



Georg H Eifert

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Acceptance and Commitment Therapy for Anxiety Disorders Georg H. Eifert, John P. Forsyth, 2005-08-01 Acceptance and commitment therapy or ACT pronounced as a word rather than letters is an emerging psychotherapeutic technique first developed into a complete system in the book *Acceptance and Commitment Therapy* by Steven Hayes Kirk Strosahl and Kelly Wilson ACT marks what some call a third wave in behavior therapy To understand what this means it helps to know that the first wave refers to traditional behavior therapy which works to replace harmful behaviors with constructive ones through a learning principle called conditioning Cognitive therapy the second wave of behavior therapy seeks to change problem behaviors by changing the thoughts that cause and perpetuate them In the third wave behavior therapists have begun to explore traditionally nonclinical treatment techniques like acceptance mindfulness cognitive defusion dialectics values spirituality and relationship development These therapies reexamine the causes and diagnoses of psychological problems the treatment goals of psychotherapy and even the definition of mental illness itself ACT earns its place in the third wave by reevaluating the traditional assumptions and goals of psychotherapy The theoretical literature on which ACT is based questions our basic understanding of mental illness It argues that the static condition of even mentally healthy individuals is one of suffering and struggle so our grounds for calling one behavior normal and another disordered are murky at best Instead of focusing on diagnosis and symptom etiology as a foundation for treatment a traditional approach that implies at least on some level that there is something wrong with the client ACT therapists begin treatment by encouraging the client to accept without judgment the circumstances of his or her life as they are Then therapists guide clients through a process of identifying a set of core values The focus of therapy thereafter is making short and long term commitments to act in ways that affirm and further this set of values Generally the issue of diagnosing and treating a specific mental illness is set aside in therapy healing comes as a result of living a value driven life rather than controlling or eradicating a particular set of symptoms Emerging therapies like ACT are absolutely the most current clinical techniques available to therapists They are quickly becoming the focus of major clinical conferences publications and research More importantly these therapies represent an exciting advance in the treatment of mental illness and therefore a real opportunity to alleviate suffering and improve people's lives Not surprisingly many therapists are eager to include ACT in their practices ACT is well supported by theoretical publications and clinical research what it has lacked until the publication of this book is a practical guide showing therapists exactly how to put these powerful new techniques to work for their own clients *Acceptance and Commitment Therapy for Anxiety Disorders* adapts the principles of ACT into practical step by step clinical methods that therapists can easily integrate into their practices The book focuses on the broad class of anxiety disorders the most common group of mental illnesses which includes general anxiety panic disorder phobias obsessive compulsive disorder and post traumatic stress disorder Written with therapists in mind this book is easy to navigate allowing busy professionals to find the

information they need when they need it It includes detailed examples of individual therapy sessions as well as many worksheets and exercises the very important homework clients do at home to reinforce work they do in the office The book comes with a CD ROM that includes electronic versions of all of the worksheets in the book as well as PowerPoint and audio features that make learning and teaching these techniques easy and engaging **The Anxiety Happens Guided Journal** John P. Forsyth,Georg H. Eifert,2023-05 From two internationally recognized experts on anxiety and the authors of Anxiety Happens comes the guided journal offering daily writing prompts based in proven effective acceptance and commitment therapy ACT to help readers claim their calm accept uncertainty and break free from worry fear and panic **ACT on Life Not on Anger** Georg H. Eifert,John P. Forsyth,Matthew McKay,2006-03-03 Drop the Rope in Your Tug of War with Anger If you ve tried to control problem anger before with little success this book offers you a fundamentally new approach and new hope Instead of struggling even harder to manage or eliminate your anger you can stop anger feelings from determining who you are and how you live your life Based on a revolutionary psychological approach called acceptance and commitment therapy ACT the techniques in ACT on Life Not on Anger can help you let go of anger and start living your life to the fullest Your path begins as you learn to accept your angry feelings as they occur without judging or trying to manage them Then using techniques based in mindfulness practice you ll discover how to observe your feelings of anger without acting on them Value identification exercises help you figure out what truly matters to you so that you can commit to short and long term goals that turn your values into reality In the process anger will lose power over your life and amazingly you ll gain control over your life by simply letting go of your angry feelings *Your Life on Purpose* Matthew McKay,John P. Forsyth,Georg H. Eifert,2010-11-01 Your Life on Purpose guides readers through the process of uncovering and acting on the underlying values that can lead them to a sense of purpose Identifying values is a core component of acceptance and commitment therapy ACT but values can often be difficult to define and differentiate from goals **Anxiety Happens** John P. Forsyth,Georg H. Eifert,2018-04-01 From the authors of the groundbreaking and best selling The Mindfulness and Acceptance Workbook for Anxiety this essential guide offers fifty two quick and powerful mindfulness based strategies to help readers break free from fear worry and panic and cultivate genuine lasting happiness **The Anorexia Workbook** Michelle Heffner Macera,Georg H. Eifert,2004-05-01 Written by a leading researcher in acceptance and commitment theory Georg Eifert Ph D this book offers the most up to date and effective treatment for anorexia Readers learn to view the use of eating control strategies as a problem not a solution They learn to better cope with out of control emotions and thoughts and redirect the drive for thinness toward healthier valued life directions **The Mindfulness and Acceptance Workbook for Anxiety** John P. Forsyth,Georg H. Eifert,2025-02-01 The award winning The Mindfulness and Acceptance Workbook for Anxiety has introduced countless readers to the concept of mindfulness and has successfully helped many people manage worry fear and panic so they can live a better life This fully revised and updated third edition of the best selling and

innovative workbook offers readers compelling new acceptance and commitment therapy ACT exercises to help them finally conquer their anxiety **The Mindfulness & Acceptance Workbook for Anxiety** John P. Forsyth, Georg H. Eifert, 2007

Workbook Source book **Theoretical Foundations of Behavior Therapy** Hans J. Eysenck, Irene Martin, 2013-11-11 In this book we have attempted to confront a number of issues that are intimately related to the theoretical basis of behavior therapy We believe that behavior therapy is an extremely efficient procedure for the treatment of neurotic disorders that it is based on certain principles derived from learning theory and that it is unique in using basic scientific principles in psychology in the service of applied and practical ends We believe that we are here dealing with much more than the advantageous use of serendipitous borrowings from nonexistent principles the cookbook collection of precepts methods and working rules that happen to have lasting effects We also believe that there is truly a general principle underlying behavior therapy rather than a varied mass of nonintegrated therapies that have little in common other than a name These beliefs are often contested but usually those who oppose them do so on the basis of misconceptions and misunderstandings that indicate a lack of knowledge of fundamental facts It is the purpose of this book to remove these misconceptions and misunderstandings and to bring up to date our knowledge in certain fundamental areas of learning theory behavior therapy and the biological foundations of personality and individual differences There are three major groups of misconceptions and misunderstandings The first of these relates to beliefs held by many psychiatrists and cognitive psychologists relating to behavior therapy **Self-Help That Works** John C. Norcross Ph.D., Linda F. Campbell Ph.D., John M. Grohol PsyD, John W. Santrock Ph.D., Florin Selagea M.S., Robert Sommer Ph.D., 2013-03-05 Self Help That Works is an indispensable guide that enables readers to identify effective self help materials and distinguish them from those that are potentially misleading or even harmful Six scientist practitioners bring careful research expertise and a dozen national studies to the task of choosing and recommending self help resources Things Might Go Terribly, Horribly Wrong Kelly G. Wilson, Troy DuFrene, 2010 Wilson and DuFrene help readers foster the flexibility they need to keep from succumbing to the avoidable forces of anxiety and open themselves to the often uncomfortable complexities and possibilities of life **ACT Made Simple** Russ Harris, 2009 Focuses on the six core therapeutic processes of ACT and presents scripts exercises worksheets and a session by session guide to implementing ACT style therapy **Case Conceptualization and Effective Interventions** Lynn Zubernis, Matthew Snyder, 2015-04-10 With fully integrated DSM 5 criteria and current CACREP standards Case Conceptualization and Effective Interventions by Lynn Zubernis and Matthew Snyder examines case conceptualization and effective treatments across the most common disorders encountered in counseling The comprehensive approach helps readers develop their professional identities as well as their case conceptualization and intervention skills Each chapter blends current theory and research with case illustrations and guided practice exercises to anchor the material in real world application Using an innovative new Temporal Contextual T C Model the book provides an easy to apply and practical

framework for developing accurate and effective case conceptualizations and treatment plans Case Conceptualization and Effective Interventions is part of the SAGE Counseling and Professional Identity Series which targets specific competencies identified by CACREP Council for Accreditation of Counseling and Related Programs *The Complete Idiot's Guide to Open Nesting* Lauren A. Gray, M.S; L.M.F.T., Wendy Bedwell-Wilson, 2009-10-06 As long as you're living under my roof made simple Census figures say about half those aged 18 to 24 live at home with 65% of college graduates returning This guide helps parents and their adult children deal with living together again by helping young adults set goals for independence determine boundaries talk about dating and more Only book on the topic Open nesting trend alive and well especially with the advent of the economic downturn Focused on the interests and concerns of both the parents and the adult children

The Mindfulness and Acceptance Workbook for Anxiety John P. Forsyth, 2010-05 Anxiety happens It's not a choice And attempts to manage your thoughts or get rid of worry fear and panic can leave you feeling frustrated and powerless But you can take back your life from anxiety without controlling anxious thoughts and feelings You can stop avoiding anxiety and start showing up to your life The Mindfulness Acceptance Workbook for Anxiety will get you started using a revolutionary new approach called acceptance and commitment therapy or ACT The book has one purpose to help you live better more fully more richly Your life is calling on you to make that choice and the skills in this workbook can help you make it happen Find out how your mind can trap you keeping you stuck and struggling in anxiety and fear Learn to nurture your capacity for acceptance mindfulness kindness and compassion Use these qualities to shift your focus away from anxiety and onto what you really want your life to be about As you do your life will get bigger as your anxious suffering gets smaller No matter what kind of anxiety problem you're struggling with this workbook can guide you toward a more vibrant and purposeful life This book presents a framework to orient you toward the rest of your life You will be taken on a journey Go To uncouple from your anxious reactions to life you will need to alter your consciousness No small task It takes a student's mind and a willingness to be coached Fortunately you will find these authors to be trustworthy and competent guides Break Free: Acceptance and Commitment Therapy in 3 Steps Tanya J. Peterson, 2016-12-13 If you want to do more in your life than tread water run from problems and just exist let the simple accessible tools provided in Acceptance and Commitment Therapy in 3 Steps show you how living a meaningful purposeful life is as simple as A C T I've tried self help books but they didn't help me feel happy I've made progress in the past but it didn't last I try to get rid of the negative stuff my mind comes up with and I'm tired of having my efforts fail If you relate to any of these common experiences Acceptance and Commitment Therapy also referred to as ACT may significantly improve the quality and direction of your life The Mayo Clinic and National Institute of Mental Health have recognized Acceptance and Commitment Therapy as an effective mode of therapy for working through particularly stubborn or troubling emotional difficulties Certified counselor Tanya J Peterson applies the principles of Acceptance and Commitment Therapy with her clients who feel emotionally stuck She has also used ACT personally to work through a

personal tragedy that left her struggling with residual limitations Acceptance and Commitment Therapy in 3 Steps A Workbook for Overcoming Self Doubt and Embracing Life is both a complete resource for understanding ACT and a collection of exercises to help you apply the principles of ACT in your own life This book is an accessible every person s guide for building your personal set of practical ACT skills and moving towards a life lived in harmony with your personal values ACT 101 This easy to use book begins with examples of Acceptance and Commitment Therapy in practice then pairs the main pathologies and principles into 3 steps and finally explores each of them in 3 step specific chapters The six pathologies of Acceptance and Commitment Therapy include Fusion Avoidance Lost Values Attachment to Self Uncertain Values and Unworkable Action PRACTICE MAKES PROGRESS Guided writing exercise and visualizations can be done once or multiple times as you move through various life challenges by applying Acceptance and Commitment Therapy LIVE IN THE MOMENT Mindfulness practice plays a big role in Acceptance and Commitment Therapy Learn how to connect to the present moment and stay in that moment to disentangle yourself from the confusing web of thoughts and emotions and get in touch with what s going on around you With this accessible guide and workbook for everyday life you will quickly and easily learn and apply ACT without all the theoretical assumptions and jargon By choosing Acceptance and Commitment Therapy in 3 Steps you re on the path to a mindful high quality life

Break Free from Intrusive Thoughts Debra Kissen, Micah Ioffe, Emily Lambert, 2021-02-02 Proven strategies to move through intrusive thoughts and live your best life Intrusive thoughts are disturbing thoughts or images that appear out of nowhere and make it hard to go about your day especially in tandem with other anxiety disorders Break Free from Intrusive Thoughts is a sensitive modern guide to developing a more accepting relationship with them so you can stop them from holding you back The truth about intrusive thoughts Learn what intrusive thoughts are what causes them and what they really mean Different recovery techniques Explore a range of therapy techniques including Cognitive Behavioral Therapy Exposure and Response Prevention Acceptance and Commitment Therapy and mindfulness Hands on healing Get unstuck from unhelpful thinking patterns through exercises like writing out your fears and labeling your emotions so you can accept your intrusive thoughts and let them pass Learn how to call a truce with your intrusive thoughts and get back to your life

The Therapist's Ultimate Solution Book: Essential Strategies, Tips & Tools to Empower Your Clients Judith Belmont, 2015-05-04 Simple psychoeducational strategies to keep clients on track during and in between sessions Clients go to therapy wanting to change but often they have no inherent knowledge of how to change It s up to the therapist to build a well stocked toolkit of life skills and psychoeducational strategies This book answers the call delivering an array of basic solutions in the form of handouts worksheets exercises quizzes mini lessons and visualizations to use with your clients and tailor to fit their needs No matter your preferred course of therapy whether it s CBT DBT EMDR or EFT having at your disposal a variety of easy to learn and easy to teach techniques for a host of common therapy issues goes a long way in keeping your clients on track both during and in between sessions Each chapter offers

loads of skill building tips and techniques to teach your clients followed by practical take aways for in between sessions and additional recommended resources that they can turn to websites books videos and social media Topics covered include stress Solutions anxiety Solutions depression Solutions anger Solutions conflict Solutions regret Solutions low Self Esteem Solutions life Imbalance Solutions and more This book is one stop shopping for a variety of simple practical educational techniques to help your clients make longstanding life changes The Mindfulness and Acceptance Workbook for Depression Kirk D. Strosahl, Patricia J. Robinson, 2011-01-26 There are hundreds of books that will try to help you overcome or put an end to depression But what if you could use your depression to change your life for the better Your symptoms may be signals that something in your life needs to change Learning to understand and interpret these signals is much more important than ignoring or avoiding them approaches that only make the situation worse This workbook uses techniques from acceptance and commitment therapy ACT to offer a new treatment plan for depression that will help you live a productive life by accepting your feelings instead of fruitlessly trying to avoid them The Mindfulness Acceptance Workbook for Depression will show you step by step how to stop this cycle feel more energized and involve yourself in pleasurable and fulfilling activities that will help you work through rather than avoid aspects of your life that are depressing you Use the techniques in this book to evaluate your own depression and create a personalized treatment plan You ll enrich your total life experience by focusing your energy not on fighting depression but on living the life you want *Panic Attacks Workbook: Second Edition* David Carbonell, 2022-03-29 The effects of anxiety and panic attacks interfere with the daily lives of millions of people every year This practical workbook full of proven strategies and helpful advice on how to beat your anxiety is here to help you reclaim your life Author and clinical psychologist David Carbonell PhD uses his extensive clinical experience to help you understand the true nature of your panic attacks including the vicious cycle of habitual responses that lead to debilitating attacks how you can halt this self destructive process and the many ways you can start on a step by step journey that promotes recovery

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