NEW FRONTIERS FOR ACCEPTANCE & COMMITMENT THERAPY TRAINING
BY JACQUELINE PISTORELLO, PHD

In January of 2012, the first ACT BootCamp® took place in a casino in Reno, NV. A couple hundred attendees and a handful of presenters came together to learn/relearn acceptance and commitment therapy (ACT). The excitement of having a large group of people with similar values spend four long days together was palpable, and, at the end, many participants described it as a life-changing experience.

The original concept behind ACT BootCamp was to create the psychological space from which ACT at its best can happen, followed by skills training. Attendees could walk out armed with leading ACT books and the know-how to get something done. Sponsored since 2014 by Praxis, the training subsidiary of New Harbinger Publications, the idea proved so powerful that the training events have been held biannually ever since.

In March 2018, a new kind of targeted ACT BootCamp emerged. Another 200 individuals came together, again in Reno, this time for ACT BootCamp for Behavior Analysts—and it was one of the most successful BootCamps to date. In the last several years, behavior analysis has been infused with the energy of relational frame theory (RFT) and ACT in training form. Acceptance and commitment training is nearly fifteen years old as a teaching approach, and it has been widely used to help clients and families. It is now finding its way into behavior analysis with powerful results.

We’re taking the next step in San Diego, CA with an ACT BootCamp as current as today’s headlines or a local #metoo rally. On August 16–19, 2018, Praxis will host ACT BootCamp for Women: Power Through Psychological Flexibility. This specialized event features female ACT trainers leading sessions on key applications of ACT:

- Healing from trauma and domestic violence
- Gender bias in aging and finances
- Empowering the female voice in couples work
- Women’s expression of self-compassion

These events prove that ACT is making its way into behavior analysis and complex gender politics, among other exciting areas. ACT’s widespread reach would not have been possible without the vision and determination of New Harbinger’s leaders. Worldwide, there are over 125 books on ACT, RFT, and/or contextual behavioral science, and New Harbinger publishes most of them. New Harbinger has been greatly responsible for the dissemination of ACT and other third-wave approaches, which has been done with great care for the mental health providers as well as their clients. I am honored to introduce this catalog, as many New Harbinger books and Praxis trainings have assisted my clients and friends, informed the way I do therapy, and helped me help my clients more effectively. Happy reading and learning!
Learning ACT, 2nd Edition
An Acceptance & Commitment Therapy Skills Training Manual for Therapists

In this second edition of Learning ACT, you'll find practical, workbook-format exercises to help you understand and implement ACT's unique six-process model—both as a tool for diagnosis and case conceptualization, and as a basis for structuring treatments for clients. Also included are 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 skills outlined in this guide, you'll learn how this modality can improve clients' psychological flexibility and help them to live better lives.

JASON B. LUOMA, PHD, STEVEN C. HAYES, PHD, & ROBYN D. WALSER, PHD
ISBN: 9781626259492 / US $49.95

A masterful book. I highly recommend it.
—STEFAN G. HOFMANN, PHD, professor of psychology at Boston University, and author of Emotion in Therapy

Process-Based CBT
The Science & Core Clinical Competencies of Cognitive Behavioral Therapy

Based on the new standards set forth by the Inter-Organizational Task Force on Cognitive and Behavioral Psychology Doctoral Education, and featuring contributions from luminaries in the field of behavioral science, Process-Based CBT provides fundamental guidelines for integrating the science and philosophy of cognitive and behavioral traditions with a focus on transdiagnostic interventions. You'll gain a solid understanding of the core processes of CBT, as well as strategies for implementing these processes in practice for maximum efficacy. Most importantly, you'll find everything you need to help clients create real and lasting change.

EDITED BY STEVEN C. HAYES, PHD, & STEFAN G. HOFMANN, PHD
ISBN: 978-1626255968 / US $69.95

Process-Based CBT represents an important advancement in the field of CBT. It admirably describes how to target relevant and largely transdiagnostic processes to promote healthy growth and development.

—JUDITH S. BECK, PHD, president of the Beck Institute for Cognitive Behavior Therapy
**New Books**

**ACT for Psychosis Recovery**  
A Practical Manual for Group-Based Interventions Using Acceptance & Commitment Therapy

*ACT for Psychosis Recovery* offers step-by-step guidance to help you facilitate ACT in group settings. You’ll find tips and strategies to help clients identify their values and respond flexibly to psychotic symptoms, thoughts, and emotions. You’ll also discover powerful and effective techniques for engaging clients in groups—particularly those who may be wary of mental health services or experience paranoia. Finding purpose and identity beyond mental illness is an important step in the journey toward recovery. Using the breakthrough approach in this book, you can help clients gain the tools needed to achieve lasting well-being.  

**Emma K. O’Donoghue, DCLinPsy, Eric M. J. Morris, PhD, Joseph E. Oliver, PhD, & Louise C. Johns, DPhil**  
Foreword by Steven C. Hayes, PhD  
ISBN: 9781626256132 / US $49.95

“A key addition to any mental health clinician’s library!”  
—Kirk Strosahl, PhD, cofounder of ACT, and coauthor of *The Mindfulness and Acceptance Workbook for Depression*

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**ACT Questions & Answers**  
A Practitioner’s Guide to 150 Common Sticking Points in Acceptance & Commitment Therapy

Written by acclaimed ACT trainer Russ Harris, *ACT Questions and Answers* provides essential tools for overcoming the most common sticking points when delivering ACT in treatment. You’ll find effective strategies for moving past misconceptions about mindfulness and acceptance, how to deal with reluctant or unmotivated clients, and how to break down communication barriers that can stand in the way of progress. Whether you’re an ACT “newbie” or an “old-timer,” this practical guide will give you new insights and tools to troubleshoot in-session challenges and help your clients achieve lasting change.  

**Russ Harris**  
ISBN: 9781684030361 / US $29.95

“I’ve been studying ACT for fourteen years, and yet Russ Harris continues to educate me. For any person using the ACT model: this book will teach you many new ways of improving your applied work.”  
—Nic Hooper, PhD, coauthor of *The Research Journey of ACT*
Anxiety Happens
52 Ways to Find Peace of Mind

Let’s face it—anxiety happens. Clients may feel it the moment they wake up in the morning, while commuting to work, standing in line at the grocery store, or at parties and social events. This powerful, portable guide is packed with fifty-two in-the-moment mindfulness strategies clients can use anytime, anywhere to cultivate calm and peace of mind. Clients will learn about what causes their anxiety, why avoidance just doesn’t work, and how to quiet anxious thoughts when they strike. Finally, clients will discover how focusing on values can help them move past anxiety—once and for all.

JOHN P. FORSYTH, PHD, & GEORG H. EIFERT, PHD

Contextual Schema Therapy
An Integrative Approach to Personality Disorders, Emotional Dysregulation & Interpersonal Functioning

Contextual Schema Therapy offers a clear and practical road map for delivering schema therapy while incorporating the latest advances in contextual behavioral psychology. You’ll find exercises from compassion-focused therapy (CFT), ACT, and functional analytic psychotherapy (FAP) to help your clients gain awareness of their unhealthy coping patterns and behaviors. You’ll also discover a range of emotion-focused and experiential techniques to use in session for better treatment outcomes. Whether you’re new to schema therapy or looking to streamline your practice, this is an essential resource for your professional library.

ECKHARD ROEDIGER, MD, BRUCE A. STEVENS, PHD, & ROBERT BROCKMAN, DCLINPSY
FOREWORD BY WENDY T. BEHARY, LCSW | AFTERWORD BY JEFFREY YOUNG, PHD
ISBN: 978-1684030958 / US $49.95

The Mindfulness & Acceptance Workbook for Stress Reduction
Using Acceptance & Commitment Therapy to Manage Stress, Build Resilience & Create the Life You Want

The Mindfulness and Acceptance Workbook for Stress Reduction offers a powerful nine-week program for stress management drawing on the principles of ACT and mindfulness. You’ll find practical tools to help you deal with difficult emotions, cultivate self-compassion, and reinforce healthy coping habits. You’ll also discover how to build resilience and set important goals for yourself that can even help to minimize the challenges you face. Finally, you’ll learn to be more aware of how you deal with difficult situations in the moment, so stress doesn’t build up and suddenly take over your life.

FREDRIK LIVHEIM, PHD, FRANK W. BOND, PHD, DANIEL EK, MS, & BJÖRN SKOGGÅRD HEDENSJÖ, MS

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Also available at fine booksellers everywhere.
ACT BootCamp for Behavior Analysis

4-Day Experiential Intensive Training

This workshop is designed to provide behavior analysts a new way to reinforce behavior change using acceptance and commitment therapy (ACT) training. ACT began thirty-five years ago as a behavior analytic approach to intervention in verbally able populations who might need excessive rule-governed behavior to be diminished to better contact and be regulated by direct contingencies. Increasing numbers of BCBAs are adding ACT to their toolbelt for areas such as parent training, staff management and development, organizational-level work, work with developmentally delayed populations or the chronically mentally ill, educational settings with special needs students, and beyond.

Because ACT is a method for changing behavior by increasing psychological flexibility, it is successful in encouraging patterns of values-based behavior that fit the current context and helps resist needless disruption by private events. Recent behavior analytic research is showing that psychological flexibility is a key component in altering behavior across a wide variety of populations.

This training gives behavior analysts a deeper understanding of the roots of ACT—including how verbal behavior as extended by relational frame theory (RFT) and radical behaviorism as extended into functional contextualism provide a solid foundation conceptually and philosophically. Behavior analysts learn skills and techniques they can use to increase psychological flexibility with their clients while still staying within their scope of practice.

Experiential exercises provide attendees a hands-on way of understanding how ACT techniques influence psychological flexibility and overt behavior. Didactic presentations will range from a basic understanding of RFT, ACT, and functional contextualism to how behavior analysts can apply these skills with specific populations.

Learn more at praxisct.com/ACTevents

34 CE credit hours available
ACT BootCamp for Women:  
Power Through Psychological Flexibility  

4-Day Experiential Intensive Training

Women have made giant strides in equality and power. Yet, the current political and social context reminds us that there is much more work to do. Clinicians have a vital role in supporting women in their clinical settings. This four-day workshop will give you the skills to empower yourself as well as your clients, using acceptance and commitment therapy (ACT), to help us access our own innate power for positive and empowered change.

Over four days, a fleet of all-female speakers teach concrete ways of applying ACT to better understand the landscape of the challenges women face. You'll learn to use ACT principles to access your own power to live a values-based life for yourself and your self-identified women clients. By employing ACT to become more psychologically flexible, aspects of life where female clients commonly feel stuck—such as trauma, sexuality, and age discrimination—will soften, which can lead to uncovering the power already within us.

This experiential, inspiring training is for mental health and health professionals who are the boots on the ground working with women. In this specialized BootCamp, you will learn how to apply ACT to topics such as:

- Healing trauma (from domestic abuse, sexual violence, and others)
- Sex and navigating sexual issues in session
- Aging and navigating age bias
- Interpersonal violence
- Women and finances: reexamining our relationship to money in terms of values and career goals
- Self-compassion and ACT: empowering the female

Learn more at praxiscet.com/ACTevents  
34 CE credit hours available

We offer live and online workshops conducted by top-class, peer-reviewed trainers in contemporary behavioral therapies including acceptance and commitment therapy (ACT), cognitive behavioral therapy (CBT), compassion focused therapy (CFT), and others. Our trainings are accessible to most types of mental health professionals while not oversimplifying the behavioral science they were born from.

We understand that a one-size-fits-all doesn’t work with clients. Learn the best in psychology today from our experts to be the most flexible, versatile professional you can be.

Our training events feature:

- Easy online registration and comfortable venues
- Expert trainers leading hands-on learning experiences
- On-site support from friendly event production staff
- Seamless continuing education certification
- Easy-to-access presentation slides and support materials
- 30% off any New Harbinger title (at live events) to support your learning

Visit praxiscet.com today to see our event schedule

Learn skills to be more effective with your clients.
Acceptance & Commitment Therapy Training Series

Our ACT series helps professionals who have only heard of ACT implement it fluidly with clients on a daily basis.

CONCEPTUAL  |  EXPERIENTIAL  |  PRACTICAL

ACT BootCamp: Introduction to Implementation
For professionals with no prior experience with ACT & those who want an ACT refresher
Learn the foundations of the psychological flexibility model, and develop a beginning set of skills in ACT. Understand the basics of relational frame theory (RFT), the theory of language and cognition on which ACT is built. See, do, get feedback. Get hands-on, guided practice recognizing psychological inflexibility in clients in real time, and learn to fluidly respond from all points on the hexaflex. Dig into how ACT reinvigorates your therapeutic relationship with clients. Close with one day of practical review of what you’ve learned, reinforcing tools and techniques for working with clients. For total ACT immersion, attend evening sessions to learn from ACT experts to get your questions answered and build community.

ACT I: Introduction to ACT
For professionals with no prior experience with ACT
Learn the foundations of the psychological flexibility model, and develop a beginning set of skills in ACT. See, do, get feedback. Dive into relational frame theory (RFT), the theory of language and cognition on which ACT is built. Learn the hexaflex (flexible contact with the present moment, cognitive defusion, acceptance, self-as-context, values, committed action) and the basic processes of ACT while adding ACT metaphors and techniques to your therapeutic toolbox.

ACT II: Clinical Skills-Building Intensive
For professionals who practice ACT, but want more hands-on experience
This skills-building intensive includes round after round of interactive, experiential exercises. You will see, do, and get feedback as you build a solid basis in the dynamic use of ACT interventions. The outcome? A better understanding of the model, and the ability to recognize inflexibility in clients and respond in real time. The net result: better clinical outcomes.

ACT III: Mastering ACT
For professionals actively using ACT who want to apply it to their most complex cases
This masterclass is about the art and science of doing ACT well with all of your clients. Bring your most difficult cases into the training, and work with master ACT trainers to resolve your biggest challenges. Develop an understanding of the intra- and interpersonal processes that happen inside the therapy room. Develop a deeper understanding of how your own behaviors impact yourself as well as your clients in the therapy room. Get intensive practice conducting functional analysis in the moment, and then apply ACT solutions to your findings.

Visit praxiscet.com today to see our event schedule
Acceptance & Commitment Therapy for Couples
A Clinician’s Guide to Using Mindfulness, Values & Schema Awareness to Rebuild Relationships

In this breakthrough clinical resource, psychologists Avigail Lev and Matthew McKay identify the ten most common relationship schemas, and provide an ACT-based approach to help couples overcome feelings of dependence, abandonment, and mistrust. You’ll find an outline of maladaptive schema coping behaviors, strategies to help couples identify their values, and skills to help clients break through the cognitive and emotional barriers that stand in the way of values-based action.

AVIGAIL LEV, PSYD, & MATTHEW MCKAY, PHD
FOREWORD BY ROBYN D. WALSER, PHD

The Mindfulness & Acceptance Workbook for Depression, Second Edition
Using Acceptance & Commitment Therapy to Move Through Depression & Create a Life Worth Living

Fully revised and updated, this second edition offers step-by-step guidance to help clients work through—rather than avoid—the aspects of life that are causing them to feel depressed. Based in ACT, the techniques and tools in this book will help clients evaluate their own depression and create a personalized treatment plan. This new edition also includes updated research on self-compassion, mindfulness, and neuroscience to help clients live a more meaningful life.

KIRK D. STROSAHL, PHD, & PATRICIA J. ROBINSON, PHD
FOREWORD BY STEVEN C. HAYES, PHD
ISBN: 978-1572245488 / US $24.95

Learning ACT for Group Treatment
An Acceptance & Commitment Therapy Skills Training Manual for Therapists

With its emphasis on values, mindfulness, and committed action, ACT can greatly enhance the effectiveness of group treatment by encouraging clients to be fully aware, accountable, and present in the moment. Learning ACT for Group Treatment outlines each of the core ACT processes and provides printable worksheets, tips on group session formatting, and a wide range of exercises that promote willingness, cooperation, and connection among participants. If you’re interested in using ACT in group therapy, this practical resource will guide you every step of the way.

DARRAH WESTRUP, PHD, & M. JOANN WRIGHT, PHD
ISBN: 978-1608823994 / US $49.95
Stuff That Sucks
A Teen’s Guide to Accepting What You Can’t Change & Committing to What You Can

Stuff That Sucks offers fun and practical ACT skills to help teens discover what really matters to them—whether that’s being more creative, being a good friend, learning a new sport, or doing anything they love. With this fun guide, teens will learn ways to “make sucky stuff less sucky,” and how taking just a few moments each day to pursue stuff that matters can change their lives for the better.

BEN SEDLEY
ISBN: 978-1626258655 / US $12.95

Superhero Therapy
Mindfulness Skills to Help Teens & Young Adults Deal with Anxiety, Depression & Trauma

This fun, unique, and “outside-the-box” self-help guide provides everything teen clients need to begin their very own superhero training using evidence-based ACT skills. Within these colorful pages, clients will team up with a group of troubled heroes—inspired by both fictional characters and real-life people—enlisted at the Superhero Training Academy. By learning to face up to their inner villains and monsters, these characters will inspire clients to overcome their problems as well. When they’re finished, clients will have a slew of new tools they can use—like mindfulness, self-compassion, and values—to help conquer whatever life throws their way.

JANINA SCARLET, PHD
ILLUSTRATED BY WELLINTON ALVES
ISBN: 978-1684030330 / US $17.95

Metaphor in Practice
A Professional’s Guide to Using the Science of Language in Psychotherapy

The use of metaphor is central to the implementation of ACT and DBT, and is a powerful tool for all practicing psychotherapists. 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 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.

NIKLAS TÖRNEKE, MD
FOREWORD BY STEVEN C. HAYES, PHD
ISBN: 978-1626259010 / US $49.95

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A Clinician’s Guide to Fostering Compassion, Connection & Equality Using Contextual Strategies

In this edited volume, you’ll discover powerful mindfulness- and acceptance-based interventions drawn from ACT, compassion-focused therapy (CFT), functional analytic psychotherapy (FAP), and relational frame theory (RFT). You’ll also find chapters devoted to important topics like stigma, shame, relationships, and parenting, as well as unique applications of contextual behavioral approaches as they relate specifically to the experiences of gender and sexual minorities.

EDITED BY MATTHEW D. SKINTA, PHD, ABPP & AISLING CURTIN, MSC
FOREWORD BY JOHN PACHANKIS, PHD
ISBN: 978-1626254282 / US $49.95

“Comprehensive, powerful, and clearly stated, this wonderful book helps show us all a new way forward.”

—STEVEN C. HAYES, PHD, codeveloper of ACT
Acceptance & Commitment Therapy

The Mindfulness & Acceptance Workbook for Anxiety, Second Edition
A Guide to Breaking Free from Anxiety, Phobias & Worry Using Acceptance & Commitment Therapy

This fully revised and updated edition offers powerful new exercises based in ACT to help clients break free from anxiety. They’ll discover how the mind can keep us stuck and struggling in fear, and discover how acceptance, mindfulness, and compassion can help shift focus away from managing anxiety and onto what really matters. Finally, clients will learn to let go of trauma and painful experiences that can fuel anxiety.

JOHN P. FORSYTH, PHD
GEORG H. EIFERT, PHD
ISBN: 978-1626253346 / US $24.95

Things Might Go Terribly, Horribly Wrong
A Guide to Life Liberated from Anxiety

Instead of trying to help readers overcome or reduce feelings of anxiety, this book will help them climb inside these feelings, sit in that place, and see what it would be like to have anxiety and still make room in their life to breathe, rest, and live—really and truly live—in a way that matters to them. This book starts a conversation about why we all sometimes feel anxious, and what role that anxiety serves in our lives.

KELLY G. WILSON, PHD
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ISBN: 978-1572247116 / US $17.95

The Mindfulness & Acceptance Workbook for Social Anxiety & Shyness
Using Acceptance & Commitment Therapy to Free Yourself from Fear & Reclaim Your Life

This workbook offers an ACT approach to overcoming shyness and social anxiety. Using the worksheets and exercises included in this book, clients will build the courage they need to engage in situations that may seem threatening at first, but will ultimately lead to profound personal growth and fulfillment.

JAN E. FLEMING, MD
NANCY L. KOCOVSKI, PHD
FOREWORD BY ZINDEL V. SEGAL, PHD

Acceptance & Commitment Therapy for Anxiety Disorders
A Practitioner’s Treatment Guide to Using Mindfulness, Acceptance & Values-Based Behavior Change Strategies

This book provides an effective ACT approach for treating any anxiety disorder. Readers will learn to remove barriers to change, and foster rapid client progress. Theoretical information in the book is supported by detailed examples of individual therapy sessions, worksheets, and exercises.

GEORG H. EIFERT, PHD
JOHN P. FORSYTH, PHD
FOREWORD BY STEVEN C. HAYES, PHD
ISBN: 978-1626251236 / US $59.95

Clear guidance, beautifully presented. Highly recommended.

—STEVEN C. HAYES, PHD, codeveloper of ACT

"Congratulations to the authors for bringing the research-proven benefits of mindfulness to the lives of so many who are sure to benefit from their empirically proven and practical suggestions!"

—DANIEL J. SIEGEL, MD, author of The Mindful Brain

A vital clinical resource for any therapist, student, or educator.

—ZINDEL V. SEGAL, PHD, University of Toronto

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The Worry Trap
How to Free Yourself from Worry & Anxiety Using Acceptance & Commitment Therapy

This book adapts the ACT approach to the needs of readers struggling with generalized anxiety disorder (GAD) and subclinical worry. Readers learn to “de-fuse” from worries—observing and then letting them go. Then, readers explore and commit to acting on their values, thereby creating rich lives for themselves—even with the occasional worry. An excellent choice for bibliotherapy or between-session homework for clients.

CHAD LEJEUNE, PHD
FOREWORD BY STEVEN C. HAYES, PHD

“A welcome and helpful book for anyone whose life is disrupted by worry.”
—JEFFREY BRANTLEY, MD, Duke Integrative Medicine

Get Out of Your Mind & Into Your Life
The New Acceptance & Commitment Therapy

This book offers a five-step plan for coping with painful emotions such as anxiety and depression. It teaches readers life-enhancing behavior strategies that work to further the goals they value most. Once present, engaged, and aware, readers begin to build new lives for themselves filled with significance and meaning.

STEVEN C. HAYES, PHD, WITH SPENCER SMITH
ISBN: 978-1572244252 / US $22.95

“Highly recommended for all of us.”
—DAVID H. BARLOW, PHD, Boston University

ACT Made Simple
An Easy-To-Read Primer on Acceptance & Commitment Therapy

A practical and entertaining primer, ideal for ACT newcomers and experienced ACT professionals alike, this book 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.

RUSS HARRIS
FOREWORD BY STEVEN C. HAYES, PHD
ISBN: 978-1572247055 / US $39.95

“ACT Made Simple is simply the most accessible book written to date for therapists interested in learning ACT.”
—JASON B. LUOMA, PHD, coauthor of Learning ACT

ACT on Life Not on Anger
The New Acceptance & Commitment Therapy Guide to Problem Anger

This book offers a new approach to those who have tried to control problem anger before with little success. Instead of trying to eliminate anger, this book helps readers drop the rope in their tug-of-war with anger using ACT. Value-identification exercises help readers decide what matters most to them, and then commit to short- and long-term goals that turn these values into reality. In the process, readers gain the most profound control, accomplished by simply letting go.

GEORG H. EIFERT, PHD
MATTHEW MCKAY, PHD
JOHN P. FORSYTH, PHD
FOREWORD BY STEVEN C. HAYES, PHD
ISBN: 978-1572244405 / US $17.95

“Empowering and compassionate... extraordinarily insightful...”
—LAURIE A. GRECO, PHD, University of Missouri, St. Louis
The Thriving Adolescent
Using Acceptance & Commitment Therapy & Positive Psychology to Help Teens Manage Emotions, Achieve Goals & Build Connection

This book offers powerful techniques based in ACT and positive psychology to help adolescents manage emotions, connect with their values, utilize mindfulness, and develop healthy relationships. The book includes worksheets, exercises, and scripts focused on helping young people develop the tools they need as they transition into adulthood.

LOUISE L. HAYES, PHD
JOSEPH CIARROCHI, PHD
FOREWORD BY STEVEN C. HAYES, PHD
ISBN: 978-1608828029 / US $59.95

Reading The Thriving Adolescent sets you on a journey into the hearts and minds of young people in a way that is unique, fascinating, and incredibly informative.

—KIRK STROSAHL, PHD, cofounder of ACT

ACT for Adolescents
Treating Teens & Adolescents in Individual & Group Therapy

This resource provides a flexible ten-week protocol for facilitating ACT with adolescents in individual therapy, along with modifications for group therapy. The book includes invaluable strategies for connecting with clients while efficiently identifying and addressing clinical issues. Using the customizable protocol in this book, you’ll be ready to help clients overcome mental health challenges and reach their goals.

SHERI L. TURRELL, PHD
MARY BELL, MSW, RSW
FOREWORD BY KELLY G. WILSON, PHD
ISBN: 978-1626253575 / US $49.95

A high-quality manual to support clinicians’ use of ACT with adolescents!

—PATRICIA J. ROBINSON, PHD, international ACT trainer, and coauthor of Inside This Moment

Get Out of Your Mind & Into Your Life for Teens
A Guide to Living an Extraordinary Life

Thousands of people have read Get Out of Your Mind and Into Your Life to identify their values and find focus and direction in their lives. This book brings these essential skills to teen readers, presenting a comprehensive ACT, positive psychology, and emotional intelligence plan for moving past depression, anxiety, unhealthy behaviors, and simple self-doubt.

JOSEPH V. CIARROCHI, PHD
LOUISE HAYES, PHD
ANN BAILEY, MA
FOREWORD BY STEVEN C. HAYES, PHD

The Shyness & Social Anxiety Workbook for Teens
CBT & ACT Skills to Help You Build Social Confidence

This book offers a complete program for helping teens break free from social anxiety and stop worrying about what others think. This book helps teens come to see that painful emotions, such as embarrassment, are inevitable and survivable. The comic-strip-style illustrations, exercises, and worksheets in this book address all aspects of social anxiety—from missing out on high school dances to going to job interviews.

JENNIFER SHANNON, LMFT
ILLUSTRATIONS BY DOUG SHANNON
FOREWORD BY CHRISTINE A. PADESKY, PHD
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Acceptance & Mindfulness Treatments for Children & Adolescents
A Practitioner’s Guide

This book shows how to modify third-wave behavioral and cognitive therapy methods for the treatment of children and adolescents. Edited by two luminaries in the field of third-wave behavior therapy, these essays are invaluable in helping young patients reap the benefits of acceptance and mindfulness approaches such as ACT, DBT, MBCT, and MBSR.

EDITED BY LAURIE A. GRECO, PHD
STEVEN C. HAYES, PHD
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Finding Peace & Fulfillment When Life Hurts

The “reality slap” takes many different forms. Sometimes, it’s more like a punch: the death of a loved one, a serious illness, a divorce, the loss of a job, a freak accident, or a shocking betrayal. Sometimes it’s a little gentler. Envy, loneliness, resentment, failure, disappointment, and rejection can sting just as much. This book by Russ Harris offers a four-part path for healing from crises based on ACT.

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• Rediscover calm in the midst of chaos
• Turn difficult emotions into wisdom and compassion
• Find fulfillment, even when they can’t get what they want
• Heal wounds and emerge stronger than before

RUSS HARRIS

The Big Book of ACT Metaphors
A Practitioner’s Guide to Experiential Exercises & Metaphors in Acceptance & Commitment Therapy

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JILL A. STODDARD, PHD
NILOOFAR AFARI, PHD
FOREWORD BY STEVEN C. HAYES, PHD
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A valuable addition to your ACT tool kit.

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This book presents an ACT approach—utilizing a schema-based formulation—to help clients overcome maladaptive interpersonal behavior. By learning to act on their values instead of falling into schema-influenced patterns, clients can eventually overcome the interpersonal problems that hold them back.

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FOREWORD BY STEVEN C. HAYES, PHD

A must-read for any mental health practitioner who takes seriously the significant social and interpersonal problems faced by those they serve.

—JOHN P. FORSYTH, PHD, professor of psychology at University at Albany, SUNY

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This book focuses on behavioral approaches to language and cognition, and provides practical tips to help clients identify their own expectations regarding relationships. By exploring personal values and expectations, and by addressing central patterns of behaviors, your client can establish and maintain intimacy with his or her partner.

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RUSS HARRIS
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How Acceptance & Mindfulness Can Lead You to the Love You Want

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The Interpersonal Problems Workbook
ACT to End Painful Relationship Patterns

The skills detailed in this book include present-moment awareness, diffusion, and flexibility—all of which will help clients to improve their relationships with others. In this book, clients will learn what their schema is, and how to act on their values to communicate and get along with others.

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RUSS HARRIS
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“...Harris has an uncanny ability to make the complex simple. Getting Unstuck in ACT will leave the ‘stuck’ clinician with the ‘aha’ moment they are looking for.”
—LOUISE MCHUGH, PHD, author of The Self and Perspective Taking

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A New Approach to Building Psychological Flexibility Across Settings & Populations

The ACT Matrix fuses the six core principles of ACT—cognitive defusion, acceptance, contact with the present moment, a flexible sense of self, values, and committed action—into a simplified, easy-to-apply approach that focuses on client actions and behavior. In the book, you’ll learn how to deliver ACT more effectively in a variety of settings and contexts, even when clients are resistant or unmotivated to participate.

EDITED BY KEVIN L. POLK, PHD
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Using Acceptance & Commitment Therapy to Heal from Post-Traumatic Stress & Trauma-Related Problems

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LAURA R. SILBERSTEIN, PSYD
FOREWORDS BY PAUL GILBERT, PHD, & STEVEN C. HAYES, PHD
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“User-friendly and filled with insights and clinical examples, this book will open new possibilities in therapy. Highly recommended.”

—ROBERT LEAHY, PHD, director of the American Institute for Cognitive Therapy
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ISBN: 978-1608823451 / US $49.95

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Five Steps to Transcending Stress Using Mindfulness & Neuroscience

This book offers a breakthrough, evidence-based program grounded in mindfulness and neuroscience. Written by cofounder of ACT Kirk Strosahl and pioneering behavioral health researcher Patricia Robinson, the mindfulness exercises in this book will help clients strengthen the parts of their brain that support vitality and a sense of being fully present in the here and now.

KIRK D. STROSAHL, PHD
PATRICIA J. ROBINSON, PHD

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A Clinician’s Guide to Using the Present Moment to Promote Radical Change in Acceptance & Commitment Therapy

Kirk Strosahl and two fellow ACT psychologists offer a brief, five-stage model to help you recognize, assess, and take advantage of the subtle shifts of awareness that occur during therapy to achieve the most effective intervention and successful treatment outcomes. In therapy, it is essential for both clinicians and their clients to pay attention to each moment in session as an opportunity to create change.

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Chronic stress is a marker of living life on autopilot. This book gently wakes you up. It asks you instead to live life inside non-judgmental awareness and intentionality—and to do it right here, right now, in this moment.

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GEORG H. EIFERT, Ph.D
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"An avenue of hope and encouragement. Completely different from other scientifically driven approaches to the problem of anorexia." —FRANK W. BOND, PHD, University of London

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A Process-Focused Guide to Treating Anorexia & Bulimia

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A Practitioner’s Guide to Using Mindfulness, Acceptance & Values-Based Behavior Change Strategies

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EMILY K. SANDOZ, PHD
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EDITED BY
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ISBN: 9781608824472 / US $59.95

There is no better place to start learning about RFT than this excellent book. Törneke teaches the principles of RFT simply and elegantly. … I wish a book like this had existed when I first learned about RFT.
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IAN STEWART, PHD
FOREWORD BY MARK WILLIAMS, PHD
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Cognitive Defusion in Practice
A Clinician’s Guide to Assessing, Observing & Supporting Change in Your Client
Designed for use by mental health professionals and graduate students, this book clearly conceptualizes cognitive defusion—an integral aspect of ACT—for accessible and practical reference. The book also provides comprehensive descriptions of a wide variety of defusion techniques, and illustrates how and when to introduce defusion in therapy. This is a must-have book for anyone who practices—or is interested in—ACT.

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JOAN DAVIDSON, PHD
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