

MAXIMIZE YOUR COACHING EFFECTIVENESS WITH ACCEPTANCE AND COMMITMENT THERAPY

RICHARD BLONNA, EDD

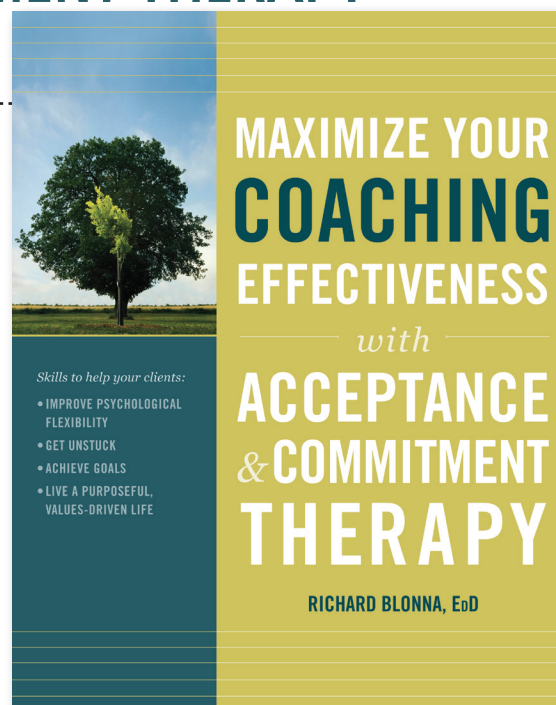
Featuring

- Powerful psychological techniques to fit your life coaching practice
- Simple exercises you can do with clients to help them get unstuck
- Tips for assessing clients, assigning homework, and sparking motivation
- Ways to help clients master mindfulness to overcome fear, worry, and procrastination

Many life coaches use an eclectic mix of techniques that are not linked to any research-based theoretical framework, which sometimes makes coaching more art than science. You've probably

heard a thousand times from clients how difficult it is to take action because of their doubts, fears, worries, and anxiety. Wouldn't it be nice to be able to explain to them why they feel these things and how you can help them manage these troubling thoughts and painful emotions? Wouldn't it be even nicer to know that your explanations are based on solid, evidence-based research? You don't have to be a psychotherapist to incorporate Acceptance and Commitment Therapy (ACT) principles into your practice.

Maximize Your Coaching Effectiveness with Acceptance and Commitment Therapy is a must-have resource for life coaches who wish to help clients develop psychological flexibility and overcome the mental barriers that keep them from achieving their goals.



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MAXIMIZE YOUR COACHING EFFECTIVENESS
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Richard Blonna, EdD

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Six core therapeutic processes of ACT to help clients overcome psychological inflexibility

from *Maximize Your Coaching Effectiveness with Acceptance and Commitment Therapy*

Being present. Teaching clients to be present means to help them pay attention, increase focus, and become more mindful so that they can become more aware of what's going on in their minds and bodies as well as their environments. By learning to be present clients will become more aware of their thinking, feeling, and behaving, and gain the ability to note how this either helps or hinders their efforts to meet their goals.

Defining valued directions. Through a four step process (identifying values, ranking values, making others aware of values, and acting on values), you can help clients clarify their values and set meaningful goals that align with their values. This process can help clients set meaningful goals based on their principles.

Taking committed action. The commitment part of ACT is based on helping clients taking action toward goals that mesh with their values, which can be difficult to do when they are held back by painful emotions and troubling thoughts. ACT teaches clients to be willing to take action and live with these difficult emotions and thoughts, rather than feeling the need to eliminate them before they can act.

Seeing the self as context. Rather than identifying strongly with their thoughts and feelings, clients can learn to take a self-as-context view, (as opposed to a self-as-content view) so that they can make useful observations about their thoughts without realizing that they do not, in fact, define their identity.

Practicing acceptance. Incorporating the value of acceptance into coaching practice can help clients accept troubling thoughts and painful emotions instead of allowing them to stand in the way of success.

Using cognitive defusion. You can help clients learn to reverse the self-as-content (being thoughts and feelings, rather than observing them) view and break their overattachment to unhelpful thoughts and feelings by teaching them to practice defusing from the unhelpful thoughts, personal scripts, mental images, and emotions that stand in the way of meeting their goals.

About
the
Author

Richard Blonna, EdD, is a university professor and author in Hillsborough, NJ, who has integrated acceptance and commitment therapy (ACT) principles and practices into his work as a teacher and nationally certified life coach, counselor, and health education specialist.

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