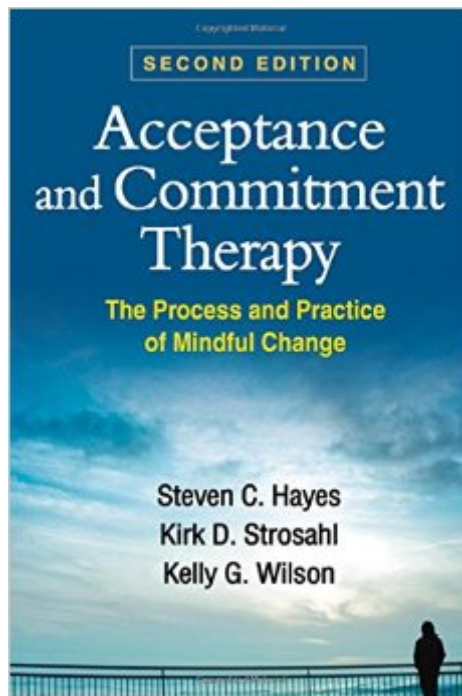


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Acceptance And Commitment Therapy, Second Edition: The Process And Practice Of Mindful Change



Synopsis

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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Customer Reviews

I thought that this would be a "classic" re-edition: rearranged chapters, updated research data, a new prologue and epilogue, nothing else. I was wrong. This is a second edition, but this is not the same book anymore. Is more readable, more polished, in one word, a more 'mature' book. For instance, the chapter structure is completely different from the first edition; they're addressing brand new topics like the general strategy (research and practice), for the development of a psychology

more adequate to the human condition (namely, the CBS strategy). In addition to the new ones, some topics that in the first book were more implicit now are addressed explicitly, like the therapeutic relationship, case conceptualization and the psychological flexibility model. The first edition didn't include the always helpful hexaflex model, but this one goes through the six processes chapter-per-chapter, with lots of short clinical dialogues and examples, making it more clear and easy to understand for the clinicians. ACT has been born and grown spectacularly in the last years, and this book reflects and adds support to that. In sum, if you are giving your first steps in ACT, try this edition. And if you have read the first edition... well, try this edition too, you won't be disappointed.

My greatest problem with this book was the style of writing - sentences and ideas did not flow and it seemed the authors struggled to communicate their ideas. So many poorly explained concepts were followed by "In other words..." only to be re-explained in a similarly unclear manner. There are some interesting ideas in this book, such as the reconceptualization of all psychological problems into the authors hexaflex model, and its emphasis on the client's values. At its most basic level, ACT is a Behavior Therapy which encourages clients to build new behavioral patterns. The problem, contend the authors, is not the content of cognitions, but the relationship the client has with those cognitions. By engaging in healthier behavioral patterns, the client develops healthier relationships with their cognitions. The book is peppered with helpful clinical vignettes and many nuggets of clinical wisdom. However in practice, I think the approach described in this book expects too much 'exposure therapy' from clients with insufficient clinical instruction on how to deal with overwhelming emotions. From the clinician, ACT requests a significant change in perspective, one which it failed to convince this CBTist to adopt. To those seeking novel ways to enrich their work with clients, I would recommend reading a book on ACT, but to look for one by different authors. The style of writing here makes it too time-consuming to absorb the ideas put forth.

Found book very thorough and well presented with material that could be integrated into my psychiatry and psychotherapy practice. Covers all aspects of ACT with good examples and well referenced. I've now read it through several times and always find an idea to integrate into my work.

The best and most thorough text on ACT. Other books are more accessible, however. Look to the Harbinger Publications website for a complete library by ACT co-founders Hayes, Strosahl, and Wilson. Other really good writers in this venue include Patricia Robinson, Russ Harris, and Robyn Walser. For non-clinicians, the best introduction is Harris' book "The Happiness Trap." For

clinicians, a really good choice is "Mindfulness for Two" by Kelly Wilson - not a book about couples work, but a book that explores the therapist/client dyad ala ACT.

As a recent convert to ACT, I appreciate this manual. Unfortunately, it often is excessively verbose and preachy. It also needed to put more effort into practically explaining how to activate each process, instead of wasting the first hundred pages on a tangential language theory.

I am going through divorce after years of medical trauma. This book, combined with ongoing therapy, has been the most effective therapeutic regime, during the most stressful time I have ever encountered in my life.

If you are learning about ACT, this is the only book you absolutely need. It is written by the founders of the modality. It is clear, understandable, and it offers practical application information in addition to covering comprehensive theoretical rationale. Skip Russ Harris, and dive right into the primary text itself. This book is truly an excellent resource for any mental health practitioner. If this review was helpful please comment or leave feedback. Thank you.

I am a clinical psychologist in private practice from Chile and I just finished the book. I have been an enthusiast of mindfulness practice for a while, so I am interested in all the new approaches that throw some mindfulness in the therapy mix. But as I read the book, it soon became clear to me that ACT is not just a regular-therapy-plus-mindfulness-elements. On the contrary, the authors present a detailed and thorough description of the philosophical and scientific foundations of the psychological flexibility model that ACT promotes, all of which clearly show that this is a new and coherent model of human functioning. After reading this excellent book I have to express my admiration for such a great work and my enthusiasm, which I think is the same enthusiasm that others have felt and that the authors themselves describe in the final pages of the book: "The enthusiasm comes because people are excited to find a model that applies to themselves, is broadly applicable to their clients, is based on a serious basic research program, and is reflected by the community itself." If you are interested in learning about ACT... what are you waiting? buy this book NOW!

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