



A CBT Practitioner's Guide to ACT: How to Bridge the Gap Between Cognitive Behavioral Therapy and Acceptance and Commitment Therapy

Joseph Ciarrochi, Ann Bailey

Download now

[Click here](#) if your download doesn't start automatically

A CBT Practitioner's Guide to ACT: How to Bridge the Gap Between Cognitive Behavioral Therapy and Acceptance and Commitment Therapy

Joseph Ciarrochi, Ann Bailey

A CBT Practitioner's Guide to ACT: How to Bridge the Gap Between Cognitive Behavioral Therapy and Acceptance and Commitment Therapy Joseph Ciarrochi, Ann Bailey

Interest in acceptance and commitment therapy (ACT) is expanding rapidly. Many of those who are interested in ACT are trained using a mechanistic cognitive behavioral therapy model (or MCBT). Utilizing both ACT and MCBT together can be difficult, because the approaches make different philosophical assumptions and have different theoretical models. The core purpose of the book is to help provide a bridge between ACT and MCBT.

The emphasis of this book will be applied psychology, but it will also have important theoretical implications. The book will highlight where ACT and MCBT differ in their predictions, and will suggest directions for future research. It will be grounded in current research and will make clear to the reader what is known and what has yet to be tested.

The core theme of **A CBT-Practitioner's Guide to ACT** is that ACT and CBT can be unified if they share the same philosophical underpinnings (functional contextualism) and theoretical orientation (relational frame theory, or RFT). Thus, from a CBT practitioner's perspective, the mechanistic philosophical core of MCBT can be dropped, and the mechanistic information processing theory of CBT can be held lightly and ignored in contexts where it is not useful. From an ACT practitioner's perspective, the decades of CBT research on cognitive schema and dysfunctional beliefs provides useful information about how clients might be cognitively fused and how this fusion might be undermined. The core premise of the book is that CBT and ACT can be beneficially integrated, provided both are approached from a similar philosophical and theoretical framework.

The authors acknowledge that practitioners often have little interest in extended discussions of philosophy and theory. Thus, their discussion of functional contextualism and RFT is grounded clearly in clinical practice. They talk about what functional contextualism means for the practitioner in the room, with a particular client. They describe how RFT can help the practitioner to understand the barriers to effective client action.

 [Download A CBT Practitioner's Guide to ACT: How to Bridge t ...pdf](#)

 [Read Online A CBT Practitioner's Guide to ACT: How to Bridge ...pdf](#)

Download and Read Free Online A CBT Practitioner's Guide to ACT: How to Bridge the Gap Between Cognitive Behavioral Therapy and Acceptance and Commitment Therapy Joseph Ciarrochi, Ann Bailey

From reader reviews:

Scottie Hicks:

Reading a guide can be one of a lot of action that everyone in the world enjoys. Do you like reading book consequently. There are a lot of reasons why people enjoy it. First reading a book will give you a lot of new facts. When you read a publication you will get new information mainly because book is one of numerous ways to share the information or perhaps their idea. Second, studying a book will make you more imaginative. When you examining a book especially fictional book the author will bring that you imagine the story how the character types do it anything. Third, you are able to share your knowledge to other folks. When you read this A CBT Practitioner's Guide to ACT: How to Bridge the Gap Between Cognitive Behavioral Therapy and Acceptance and Commitment Therapy, it is possible to tells your family, friends and also soon about yours guide. Your knowledge can inspire different ones, make them reading a reserve.

Valerie Wright:

Your reading sixth sense will not betray a person, why because this A CBT Practitioner's Guide to ACT: How to Bridge the Gap Between Cognitive Behavioral Therapy and Acceptance and Commitment Therapy publication written by well-known writer whose to say well how to make book which can be understand by anyone who also read the book. Written inside good manner for you, leaking every ideas and writing skill only for eliminate your personal hunger then you still question A CBT Practitioner's Guide to ACT: How to Bridge the Gap Between Cognitive Behavioral Therapy and Acceptance and Commitment Therapy as good book but not only by the cover but also from the content. This is one guide that can break don't determine book by its protect, so do you still needing an additional sixth sense to pick that!?! Oh come on your reading through sixth sense already alerted you so why you have to listening to yet another sixth sense.

Douglas Henry:

In this age globalization it is important to someone to obtain information. The information will make you to definitely understand the condition of the world. The fitness of the world makes the information easier to share. You can find a lot of personal references to get information example: internet, classifieds, book, and soon. You can observe that now, a lot of publisher that print many kinds of book. The book that recommended to you is A CBT Practitioner's Guide to ACT: How to Bridge the Gap Between Cognitive Behavioral Therapy and Acceptance and Commitment Therapy this guide consist a lot of the information on the condition of this world now. This kind of book was represented how does the world has grown up. The language styles that writer value to explain it is easy to understand. Typically the writer made some research when he makes this book. Honestly, that is why this book appropriate all of you.

Jason Norfleet:

A number of people said that they feel bored stiff when they reading a e-book. They are directly felt it when

they get a half regions of the book. You can choose the actual book A CBT Practitioner's Guide to ACT: How to Bridge the Gap Between Cognitive Behavioral Therapy and Acceptance and Commitment Therapy to make your personal reading is interesting. Your skill of reading ability is developing when you like reading. Try to choose straightforward book to make you enjoy to study it and mingle the impression about book and reading through especially. It is to be initially opinion for you to like to open a book and learn it. Beside that the publication A CBT Practitioner's Guide to ACT: How to Bridge the Gap Between Cognitive Behavioral Therapy and Acceptance and Commitment Therapy can to be your friend when you're truly feel alone and confuse using what must you're doing of these time.

**Download and Read Online A CBT Practitioner's Guide to ACT:
How to Bridge the Gap Between Cognitive Behavioral Therapy and
Acceptance and Commitment Therapy Joseph Ciarrochi, Ann
Bailey #S2FROJ965ZD**

Read A CBT Practitioner's Guide to ACT: How to Bridge the Gap Between Cognitive Behavioral Therapy and Acceptance and Commitment Therapy by Joseph Ciarrochi, Ann Bailey for online ebook

A CBT Practitioner's Guide to ACT: How to Bridge the Gap Between Cognitive Behavioral Therapy and Acceptance and Commitment Therapy by Joseph Ciarrochi, Ann Bailey Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read A CBT Practitioner's Guide to ACT: How to Bridge the Gap Between Cognitive Behavioral Therapy and Acceptance and Commitment Therapy by Joseph Ciarrochi, Ann Bailey books to read online.

Online A CBT Practitioner's Guide to ACT: How to Bridge the Gap Between Cognitive Behavioral Therapy and Acceptance and Commitment Therapy by Joseph Ciarrochi, Ann Bailey ebook PDF download

A CBT Practitioner's Guide to ACT: How to Bridge the Gap Between Cognitive Behavioral Therapy and Acceptance and Commitment Therapy by Joseph Ciarrochi, Ann Bailey Doc

A CBT Practitioner's Guide to ACT: How to Bridge the Gap Between Cognitive Behavioral Therapy and Acceptance and Commitment Therapy by Joseph Ciarrochi, Ann Bailey Mobipocket

A CBT Practitioner's Guide to ACT: How to Bridge the Gap Between Cognitive Behavioral Therapy and Acceptance and Commitment Therapy by Joseph Ciarrochi, Ann Bailey EPub