

"ACT Made Simple is simply the most accessible book written to date for therapists interested in learning ACT."

—JASON B. LUOMA, PH.D.,
coauthor of
Learning ACT

Inside this book, therapists will find:

- *Scripts, exercises, metaphors, and worksheets to use with their clients*
- *A session-by-session guide to implementing ACT-style therapy*
- *Transcripts from therapy sessions*
- *Guidance for creating their own therapeutic techniques and exercises*
- *Practical tips to overcome "therapy roadblocks"*
- *... and much more!*

**FOR AN INTERVIEW
REQUEST *or* MORE
INFORMATION CONTACT:**

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ACT MADE SIMPLE

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

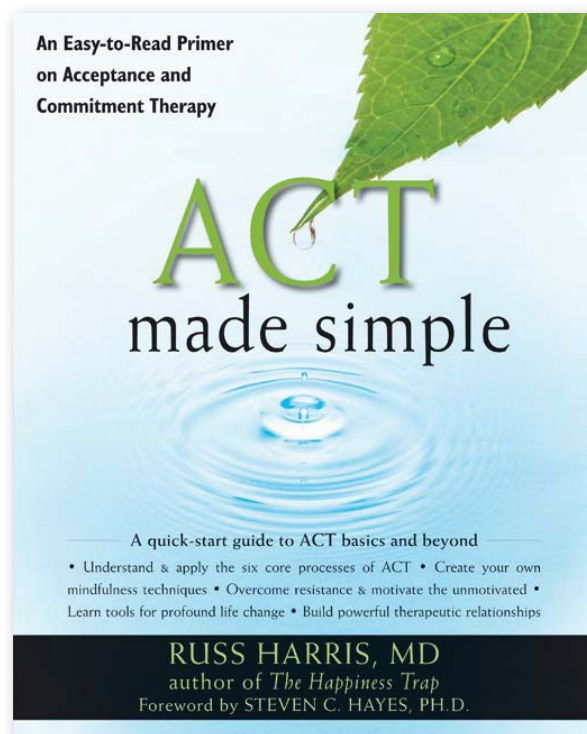
RUSS HARRIS, MD

Kick-Start Your Practice with This Complete, Easy-To-Use Acceptance and Commitment Therapy Tool Kit

At acceptance and commitment therapy (ACT) workshops around the world, author Russ Harris is often asked one question: "If you could recommend just one book on ACT, what would it be?" *ACT Made Simple*, a clear, accessible, and jargon-free ACT primer, is the answer to that question. Though many mental health professionals are intrigued by the concepts presented in the ACT model, they are often hesitant to delve into intimidating technical volumes that are heavy on theory but lacking in real-world tips and solutions.

Based on *ACT in a Nutshell*, Harris' popular ten-week crash course on the ACT model, *ACT Made Simple* makes the six ACT processes easy to understand and implement in therapy.

ACT professionals seeking a refresher course on the model as well as therapists new to ACT will appreciate this practical approach. The book includes conversational responses and questions, but also encourages readers to tailor ACT techniques to their practices and their clients. Readers learn to innovate simple mindfulness exercises, create their own defusion techniques, make client worksheets, and set up client homework schedules. Chapters include "handy tips" and "when this doesn't work" sections.



ACT MADE SIMPLE

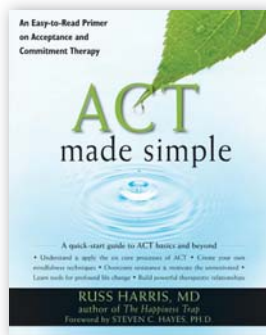
An Easy-to-Read Primer on Acceptance & Commitment Therapy

By Russ Harris, MD, Foreword by Steven C. Hayes, Ph.D.

November 2009 / 978-1-57224-705-5 / \$39.95 / 248 pages



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PRAISE

“For newcomers to ACT, there is no better place to start than with this book.”

—ROBERT ZETTLER, PH.D.,
author of *ACT for Depression*

“ACT Made Simple is just that. Dr. Harris has, once again, written a very accessible book that should be read by all clinicians wanting to learn, engage or otherwise implement ACT in their practice. This book is a must for ACT readers.”

—ROBYN D. WALSER, PH.D.,
author of *The Mindful Couple*

ABOUT *the* AUTHOR

Russ Harris graduated in

medicine from the University of Newcastle Upon Tyne, England, in 1989, and emigrated to Melbourne, Australia in 1991. There he set up practice as a GP.

During his early years as a family doctor, he became increasingly interested in the psychological aspects of medical illness and progressively less interested in writing prescriptions. He soon developed a special interest in the branch of medicine known as psychoneuroimmunology, which investigates the intimate connection between the mind, the nervous system, and the immune system.

After discovering the work of Dr. Jon Kabat-Zinn (an internationally renowned scientist and the originator of Mindfulness-Based Stress Reduction) Russ began teaching mindfulness skills to his patients, with impressive results – particularly with chronic pain and anxiety disorders. Ultimately this interest led to a career change, and he now works primarily as a psychotherapist in private practice.

Russ has been actively involved in teaching, training, and running workshops for many years and is known as an engaging and entertaining speaker. He is Australia’s foremost ACT trainer. He regularly runs ACT workshops in every state, and increasingly does so in other countries, such as the USA.

For more information, visit his website: www.actmindfully.com.au.



Foreword writer Steven C. Hayes, Ph.D. is University of Nevada Foundation Professor of Psychology at the University of Nevada, Reno, and author of *Get Out of Your Mind and into Your Life*.

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