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ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy Paperback May 1 2019 by Russ Harris (Author), Steven C. Hayes PhD (Foreword)

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act Made Simple 2 SO WHAT IS ACT? We officially say ACT as the word act and not as the initials A-C-T. There's a good reason for this. At its core, ACT is a behavioral therapy; it's about taking action.

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PSYCHOLOGY Kick-Start Your Practice with This Complete, Easy-To-Use Acceptance and Commitment ACT Made Simple by Russ Harris (ebook) - ebooks.com

Russ Harris is an open, centered, and engaged teacher of acceptance and commitment therapy (ACT), and, in ACT Made Simple, he succeeds in delivering a transparent account of a complex and powerful treatment. I recommend this book to mental health and medical providers and to their teachers.

[ACT Made Simple: An Easy-To-Read Primer on Acceptance and ...](#)

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ACT Made Simple: An Easy-To-Read

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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

Acceptance and Commitment Therapy | ACT Mindfully

Acceptance and Commitment Therapy (ACT) is a unique and creative model for both therapy and coaching, based on the innovative use of mindfulness and values. The aim of ACT is to maximise human potential for a rich, full and meaningful life; to cultivate health, vitality and well-being through mindful values-based living.

ACT BootCamp Bay Area - events.praxiscet.com

This essential workshop led by Robyn Walser, PhD, Kelly Wilson, PhD, and Steven C. Hayes, PhD, has been the foundation of ACT training for thousands of practitioners like you. Whether you're hearing about ACT for the first time or already have formal training, this workshop can take your skills to the next level.

Acceptance And Commitment Therapy (ACT): The Psychology Of ...

Acceptance and Commitment Therapy was developed in 1986 by Steven C. Hayes, a professor in the psychology department at the University of Nevada (Harris, 2011). His work on how language and thought influence our internal experiences laid the foundation for ACT.

ACT Made Simple - Google Books

A practical and entertaining 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.