Molecule to Metaphor - Jerome Feldman 2008-01-25

In *From Molecule to Metaphor*, Jerome Feldman proposes a theory of language and thought that treats language not as an abstract symbol system but as a human biological ability that can be studied as a function of the brain, as vision and motor control are studied. This theory, he writes, is a "bridging theory" that works from extensive knowledge at two ends of a causal chain to explicate the links between. Although the cognitive sciences are revealing much about how our brains produce language and thought, we do not yet know exactly how words are understood or have any methodology for finding out. Feldman develops his theory in computer simulations—formal models that suggest ways that language and thought may be realized in the brain. Combining key findings and theories from biology, computer science, linguistics, and psychology, Feldman synthesizes a theory by exhibiting programs that demonstrate the required behavior while remaining consistent with the findings from all disciplines. After presenting the essential results on language, learning, neural computation, the biology of

neurons and neural circuits, and the mind/brain, Feldman introduces specific demonstrations and formal models of such topics as how children learn their first words, words for abstract and metaphorical concepts, understanding stories, and grammar (including "hot-button" issues surrounding the innateness of human grammar). With this accessible, comprehensive book Feldman offers readers who want to understand how our brains create thought and language a theory of language that is intuitively plausible and also consistent with existing scientific data at all levels.

Committed Action in Practice - Daniel J. Moran 2018-10-01

Designed for use by mental health professionals and graduate students, *Committed Action in Practice* clearly conceptualizes committed action—an integral aspect of acceptance and commitment therapy (ACT)—and offers a deeper investigation of the first of the six core processes of ACT. The book also provides comprehensive descriptions and insight into the conceptualization, integration, and application of committed action in therapy. Committed action is an important part of the hexaflex model for acceptance and commitment therapy (ACT)—the other core processes being acceptance, defusion, self-as-context and perspective taking, values clarification, and mindfulness. In practice, committed action happens when clients act in the direction of their identified values, even in the presence of obstacles. Written by Patricia Bach, Daniel J. Moran, and Sonja Batten—three ACT-oriented experts and trainers who are highly prolific in the field of modern behavioral psychology—*Committed Action in Practice* is a deep, focused exploration of this core aspect of ACT. With sections on the conceptualization, application, and integration of committed action in ACT, you'll gain an understanding of how this process fits into the hexaflex model, what blocks people from taking values-based action, and how to blend the committed action component of ACT with other evidence-based therapies. With this comprehensive guide, you'll know just how committed action works in an ACT treatment plan and be ready to apply it in practice.

The Things They Carried - Tim O'Brien 2009-10-13

A classic work of American literature that has not stopped changing minds and lives since it burst onto the literary scene, *The Things They Carried* is a ground-breaking meditation on war, memory, imagination, and the redemptive power of storytelling. *The Things They Carried* depicts the men of Alpha Company: Jimmy Cross, Henry Dobbins, Rat Kiley, Mitchell Sanders, Norman Bowker, Kiowa, and the character Tim O'Brien, who has survived his tour in Vietnam to become a father and writer at the age of forty-three. Taught everywhere—from high school classrooms to graduate seminars in creative writing—it has become required reading for any American and continues to challenge readers in their perceptions of fact and fiction, war and peace, courage and fear and longing. *The Things They Carried* won France's prestigious Prix du Meilleur Livre Etranger and the Chicago Tribune Heartland Prize; it was also a finalist for the Pulitzer Prize and the National Book Critics Circle Award.

The Purpose Driven Life - Rick Warren 2012-10-23

Discover and fulfill your God-given purpose by joining the more than thirty-five million others who have embarked on a spiritual journey that started with this #1 New York Times bestselling book by Pastor Rick Warren. Before you were born, God knew what your life had in store for you. His hope for you is to discover the life he created just for you—both here on earth, and forever in eternity. Let Rick Warren guide you as you learn to live out your true purpose. *The Purpose Driven Life* is more than a book; it's a road map for your spiritual journey. Combining thoughtful verses from Scripture with timely stories and perspectives from Warren's own life, *The Purpose Driven Life* will help you discover the answer to one of life's most important questions: What on earth am I here for? Throughout *The Purpose Driven Life*, Warren will teach you to spend time getting to know yourself and your creator in order to live your life to the fullest. Unlocking your true purpose will also reduce your stress, simplify your decisions, increase your satisfaction, and, most importantly, prepare you for eternity. Designed to be read over the course of forty-two days, *The Purpose Driven Life* will help you see the big picture, giving you a fresh perspective on the

way that the pieces of your life fit together. Every chapter of *The Purpose Driven Life* provides a daily meditation and practical steps to help you uncover and live out your purpose, starting with exploring three essential questions: The Question of Existence: Why am I alive? The Question of Significance: Does my life matter? The Question of Purpose: What on earth am I here for? Each copy of *The Purpose Driven Life* also includes thoughtful discussion questions, audio Bible studies that go along with every chapter, and access to a supportive online community, giving you the opportunity to dive even deeper into each life-changing lesson.

Metaphor in Practice - Niklas Törneke
2017-08-01

"Approachable and user-friendly." —The Professional Counselor The use of metaphor is central to the implementation of acceptance and commitment therapy (ACT) and dialectical behavior therapy (DBT), and is a powerful tool for all practicing psychotherapists. In *Metaphor in Practice*, psychotherapist Niklas Törneke presents the first practical book to combine the behavioral and linguistic sciences of metaphor, and illustrates how and when to apply metaphors in practice for better treatment outcomes. The use of metaphors and experiential exercises can help clients gain a deeper understanding of the problems that cause their disorders. Metaphors help clients connect with their values, and often spark the inspiration and motivation needed to make a commitment to change. And while metaphor is central to relational frame theory (RFT), acceptance and commitment therapy (ACT), and dialectical behavior therapy (DBT), research now shows its usefulness has an even broader reach. 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 RFT, 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. There are many books on metaphor and psychotherapy, but this

is the first book to make the connection between the science of metaphor and the detailed clinical process of using that knowledge. If you are a mental health professional—or simply interested in the science of metaphor—this book will provide everything you need to understand and apply this approach.

The Big Book of ACT Metaphors - Jill A. Stoddard 2014-01-04

The use of metaphors is fundamental in the successful delivery of acceptance and commitment therapy (ACT), but for many ACT therapists, they often become over-used, stale, and less effective as time wears on. *The Big Book of ACT Metaphors* is an essential A-Z resource guide that includes new metaphors and experiential exercises to help promote client acceptance, defusion from troubling thoughts, and values-based action. The book also includes scripts tailored to different client populations. Whether treating a client with anxiety, depression, trauma, or an eating disorder, this book will provide mental health professionals with the skills needed to improve lives, one exercise at a time.

Alcoholics Anonymous - Alcoholics Anonymous World Services 1986

The basic text for Alcoholics Anonymous.

ACT Daily Journal - Diana Hill 2021-05-01

Dramatically change your life in just minutes a day with this powerful guided journal. When you are faced with life's challenges, it's easy to lose track of what's important, get stuck in your thoughts and emotions, and become bogged down by day-to-day problems. Even if you've made a commitment to live according to your core values, the 'real-world' has a way of driving a wedge between you and a deeper, more meaningful life. Now there's a flexible program for learning how to practice a popular, proven-effective therapy protocol on your schedule! With *The ACT Daily Journal*, you'll learn all about the six core processes of acceptance and commitment therapy (ACT)—including mindfulness, acceptance, and values-based living—and even learn about a seventh: self-compassion. If there was ever a time to adopt the ACT approach to living, it's now. By applying ACT to your life, you'll learn how to roll with life's punches, and stay in contact with the present moment, even when you have

unpleasant thoughts, feelings, and bodily sensations. The gift of being present is becoming increasingly valuable in these uncertain times of conflict and chaos; it's never been so important to live flexibly, with more meaning, and with a deeper understanding of shared struggles and our inherent humanity. ACT is more than just a therapy—it's a framework for living well. It helps us accept. It teaches us to make a commitment to what we deeply care about. And it works best when practiced daily. Let this journal guide you toward what really matters to you.

ACT for Gender Identity - Alex Stitt
2020-02-21

Increasingly adopted by therapists and mental health professionals, Acceptance and Commitment Therapy (ACT) helps clients to cope with social, emotional and mental health issues by using the six core ACT processes:

Acceptance, Cognitive Defusion, Being Present, the Self as Context, Values and Committed Action. This is the go-to-guide for evidence-based ACT techniques to be used by professionals to help their transgender, genderqueer, genderfluid, third gender and agender clients. It provides the tools to help these clients develop emotional processing skills they can implement throughout their life, from coping with mental health issues and substance abuse, to navigating prejudice and social pressure, to building a career and developing a family.

The Power of Metaphor - Mark Jordan Landau
2014

This book explores the possibility that metaphor is a cognitive tool that people routinely use to understand abstract concepts (such as morality) in terms of superficially dissimilar concepts that are relatively easier to comprehend (such as cleanliness).

Metaphor Therapy - Richard R. Kopp 2013-06-17
Therapist-generated metaphoric interventions have been used for many years to enhance psychodynamic, Ericksonian, and family systems approaches to therapy.

The Big Book of ACT Metaphors - Jill A. Stoddard 2014-04-01

Metaphors and exercises play an incredibly important part in the successful delivery of acceptance and commitment therapy (ACT). These powerful tools go far in helping clients

connect with their values and give them the motivation needed to make a real, conscious commitment to change. Unfortunately, many of the metaphors that clinicians use have become stale and ineffective. That's why you need fresh, new resources for your professional library. In this breakthrough book, two ACT researchers provide an essential A-Z resource guide that includes tons of new metaphors and experiential exercises to help promote client acceptance, defusion from troubling thoughts, and values-based action. The book also includes scripts tailored to different client populations, and special metaphors and exercises that address unique problems that may sometimes arise in your therapy sessions. Several ACT texts and workbooks have been published for the treatment of a variety of psychological problems. However, no one resource exists where you can find an exhaustive list of metaphors and experiential exercises geared toward the six core elements of ACT. Whether you are treating a client with anxiety, depression, trauma, or an eating disorder, this book will provide you with the skills needed to improve lives, one exercise at a time. With a special foreword by ACT cofounder Steven C. Hayes, PhD, this book is a must-have for any ACT Practitioner.

101 Stories for Enhancing Happiness and Well-Being - George W. Burns 2017-02-10

Research shows us clearly what works in counseling and psychotherapy. Often by the time clients enter a therapist's office they have been told what to do—often soundly and sensibly—by well-meaning family, friends, and health professionals. The challenge for the effective therapist is how to communicate these same, sound messages in ways that the client is more likely to take on board, act on, and benefit from. 101 Stories for Enhancing Happiness and Well-Being harnesses the power of stories to translate the research from positive psychology into effective and practical therapeutic interventions. It communicates the core processes for enhancing happiness and well-being in ways that are easy to understand and incorporate into one's therapeutic practice and clients' lives.

ACT for Psychosis Recovery - Emma K. O'Donoghue 2018-03-01

ACT for Psychosis Recovery is the first book to provide a breakthrough, evidence-based, step-

by-step approach for group work with clients suffering from psychosis. As evidenced in a study by Patricia A. Bach and Steven C. Hayes, patients with psychotic symptoms who received acceptance and commitment therapy (ACT) in addition to treatment as usual showed half the rate of rehospitalization as those who did not. With this important guide, you'll learn how a patient's recovery can be both supported and sustained by promoting acceptance, mindfulness, and values-driven action. The journey of personal recovery from psychosis is immensely challenging. Patients often struggle with paranoia, auditory hallucinations, difficulties with motivation, poor concentration and memory, and emotional dysregulation. In addition, families and loved ones may have trouble understanding psychosis, and stigmatizing attitudes can limit opportunity and create alienation for patients. True recovery from psychosis means empowering patients to take charge of their lives. Rather than focusing on pathology, ACT teaches patients how to stay grounded in the present moment, disengage from their symptoms, and pursue personally meaningful lives based on their values. In this groundbreaking book, you will learn how to facilitate ACT groups based on a central metaphor (Passengers on the Bus), so that mindfulness and values-based action are introduced in a way that is engaging and memorable. You will also find tips and strategies to help clients identify valued directions, teach clients how to respond flexibly to psychotic symptoms, thoughts, and emotions that have been barriers to living a valued life, and lead workshops that promote compassion and connection among participants. You'll also find tried and tested techniques for engaging people in groups, particularly those traditionally seen as "hard to reach"—people who may be wary of

mental health services or experience paranoia. And finally, you'll gain skills for engaging participants from various ethnic backgrounds. Finding purpose and identity beyond mental illness is an important step in a patient's journey toward recovery. Using the breakthrough approach in this book, you can help clients gain the insight needed to achieve lasting well-being.

Look Both Ways - Jason Reynolds 2020-10-27
"A collection of ten short stories that all take place in the same day about kids walking home from school"--

Acceptance and Commitment Therapy, Second Edition - Steven C. Hayes 2016-08-29
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.