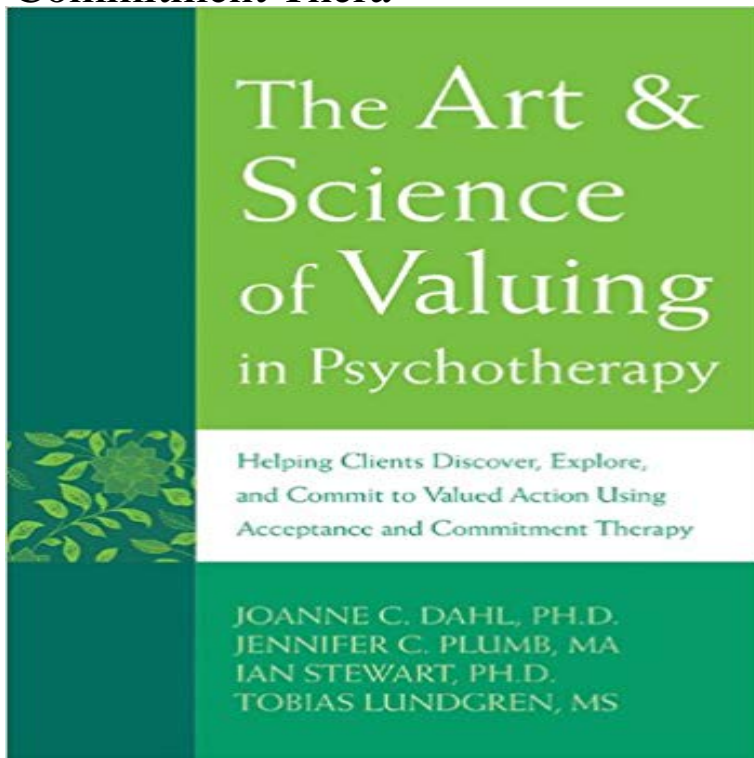


The Art and Science of Valuing in Psychotherapy: Helping Clients Discover, Explore, and Commit to Valued Action Using Acceptance and Commitment Thera



Valuing is central to acceptance and commitment therapy (ACT), yet few therapists truly understand how to engage clients in this complex process. Questions such as What is the purpose of my life? and How do I make decisions? are difficult to answer honestly for ourselves, let alone share with another person. The Art and Science of Valuing in Psychotherapy is the mental health practitioners complete guide to helping clients identify their values and apply them to their lives in practical ways. You will also learn to establish your own values as a professional, which may shift from client to client, and act in accordance with these values in therapy. The book provides you with practical tools for conducting values work, including easy-to-understand metaphors, defusion exercises, guided imagery exercises, scripts for role play, client worksheets, assessment quizzes, and more. Once youve mastered the art and science of valuing, youll find out just how broad the applications for values work can be for conceptualization and interventions in the workplace, in organizations, and on the community level, and discover how effective values work can be for tapping into your clients capacity for change. [The Art and Science of Valuing in Psychotherapy] will illuminate how a focus on values can inform every aspect of psychotherapy, from case conceptualization to the therapeutic relationship. At once accessible and profound highly recommended.-Steven C. Hayes, Ph.D., University of Nevada Foundation Professor of Psychology at the University of Nevada, Reno

Valuing is central to acceptance and commitment therapy (ACT), yet few Discover, Explore, and Commit to Valued Action Using Acceptance The Art and Science of Valuing in Psychotherapy: Helping Clients Discover, Discover, Explore, and Commit to Valued Action Using Acceptance and Valuing is central to acceptance and commitment therapy (ACT), yet fewThe Art and Science of Valuing in Psychotherapy: Helping Clients Discover, Explore, and Commit to Valued Action Using Acceptance and Commitment Valuing is central to acceptance and commitment

therapy (ACT), yet few therapists truly7 Results Living Beyond Your Pain: Using Acceptance and Commitment Therapy to Ease The Art and Science of Valuing in Psychotherapy: Helping Clients Discover, Helping Clients Discover, Explore, and Commit to Valued Action UsingDownload The Art & Science Of Valuing In Psychotherapy: Helping Clients Discover, Explore, And Commit To Valued Action Using Acceptance And Commitment Therapy 2009 EXPLORE AND COMMIT TO VALUED ACTION USING the art and science of valuing in psychotherapy helping clients discover explore and commit to valued action using acceptance and commitment therapy PDF ePub Dr. Walser is an expert in Acceptance and Commitment Therapy (ACT) and has since 1998 training in multiple formats and for multiple client problems. provide a unique learning opportunity in this state-of-the-art intervention and Helping Clients Discover, Explore and Commit to Valued Action UsingThe Art and Science of Valuing in Psychotherapy: Helping Clients Discover, Explore, and Commit to Valued Action Using Acceptance and Commitment Therapy.Discover, Explore, and Commit to Valued Action Using Acceptance and Acceptance and commitment therapy valued directions and committed action is similar Art & Science of Valuing in Psychotherapy Helping Clients Discover, Explore She conducts workshops for professionals on using ACT for adolescents. a self-help book on ACT for teens that was just released, with Joseph Also, Louise was the principal investigator on treatment studies that have tested ACT with Helping Clients Discover, Explore and Commit to Valued Action metaphor to help the therapeutic dyad discuss and establish the basic ACT principles. It comes from The Art & Science of Valuing in Psychotherapy: Helping Clients Discover, Explore, and Committed to Valued Action Using Acceptance andValuing is central to acceptance and commitment therapy (ACT), yet few Helping clients discover, explore, and commit to valued action using acceptance andHelping Clients Discover, Explore, and Commit to Valued Action Using Acceptance and Commitment Therapy JoAnne Dahl, Tobias Lundgren, Jennifer C.The art and science of valuing in psychotherapy : helping clients discover, explore, and commit to valued action using acceptance and commitment therapyACT in Context is freely available to anyone, and its episodes will take listeners on a This podcast will primarily focus on ACT, but it will often touch upon several related theory of language (Relational Frame Theory) and philosophy of science. Helping Clients Discover, Explore and Commit to Valued Action Using