

ACT & RFT *in* RELATIONSHIPS

Helping Clients Deepen Intimacy *and*
Maintain Healthy Commitments Using
Acceptance *and* Commitment Therapy
and Relational Frame Theory



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Act And Rft In Relationships Helping Clients Deepen Intimacy And Maintain Healthy Commitments Using Acceptance And Commitment Therapy And Relational Frame Theory

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R. Martell,Jonathan S Kaplan**



Act And Rft In Relationships Helping Clients Deepen Intimacy And Maintain Healthy Commitments Using Acceptance And Commitment Therapy And Relational Frame Theory:

ACT Et RFT in Relationships ,2013 Even if you are not a couples therapist chances are you have dealt with clients whose problems are based in relationship issues In order to successfully treat these clients you must first help them understand what their values are in these relationships and how their behavior may be undermining their attempts to seek intimacy and connection Combining elements of acceptance and commitment therapy ACT and relational frame theory RFT ACT and RFT for Relationships presents a unique approach for therapists to help clients develop and experience deeper more loving relationships By exploring personal values and expectations and by addressing central patterns of behaviors therapists can help their clients establish and maintain intimacy with their partner and gain a greater understanding of their relationship as a whole ACT is a powerful treatment model that teaches clients to accept their thoughts identify their core values and discover how these values are extended to their relationships with others RFT focuses on behavioral approaches to language and cognition and can help clients identify their own expectations regarding relationships and how they might communicate these expectations with their loved ones more effectively This book aims to shed light on the thought processes behind intimate relationships from the attraction phase to the end of intimacy from a functional contextual perspective

ACT and RFT in Relationships JoAnne Dahl,Ian Stewart,Christopher R. Martell,Jonathan S Kaplan,2014-01-02 Combining elements of acceptance and commitment therapy ACT and relational frame theory RFT ACT and RFT for Relationships presents a unique approach for therapists to help clients develop and experience deeper more loving relationships By exploring personal values and expectations and by addressing central patterns of behaviors therapists can help their clients establish and maintain intimacy with their partner and gain a greater understanding of their relationship as a whole

Clinical Handbook of Couple Therapy Jay L. Lebow,Douglas K. Snyder,2022-09-13 Now in a significantly revised sixth edition with 70% new material this comprehensive handbook has introduced tens of thousands of practitioners and students to the leading forms of couple therapy practiced today Prominent experts present effective ways to reduce couple distress improve overall relationship satisfaction and address specific relational or individual problems Chapters on major approaches follow a consistent format to help readers easily grasp each model s history theoretical underpinnings evidence base and clinical techniques Chapters on applications provide practical guidance for working with particular populations such as stepfamily couples and LGBT couples and clinical problems such as intimate partner violence infidelity and various psychological disorders Instructive case examples are woven throughout New to This Edition Chapters on additional clinical approaches acceptance and commitment therapy mentalization based therapy intergenerational therapy socioculturally attuned therapy and the therapeutic palette approach Chapters on sexuality older adult couples and parents of youth with disruptive behavior problems Chapters on assessment and common factors in couple therapy Chapters on cutting edge

special topics relationship enhancement telehealth interventions and ethical issues in couple therapy See also Snyder and Lebow s What Happens in Couple Therapy which presents in depth illustrations of treatment

Geleneksel ve Güncel Psikolojik Danışma Kuramları Bünyamin Ateş, Mehmet Enes Sağar,2024-05-10 Rehberlik ve psikolojik danışma do u undan bu tarafa her bir a mas nda nitelikli geli im ve de i im g stererek ciddi ilerlemeler elde eden bir bilim dalı olmay ba arm t r Bu ba ar da ona y n veren ve yol haritası niteli i sunabilen psikolojik danışma kuramlar n n katkı s b y k nem arz etmektedir Nitekim psikolojik danışma kuramlar psikanalizle ilk olu umundan itibaren pek ok farklı kuram n do mas na yol a m t r Bu er evede geleneksel bir halden ya anan zaman diliminin olanakları na g re kendini revize ederek geli tiren daha g ncel bir hal alm t r Ku kusuz gelenekselden g ncele kuramlar n her birinin rehberlik ve psikolojik danışma biliminde katkı s b y k olmakla birlikte bazı kuramlar daha dikkat ekici bir ekilde ilerlemi ve adeta bu bilimin merkezinde yer alm lard r

The Oxford Handbook of Acceptance and Commitment Therapy Michael P. Twohig, Michael E. Levin, Julie M. Petersen, 2023 In The Oxford Handbook of Acceptance and Commitment Therapy Michael P Twohig Michael E Levin and Julie M Petersen bring together contributions from the world s leading scholars to create a comprehensive volume on established areas of ACT The Handbook presents the first scholarly review of the treatment as it has developed over the past two to three decades Featuring 33 chapters on key aspects of the treatment the contributors offer analysis on ACT s conceptual and theoretical underpinnings applications to specific populations and problems methods of implementation and other special topics They will further cover theory empirical support and scholarly descriptions of treatment application

Faith-Based ACT for Christian Clients Joshua J. Knabb, 2022-07-12 Faith Based ACT for Christian Clients balances empirical evidence with theology to give mental health professionals a deep understanding of both the why and how of acceptance and commitment therapy ACT for Christians The new edition includes updated discussions in each chapter more than 20 new and updated exercises and new chapters on couples and trauma The book includes a detailed exploration of the overlap between ACT and the Christian faith case studies and techniques that are explicitly designed to be accessible to both non Christian and Christian including evangelical Christian counselors and therapists Chapters also present the established research on Buddhist influenced mindfulness meditation and newer research on Christian derived meditative and contemplative practices and lay a firm theological foundation through the use of engaging biblical stories and metaphors

The Handbook of Consensual Non-Monogamy Michelle D. Vaughan, Theodore R. Burnes, 2022-07-11 As the first comprehensive intersectional examination of consensual non monogamy this handbook provides evidence based research and practice across mental health disciplines on working with consensual non monogamous CNM people and relationships Leading experts in this emerging field provide counselor educators and practicing clinicians with the authoritative essential information they need to serve a growing yet frequently stigmatized client population with affirmative research based ethical care Readers will learn basic information related to the development of their own unique relational information acquire knowledge about CNM and CNM focused

communities discern how identity culture and community impact intimacy and functioning and take away practical recommendations insights and tools to promote CNM affirming practice across settings services and populations *Lieben heißt wollen* Holger Kuntze, 2018-05-29 Fast jedes Paar kommt einmal an den Punkt an dem das Beglückende der Liebe nicht mehr präsent ist häufiger Streit das Miteinander bestimmt und sich die Frage stellt Bleiben oder gehen Der Paartherapeut Holger Kuntze beschreibt einen Weg um in einer solchen Situation wieder neu aufeinander zuzugehen Er besteht darin sich aus den gewohnten Bahnen des Denkens und Handelns zu befreien und innere Flexibilität zu entwickeln Also automatisierte Reaktionen zu hinterfragen offen und ohne Abwehr zuzuhören und sich neu für den anderen zu entscheiden Ein kluges und ermutigendes Buch das zeigt warum es den perfekten Partner nicht gibt und wie wir trotzdem miteinander glücklich sein können

Acceptance and Commitment Therapy Richard Bennett, Joseph E. Oliver, 2025-03-31 This book offers a comprehensive overview of the central theoretical tenets of Acceptance and Commitment Therapy ACT guidance on key practical applications of the approach and reflection on the strategic issues inherent to the delivery of this psychological intervention This thoroughly revised edition explains and demonstrates the range of acceptance mindfulness and behaviour change strategies that can be used in the service of helping people increase their psychological flexibility and wellbeing Divided into three main parts the book provides the reader with a solid grounding from which to develop their delivery of ACT consistent interventions This new edition also includes an update of the research literature and a review of new developments techniques and approaches within ACT theory and practice fortified with a greater appreciation of diversity issues such as the application of ACT across different groups and cultures This book will be of interest to students and practitioners of ACT from a range of disciplines spanning clinical organisational coaching counselling and psychotherapy settings

Acceptance And Commitment Therapy Eddy Bowsher, 2021-03-26 Developed within a coherent theoretical and philosophical framework Acceptance and Commitment Therapy ACT is a unique empirically based psychological intervention that uses acceptance and mindfulness strategies together with commitment and behavior change strategies to increase psychological flexibility Psychological flexibility means contacting the present moment fully as a conscious human being and based on what the situation affords changing or persisting in behavior in the service of chosen values Based on Relational Frame Theory ACT illuminates the ways that language entangles clients into futile attempts to wage war against their own inner lives Through metaphor paradox and experiential exercises clients learn how to make healthy contact with thoughts feelings memories and physical sensations that have been feared and avoided **ACT with Love** Russ Harris, 2010-06-21 Popular myths about love set us up for a struggle with real life The inconvenient truth is there's no such thing as a perfect partner all couples fight and feelings of love come and go like the weather But that doesn't mean you can't have a joyful and romantic relationship Through a simple program based on the revolutionary new mindfulness based acceptance and commitment therapy ACT you can learn to handle painful thoughts and feelings more effectively and engage

fully in the process of living and loving together Acceptance and Commitment Therapy Paul E. Flaxman,J.T. Blackledge, Frank W. Bond, 2010-11-16 What are the distinctive theoretical and practical features of acceptance and commitment therapy Acceptance and commitment therapy ACT is a modern behaviour therapy that uses acceptance and mindfulness interventions alongside commitment and behaviour change strategies to enhance psychological flexibility Psychological flexibility refers to the ability to contact the present moment and change or persist in behaviour that serves one's personally chosen values Divided into two sections The Distinctive Theoretical Features of ACT and The Distinctive Practical Features of ACT this book summarises the key features of ACT in 30 concise points and explains how this approach differs from traditional cognitive behaviour therapy Acceptance and Commitment Therapy provides an excellent guide to ACT Its straightforward format will appeal to those who are new to the field and provide a handy reference tool for more experienced clinicians **Practicing Acceptance and Commitment Therapy with Head and Heart** Lieve Bruyninx, Yvonne Barnes-Holmes, Ciara McEnteggart, Marjolein Vleugel, Roy Thewissen, 2024-08 This book will help readers balance the essential scientific concepts underlying Acceptance and Commitment Therapy ACT with their clinical practice reconnecting ACT with its behavioural therapeutic roots and Relational Frame Theory Clinicians often struggle to understand the science the head that should underpin their clinical practice work the heart Without a core understanding of the scientific concepts underlying ACT clinicians struggle to understand how to adapt ACT in practice for specific client or group situations and why In response to that this book is structured to help readers understand the why of each intervention and how to use that to guide the next move Through a mix of explanations personal examples exercises for the therapist short cases and metaphors the book provides a series of science driven concepts that teach the reader to use the ACT toolbox with skilful interventions This manual is a must read for any ACT trainee or practitioner helping them systematically connect techniques with the rationale for their use Advances in Relational Frame Theory Simon Dymond, Bryan Roche, 2013 Edited by leading relational frame theory RFT scholars Simon Dymond PhD and Bryan Roche PhD Advances in Relational Frame Theory presents advances in all aspects of RFT research over the last decade and provides mental health professionals a greater understanding of the core principals of acceptance and commitment therapy ACT A must read for anyone interested in ACT the book contains chapters written by Steven C Hayes and Kelly Wilson both research active experts from the RFT community around the world **Acceptance and Commitment Therapy for Couples** Avigail Lev, 2017-12-13 In Acceptance and Commitment Therapy for Couples best selling author Matthew McKay and psychologist Avigail Lev present the ten most common relationship schemas and provide an evidence based acceptance and commitment therapy ACT treatment protocol for professionals With these powerful tools therapists will be better able to help couples overcome the unhealthy coping behaviors and barriers that hold them back so they can move forward to create happier healthier relationships *Learning ACT* Jason B. Luoma, Steven C. Hayes, Robyn D. Walser, 2007-11-01 The groundswell of interest in

acceptance and commitment therapy ACT is among the most remarkable developments in contemporary psychotherapy Whether you are new to the profession or an experienced clinician with an established career seeking to incorporate ACT work into your practice this book is an essential resource ACT is both a unique approach and somewhat counterintuitive in its methods Learning to do ACT well requires practice patience and good information This book is a major contribution to ACT professional literature a comprehensive activity based workbook that will help you understand and take advantage of ACT's unique six process model both as a tool for diagnosis and case conceptualization and as a basis for structuring treatments for clients Learning ACT begins with an overview of the ACT model outlining its theoretical and philosophical underpinnings Next you will learn how to understand and make use of the six core ACT processes In later chapters you will be introduced to the ACT approach to establishing an effective and powerful therapeutic relationship and learn to conceptualize cases from an ACT perspective Throughout these chapters are numerous exercises to help you apply what you are learning in order to process the material at a deeper level Unique to this volume is a DVD that includes role played examples of the core ACT processes in action Use this helpful addition to bring to life the concepts developed in the text An invaluable aid to serious ACT study the DVD can be reviewed often as you gain facility with the model

Acceptance and Commitment Therapy

John T. Blackledge, Joseph Ciarrochi, Frank P. Deane, 2009 ACT RFT and contextual behavioral science Michael Levin and Steven C. Hayes Core processes in acceptance and commitment therapy John T. Blackledge and Dermot Barnes Holmes Teaching ACT to whom why and how Kirk D. Strosahl and Patricia J. Robinson Understanding and treating eating disorders an ACT perspective Rhonda M. Merwin and Kelly G. Wilson ACT and health conditions Joanne Dahl ACT with depression the role of forgiving Robert D. Zettle Stacy L. Barner and Suzanne Gird Brief group ACT for anxiety Natalie M. Glaser John T. Blackledge Louise M. Shepherd and Frank P. Deane Self destructive behavior ACT and functional analysis Tobias Lundgren Acceptance and commitment therapy training for work stress and burnout in mental health direct care providers J. Scott Bethay Kelly G. Wilson and Katherine H. Moyer Promoting social intelligence using the experiential role play method Linda L. Bilich and Joseph Ciarrochi ACT and CBT for psychosis comparisons and contrasts Hamish J. McLeod Beyond the fragmented self integrating acceptance and psychodynamic approaches in the treatment of borderline personality Ann Bailey Dianne Mooney Reh Lisa Parker and Sonja Temelkovski Acceptance and commitment therapy for comorbid PTSD and substance use disorders Sonja V. Batten Jason C. DeViva Andrew P. Santanello Lorie J. Morris Paul R. Benson and Mark A. Mann

Akzeptanz- & Commitment-Therapie Steven C. Hayes, Kelly G. Wilson, Kirk D. Strosahl, 2014-01-15 Gedrucktes Buch PLUS E Book In den vergangenen zehn Jahren hat sich die Acceptance und Commitment Therapie ACT nicht nur als effektive psychotherapeutische Behandlungsmethode etabliert sie wurde auch weiterentwickelt und verfeinert Das Ergebnis ist ein beträchtlicher Fortschritt in Konzeption Technik und Erfahrungswerten Die Autoren dieses Buches haben sechs Schlüsselprozesse der ACT festgelegt die sich alle um ein zentrales Anliegen gruppieren psychische Flexibilität Dieses Modell der

psychischen Flexibilität bedeutet einen weiteren Innovationsschritt der ACT weil es auf eine ganze Bandbreite psychischer Störungen angewendet werden kann Anschaulich und anhand von Fallbeispielen erläutern Hayes Strosahl und Wilson

Grundlagen Vorgehen und wichtige Aspekte der Umsetzung Die bearbeitete Neuauflage dieses ersten Grundlagenwerks zur ACT wird hier in komplett neuer Übersetzung vorgelegt *Mindfulness for Two* Kelly G. Wilson, 2009-07-01 In *Mindfulness for Two* acceptance and commitment therapy ACT cofounder Kelly Wilson shows clinicians how to connect with the present moment in therapy and provides exercises they can use to teach their clients this critical skill The DVD ROM packaged with this book features exclusive footage of Wilson demonstrating these techniques in therapy sessions ACT Made Simple Russ Harris, 2019-05-01

NOTE FROM THE PUBLISHER Due to the recent illegal counterfeiting of this book we cannot guarantee book quality when purchased through third party sellers Now fully revised and updated this second edition of *ACT Made Simple* includes new information and chapters on self compassion flexible perspective taking working with trauma and more 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 therapy If you're looking for ways to optimize your client sessions consider joining the many thousands of therapists and life coaches worldwide who are learning acceptance and commitment therapy ACT With a focus on mindfulness client values and a commitment to change ACT is proven effective in treating depression anxiety stress addictions eating disorders schizophrenia borderline personality disorder BPD and myriad other psychological issues It's also a revolutionary new way to view the human condition packed full of exciting new tools techniques and strategies for promoting profound behavioral change A practical 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 Inside you'll find scripts exercises metaphors and worksheets to use with your clients a session by session guide to implementing ACT transcripts from therapy sessions guidance for creating your own therapeutic techniques and exercises and practical tips to overcome therapy roadblocks This book aims to take the complex theory and practice of ACT and make it accessible and enjoyable for therapists and clients

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