

The Big Book Of Act Metaphors

[#ACT metaphors #Acceptance and Commitment Therapy #clinical ACT examples #psychological flexibility #mindfulness techniques](#)

Explore an extensive collection of powerful ACT metaphors designed to enhance your understanding and application of Acceptance and Commitment Therapy. This comprehensive guide offers a wealth of practical clinical ACT examples, serving as an invaluable resource for therapists, educators, and individuals seeking to cultivate psychological flexibility and integrate mindfulness techniques into their daily lives or professional practice.

These textbooks cover a wide range of subjects and are updated regularly to ensure accuracy and relevance.

Thank you for stopping by our website.

We are glad to provide the document Act Therapy Metaphor Guide you are looking for. Free access is available to make it convenient for you.

Each document we share is authentic and reliable.

You can use it without hesitation as we verify all content.

Transparency is one of our main commitments.

Make our website your go-to source for references.

We will continue to bring you more valuable materials.

Thank you for placing your trust in us.

Many users on the internet are looking for this very document.

Your visit has brought you to the right source.

We provide the full version of this document Act Therapy Metaphor Guide absolutely free.

The Big Book of ACT Metaphors

Metaphors and exercises play an incredibly important part in the successful delivery of acceptance and commitment therapy (ACT). These powerful tools go far in helping clients connect with their values and give them the motivation needed to make a real, conscious commitment to change. Unfortunately, many of the metaphors that clinicians use have become stale and ineffective. That's why you need fresh, new resources for your professional library. In this breakthrough book, two ACT researchers provide an essential A-Z resource guide that includes tons of new metaphors and experiential exercises to help promote client acceptance, defusion from troubling thoughts, and values-based action. The book also includes scripts tailored to different client populations, and special metaphors and exercises that address unique problems that may sometimes arise in your therapy sessions. Several ACT texts and workbooks have been published for the treatment of a variety of psychological problems. However, no one resource exists where you can find an exhaustive list of metaphors and experiential exercises geared toward the six core elements of ACT. Whether you are treating a client with anxiety, depression, trauma, or an eating disorder, this book will provide you with the skills needed to improve lives, one exercise at a time. With a special foreword by ACT cofounder Steven C. Hayes, PhD, this book is a must-have for any ACT Practitioner.

The Big Book of ACT Metaphors

Metaphors and exercises play an incredibly important part in the successful delivery of acceptance and commitment therapy (ACT). These powerful tools go far in helping clients connect with their values and give them the motivation needed to make a real, conscious commitment to change. Unfortunately, many of the metaphors that clinicians use have become stale and ineffective. That's why you need fresh, new resources for your professional library. In this breakthrough book, two ACT researchers provide

an essential A-Z resource guide that includes tons of new metaphors and experiential exercises to help promote client acceptance, defusion from troubling thoughts, and values-based action. The book also includes scripts tailored to different client populations, and special metaphors and exercises that address unique problems that may sometimes arise in your therapy sessions. Several ACT texts and workbooks have been published for the treatment of a variety of psychological problems. However, no one resource exists where you can find an exhaustive list of metaphors and experiential exercises geared toward the six core elements of ACT. Whether you are treating a client with anxiety, depression, trauma, or an eating disorder, this book will provide you with the skills needed to improve lives, one exercise at a time. With a special foreword by ACT cofounder Steven C. Hayes, PhD, this book is a must-have for any ACT Practitioner.

The Big Book of ACT Metaphors

A guide to ACT: the revolutionary mindfulness-based program for reducing stress, overcoming fear, and finding fulfilment – now updated. International bestseller, 'The Happiness Trap', has been published in over thirty countries and twenty-two languages. NOW UPDATED. Popular ideas about happiness are misleading, inaccurate, and are directly contributing to our current epidemic of stress, anxiety and depression. And unfortunately, popular psychological approaches are making it even worse! In this easy-to-read, practical and empowering self-help book, Dr Russ Harries, reveals how millions of people are unwittingly caught in the 'The Happiness Trap', where the more they strive for happiness the more they suffer in the long term. He then provides an effective means to escape through the insights and techniques of ACT (Acceptance and Commitment Therapy), a groundbreaking new approach based on mindfulness skills. By clarifying your values and developing mindfulness (a technique for living fully in the present moment), ACT helps you escape the happiness trap and find true satisfaction in life. Mindfulness skills are easy to learn and will rapidly and effectively help you to reduce stress, enhance performance, manage emotions, improve health, increase vitality, and generally change your life for the better. The book provides scientifically proven techniques to: reduce stress and worry; rise above fear, doubt and insecurity; handle painful thoughts and feelings far more effectively; break self-defeating habits; improve performance and find fulfilment in your work; build more satisfying relationships; and, create a rich, full and meaningful life.

The Happiness Trap

Acceptance and commitment therapy (ACT) is among the most remarkable developments in contemporary psychotherapy. This second edition of the pioneering ACT skills-training manual for clinicians provides a comprehensive update—essential for both experienced practitioners and those new to using ACT and its applications. ACT is a proven-effective treatment for numerous mental health issues, including depression, anxiety, stress, addictions, eating disorders, schizophrenia, borderline personality disorder, and more. With important revisions based on new developments in contextual behavioral science, Learning ACT, Second Edition includes up-to-date exercises and references, as well as material on traditional, evidence-based behavioral techniques for use within the ACT framework. In this fully revised and updated edition of Learning ACT, you'll find workbook-format exercises to 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. You'll also find up-to-the-minute information on process coaching, 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 exercises in this workbook, you'll learn how this powerful modality can improve clients' psychological flexibility and help them to live better lives. Whether you're a clinician looking for in-depth training and better treatment outcomes for individual clients, a student seeking a better understanding of this powerful modality, or anyone interested in contextual behavioral science, this second edition provides a comprehensive revision to an important ACT resource.

Learning ACT

If recent professional publications and conferences are any indication, acceptance- and mindfulness-based therapies are the future of clinical psychology. A CBT-Practitioner's Guide to ACT helps professionals whose clinical educations focused on traditional, change-based cognitive behavior therapies navigate the practical and theoretical challenges that come with the switch to the more promising, acceptance-based strategies.

A CBT-practitioner's Guide to ACT

First published in 1995. Routledge is an imprint of Taylor & Francis, an informa company.

Metaphor Therapy

A much-needed, comprehensive program for managing anger in a world of triggers, trolls, and outrage. Everyone gets angry from time to time. Anger is a natural human emotion, but it can often boil over and wreak havoc in your personal and professional life. If you struggle with chronic, uncontrollable anger, you need help now—especially in these times of increasing volatility. This workbook can get you started. Written by renowned acceptance and commitment therapy (ACT) experts, The ACT Workbook for Anger offers a comprehensive anger management program designed especially for navigating the current social and political climate. You'll discover the secret to unlocking your capacity for acceptance, mindfulness, kindness, and compassion. You'll also learn to apply these newfound skills to break anger's stranglehold so you can pause, take a deep breath, and create the space you need to react in a more thoughtful way. Managing anger has never been more challenging. Everywhere you look, people are on edge and volatile. This book will show you how to navigate these challenging times with kindness and compassion for yourself and others.

The ACT Workbook for Anger

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.

ACT Made Simple

"Approachable and user-friendly." —The Professional Counselor The use of metaphor is central to the implementation of acceptance and commitment therapy (ACT) and dialectical behavior therapy (DBT), and is a powerful tool for all practicing psychotherapists. In *Metaphor in Practice*, psychotherapist Niklas Törneke presents the first practical book to combine the behavioral and linguistic sciences of metaphor, and illustrates how and when to apply metaphors in practice for better treatment outcomes. The use of metaphors and experiential exercises can help clients gain a deeper understanding of the problems that cause their disorders. Metaphors help clients connect with their values, and often spark the inspiration and motivation needed to make a commitment to change. And while metaphor is central to relational frame theory (RFT), acceptance and commitment therapy (ACT), and dialectical behavior therapy (DBT), research now shows its usefulness has an even broader reach. 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 RFT, 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. There are many books on metaphor and psychotherapy, but this is the first book to make the

connection between the science of metaphor and the detailed clinical process of using that knowledge. If you are a mental health professional—or simply interested in the science of metaphor—this book will provide everything you need to understand and apply this approach.

Metaphor in Practice

Every psychotherapeutic model needs literature that shows therapists how to conceive of real-life cases in terms of the particular treatment protocols of that model; ACT in Practice will be the first such case conceptualization guide for acceptance and commitment therapy (ACT), one of the most exciting new psychotherapeutic models.

ACT in Practice

This book is the most practical clinical guide on Acceptance and Commitment Therapy (ACT said as one word, not as initials) yet available. It is designed to show how the ACT model and techniques apply to various disorders, settings, and delivery options. The authors of these chapters are experts in applying ACT in these various areas, and it is intriguing how the same core principles of ACT are given a nip here and a tuck there to fit it to so many issues. The purpose of this book, in part, is to embolden researchers and clinicians to begin to apply ACT wherever it seems to fit. The chapters in the book demonstrate that ACT may be a useful treatment approach for a very wide range of clinical problems. Already there are controlled data in many of these areas, and soon that database will be much larger. The theory underlying ACT (Relational Frame Theory or "RFT"—and yes, here you say the initials) makes a powerful claim: psychopathology is, to a significant degree, built into human language. Further, it suggests ways to diminish destructive language-based functions and ways of augmenting helpful ones. To the extent that this model is correct, ACT should apply to a very wide variety of behavioral issues because of the centrality of language and cognition in human functioning.

A Practical Guide to Acceptance and Commitment Therapy

The now-classic *Metaphors We Live By* changed our understanding of metaphor and its role in language and the mind. Metaphor, the authors explain, is a fundamental mechanism of mind, one that allows us to use what we know about our physical and social experience to provide understanding of countless other subjects. Because such metaphors structure our most basic understandings of our experience, they are "metaphors we live by"—metaphors that can shape our perceptions and actions without our ever noticing them. In this updated edition of Lakoff and Johnson's influential book, the authors supply an afterword surveying how their theory of metaphor has developed within the cognitive sciences to become central to the contemporary understanding of how we think and how we express our thoughts in language.

Metaphors We Live By

This book explores the possibility that metaphor is a cognitive tool that people routinely use to understand abstract concepts (such as morality) in terms of superficially dissimilar concepts that are relatively easier to comprehend (such as cleanliness).

The Power of Metaphor

In this landmark book, the originator and pioneering researcher into Acceptance and Commitment Therapy (ACT) lays out the psychological flexibility skills that make it one of the most powerful approaches research has yet to offer. Science shows that they are useful in virtually every area—mental health, physical health, social processes, and performance.

A Liberated Mind

Nineteen Eighty-Four (1949) was George Orwell's final novel and was completed in difficult conditions shortly before his early death. It is one of the most influential and widely-read novels of the post-war period.

Nineteen Eighty-Four

Acceptance and Commitment Therapy (ACT) is a unique empirically-based psychological intervention that uses acceptance and mindfulness processes, and commitment and behaviour change processes

to produce psychological flexibility. Steven C. Hayes, who helped develop ACT, and co-author Jason Lillis provide an overview of ACT's main influences and its basic principles. In this succinct and understandable survey, the authors show how ACT illuminates the ways that language encourages unhelpful skirmishing in clients' psychic lives, and how to use ACT to help clients accept private experiences, become more mindful of thoughts, develop greater clarity about personal values, and commit to needed behaviour change. The latest edition in the Theories of Psychotherapy Series. Acceptance and Commitment Therapy examines the therapy's history and process, evaluates the therapy's evidence base and effectiveness, and suggests future directions in the therapy's development..

Acceptance and Commitment Therapy

“Trauma-Focused ACT is going to go down as one of the great contributions to the field of trauma-informed care.” —Kirk Strosahl PhD, cofounder of ACT Trauma-Focused ACT (TFACT) provides a flexible, comprehensive model for treating the entire spectrum of trauma-related issues, including post-traumatic stress disorder (PTSD), addiction, depression, anxiety disorders, moral injury, chronic pain, shame, suicidality, insomnia, complicated grief, attachment issues, sexual problems, and more. Written by internationally acclaimed ACT trainer, Russ Harris, this textbook is for practitioners at all levels of experience, and offers exclusive access to free downloadable resources—including scripts, videos, MP3s, handouts, and worksheets. Discover cutting-edge strategies for healing the past, living in the present, and building a new future. With this compassion-based, exposure-centered approach, you'll learn how to help your clients: Find safety and security in their bodies Overcome hyperarousal and hypoarousal Break free from dissociation Shift from self-hatred to self-compassion Rapidly ground themselves and reengage in life Unhook from difficult cognitions and emotions Develop an integrated sense of self Resolve traumatic memories through flexible exposure Connect with and live by their values Experience post-traumatic growth

Trauma-Focused ACT

You are stronger than your anxiety—you are mighty. In this empowering guide, you'll find practical tools to help you shed the shackles of worry and fear and embrace a more vibrant life. In a culture where women are still paid less for doing the same jobs, expected to juggle family and career effortlessly, and faced with the harsh realities of misogyny and sexism daily, it's no wonder you're also twice as likely to experience issues related to anxiety and trauma. But there are real tools you can use now to build personal resilience in a difficult world, move past anxious thoughts, and conquer your worries and fears. This book will help guide the way. *Be Mighty* leads you on a bold quest to gain a deeper understanding of your anxiety by exploring your own “origin story”—how your early experiences led to thoughts and behaviors that may have offered comfort and protection at one time, but are now keeping you from living your best life. Using practical tools and experiential exercises based in mindfulness and acceptance and commitment therapy (ACT), you'll learn to respond to present-day triggers in a new way, making choices from a more conscious, values-driven place. So, drop that outdated armor and dive headlong into this book. You'll emerge fresh and fierce, with the confidence to stand up for the life you want to live and the power to face life's complexities as your best, most authentic self. It's time to be who you truly want to be. It's time for you to be mighty!

Be Mighty

This workbook, based on Acceptance and Commitment Therapy (ACT) and Exposure Response Prevention (ERP), teaches teens with OCD new skills to handle the stream of pesky obsessions that show up in their mind. It presents the Choice Point - a tool to help teens choose how to handle those tricky moments when dealing with unwanted thoughts. Chapter by chapter, teens learn powerful skills to unhook from their obsessions, including exposure exercises and strategies for accepting their emotions, and complete activities to help them overcome their compulsions, avoidant behaviors, and requests for accommodations. With real-life examples and tons of fun activities, this workbook shows that fears, worry and nervousness are a part of life and gives teens the skills to choose how to respond to their obsessions and move towards the stuff they really care about. Making applying ACT and ERP skills fun, it encourages them to face their fears and live life to the full.

The ACT Workbook for Teens with OCD

Acceptance and Commitment Therapy: 100 Key Points and Techniques offers a comprehensive, yet concise, overview of the central features of the philosophy, theory, and practical application of ACT. It

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 covers the 'Head, Hands, and Heart' of the approach, moving from the basics of behavioural psychology, via the key principles of Relational Frame Theory and the Psychological Flexibility model, to a detailed description of how ACT is practiced, providing the reader with a solid grounding from which to develop their delivery of ACT-consistent interventions. It concludes by addressing key decisions to make in practice and how best to attend to the therapeutic process. The authors of Acceptance and Commitment Therapy bring a wealth of experience of using ACT in their own therapy practice and of training and supervising others in developing knowledge and skills in the approach. This book will appeal to practitioners looking to further their theoretical knowledge and hands-on skills and those seeking a useful reference for all aspects of their ACT practice.

Acceptance and Commitment Therapy

Using mindfulness-based techniques and cognitive behavioral tools, a leading expert on the use of acceptance and commitment therapy (ACT) teaches readers to transcend the experience of chronic pain by reconnecting with other, more valued aspects of their lives.

Living Beyond Your Pain

Jon Hill and Joe Oliver introduce the Acceptance and Commitment Coaching (ACC) model with clarity and accessibility, defining it as an approach that incorporates mindfulness and acceptance, focusing on committed, values-based actions to help coachees make meaningful changes to their lives. *Acceptance and Commitment Coaching: Distinctive Features* explains the ACC model in such a way that the reader will be able to put it into practice immediately, as well as offering sufficient context to anchor the practical tools in a clear theoretical framework. Split into two parts, the book begins by emphasising ACC's relevance and its core philosophy before providing an overview of its key theoretical points and the research that supports it. The authors also explain the six key ACC processes: defusion, acceptance, contact with the present moment, self as context, values and committed action, and explain how to use them in practice. Hill and Oliver address essential topics, such as the critical work needed before and as you begin working with a coachee, how to use metaphor as an effective tool as a coach, and they finish by offering helpful tips on how to help coachees maintain their positive changes, how to make ACC accessible to all types of client, how to manage challenging coachees and how to work with both individuals and groups using ACC. Aimed specifically at coaches, the book offers context, examples, practicality and a unique combination of practical and theoretical points in a concise format. *Acceptance and Commitment Coaching: Distinctive Features* is essential reading for coaches, coaching psychologists and executive coaches in practice and in training. It would be of interest to academics and students of coaching psychology and coaching techniques, as well as Acceptance and Commitment Therapy (ACT) practitioners looking to move into coaching.

Acceptance and Commitment Coaching

With over thirty illustrations in color and black and white, *Phantasmagoria* takes readers on an intellectually exhilarating tour of ideas of spirit and soul in the modern world, illuminating key questions of imagination and cognition. Warner tells the unexpected and often disturbing story about shifts in thought about consciousness and the individual person, from the first public waxworks portraits at the end of the eighteenth century to stories of hauntings, possession, and loss of self in modern times. She probes the perceived distinctions between fantasy and deception, and uncovers a host of spirit forms--angels, ghosts, fairies, revenants, and zombies--that are still actively present in contemporary culture.

Phantasmagoria

National Book Award Finalist: "This man's ideas may be the most influential, not to say controversial, of the second half of the twentieth century."—Columbus Dispatch At the heart of this classic, seminal book is Julian Jaynes's still-controversial thesis that human consciousness did not begin far back in animal evolution but instead is a learned process that came about only three thousand years ago and is still developing. The implications of this revolutionary scientific paradigm extend into virtually every aspect of our psychology, our history and culture, our religion—and indeed our future. "Don't be put off by the academic title of Julian Jaynes's *The Origin of Consciousness in the Breakdown of the Bicameral Mind*. Its prose is always lucid and often lyrical...he unfolds his case with the utmost intellectual rigor."—The

New York Times "When Julian Jaynes . . . speculates that until late in the twentieth millennium BC men had no consciousness but were automatically obeying the voices of the gods, we are astounded but compelled to follow this remarkable thesis."—John Updike, *The New Yorker* "He is as startling as Freud was in *The Interpretation of Dreams*, and Jaynes is equally as adept at forcing a new view of known human behavior."—*American Journal of Psychiatry*

The Origin of Consciousness in the Breakdown of the Bicameral Mind

"Oxford Guide to Metaphors in CBT, *Building Cognitive Bridges* is a remarkable, memorable, and continually fascinating book, one that will be on my repeated reference list for years to come." Robert Leahy, Clinical Professor of Psychology in Psychiatry at Well-Comell University Medical College --

Oxford Guide to Metaphors in CBT

Renowned ACT expert Russ Harris presents easy-to-read Q&A sessions to uncover the most common ways clients and practitioners get stuck when using ACT, how to get unstuck, and how to transform that "stuckness" into powerful personal growth. Acceptance and commitment therapy (ACT) is a highly effective, evidence-based treatment for a number of mental health issues—from depression to addiction—that focuses on mindfulness, client values, and a commitment to change. It also provides innovative tools, techniques, and strategies for promoting psychological flexibility and profound behavioral change. However, there are several challenges and frustrations that can arise when delivering ACT in-session. In the tradition of the hugely popular professional guide *ACT Made Simple*, *ACT Questions and Answers* offers practical tools for overcoming common sticking points in-session. You'll find effective tips and 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. You'll also find links to free downloadable resources. If you are new to ACT—or just want to improve your delivery—this easy-to-read reference guide will help you troubleshoot common in-session challenges and help your clients achieve lasting change.

ACT Questions and Answers

A modern script book, with scripts based on Contextual Psychology, giving you tools for manifesting real change. These scripts are designed to draw on multiple tools such as NLP (Neuro-Linguistic Programming), ACT Therapy, Mindfulness Meditation, Direct Suggestion, Indirect suggestion and integration of hypnotic phenomena with contextual psychology. There are scripts for medical hypnosis applications, scripts for habit and lifestyle issues, and scripts to meet your clients metaphysical needs or needs for self-improvement. There are also scripts for Guided Mindfulness Meditation sessions. This incredible book contains 65 complete hypnosis scripts for professional hypnotherapy.

Richard Nongard's Big Book of Hypnosis Scripts

This compelling book provides psychotherapists with evidence-based strategies for harnessing the power of language to free clients from life-constricting patterns and promote psychological flourishing. Grounded in relational frame theory (RFT), the volume shares innovative ways to enhance assessment and intervention using specific kinds of clinical conversations. Techniques are demonstrated for activating and shaping behavior change, building a flexible sense of self, fostering meaning and motivation, creating powerful experiential metaphors, and strengthening the therapeutic relationship. User-friendly features include more than 80 clinical vignettes with commentary by the authors, plus a "Quick Guide to Using RFT in Psychotherapy" filled with sample phrases and questions to ask.

Mastering the Clinical Conversation

Since the original publication of this seminal work, acceptance and commitment therapy (ACT) has come into its own as a widely practiced approach to helping people change. This book provides the definitive statement of ACT--from conceptual and empirical foundations to clinical techniques--written by its originators. ACT is based on the idea that psychological rigidity is a root cause of a wide range of clinical problems. The authors describe effective, innovative ways to cultivate psychological flexibility by detecting and targeting six key processes: defusion, acceptance, attention to the present moment, self-awareness, values, and committed action. Sample therapeutic exercises and patient-therapist dialogues are integrated throughout. New to This Edition *Reflects tremendous advances in ACT clinical applications, theory building, and research. *Psychological flexibility is now the central organizing focus.

*Expanded coverage of mindfulness, the therapeutic relationship, relational learning, and case formulation. *Restructured to be more clinician friendly and accessible; focuses on the moment-by-moment process of therapy.

Acceptance and Commitment Therapy, Second Edition

The importance of improving and maintaining employees' psychological health is now widely recognized by occupational health researchers and practitioners, business leaders, human resource professionals, and policy makers alike. Indeed, a growing body of research has established that psychological well-being is one of the most important factors in job performance. The Mindful and Effective Employee offers an evidence-based workplace training program based on acceptance and commitment therapy (ACT). The program is specifically designed to improve employees' psychological health—as well as their effectiveness at work and in their personal lives—through a combination of mindfulness and values-guided behavioral skills. This book is designed for use by psychologists, coaches, occupational health practitioners, and human resource professionals who are interested in improving employee well-being, performance, and quality of life. The training program described in this book is designed to:

- Promote employee self-awareness
- Help employees find purpose, direction, and meaning
- Offer new ways to improve work and life effectiveness
- Help employees identify and pursue valued goals and actions

The Mindful and Effective Employee

This book represents a bold attempt to address contemporary issues in both metaphor and psychotherapy research. On one hand, metaphor research is increasingly concerned not just with describing metaphors in discourse, but how they could be used more adroitly in purposive 'real world' contexts such as psychotherapy. On the other hand, while a growing number of mental health professionals believe that metaphors contribute in some way to the psychotherapy process, their ability and willingness to use metaphors might be compromised by a relative unfamiliarity with the various nuanced aspects of metaphor theory. The present analysis of metaphors in authentic psychotherapeutic talk brings these theoretical aspects to the forefront, and suggests how they can be applied to enhance the use of communication of metaphors in psychotherapy. It should be of interest to metaphor researchers, mental health professionals, and discourse analysts in general.

Metaphor in Psychotherapy

An indispensable resource for mental health professionals, Acceptance and Commitment Therapy for the Treatment of Post-Traumatic Stress Disorder and Trauma-Related Problems offers a practical and accessible yet theoretically complete approach to using the principles of acceptance and commitment therapy (ACT) to treat post-traumatic stress disorder (PTSD) and acute trauma-related symptoms.

Acceptance & Commitment Therapy for the Treatment of Post-traumatic Stress Disorder & Trauma-related Problems

Over the last 35 years, Steven C. Hayes and his colleagues have developed Acceptance and Commitment Therapy (ACT) with many hundreds of studies supporting the impact of his approach on everything from chronic pain to weight loss to prejudice and bigotry. A Liberated Mind is the summary of Steven's life's work which will teach readers how to live better, happier and more fulfilled lives by applying the six key processes of ACT. Put together these processes teach us to pivot: to "defuse" rather than fuse with our thoughts; to see life from a new perspective; and to discover our chosen values, those qualities of being that fuel meaning. Steve shares fascinating research results like how ACT techniques decreased typing errors on a clerical test or showed that positive affirmations actually increase negative emotion. And he weaves them with stories of clients and colleagues as well as his own riveting story of healing himself of a severe panic disorder, which is how the idea of psychological flexibility was born. A Liberated Mind is a powerful and important book about a new form of psychology, destined to become a modern classic of narrative psychology on par with Daring Greatly and Rising Strong by Brene Brown, or Carol Dweck's Mindset.

A Liberated Mind

Accompanying CD-ROM "includes client worksheets, questionnaires, and inventories."

Acceptance & Commitment Therapy for Anxiety Disorders

A practical introduction to Acceptance and Commitment Therapy (ACT) for the general reader. From one of the co-authors of the Little CBT Workbook, *The Little ACT Workbook* is a simple, hands-on, practical guide introducing essential ACT techniques you can use to live a full and meaningful life and change your life for the better. Acceptance and Commitment Therapy (ACT) is an empirically-supported mindfulness-based behavioural therapy, gaining significant ground in the UK. This helpful book is packed full of guidance, techniques and a series of practical exercises so you can immediately start applying key ACT principles to your day-to-day life. Learn how to: Manage stress, depression and anxiety more effectively Improve your mood and resilience Create an enjoyable, meaningful and fuller life Rather than assuming that you need to change your thoughts and emotions in order to feel better, ACT shows you how to change your relationship to your thoughts and feelings, and to loosen up around them in order to engage in value-based action. *The Little ACT Workbook* ensures you have the insight, tools and confidence to apply these valuable principles to your own situation and put them into practice today.

The Little ACT Workbook

Unlock the transformative power of tarot with this unique investigation into the psychology of its secrets, symbols and stories. Symbols have been used in modern psychology for generations, from the interpretation of fairy tales to inkblot tests. Though tarot is often thought of as a tool for divination and fortune-telling, it too contains a set of symbols that hold the potential to unlock secrets of the human experience, from the esoteric to everyday life. With beautiful illustrations based on the traditional Rider-Waite deck, this book will inspire you, awaken your curiosity and show you how to cultivate a deep connection with the cards. In *Tarot for Change*, Jessica Dore divulges profound insights about how to work with tarot to better understand ourselves and live in alignment with our life values. You'll discover:

- The importance of choosing the right deck and how to find it
- How the mythic imagery of tarot supports evidence-based therapeutic concepts such as mindfulness and acceptance
- The skill of interpreting specific images and symbols
- How to build a meaningful relationship with the cards

Jessica's reflections on each of the 78 cards weave together ideas from the fields of psychology, behavioural science, spirituality and old stories, breathing new language into ancient wisdoms about what it means to be human.

Tarot for Change

Shows how analogy-making pervades human thought at all levels, influencing the choice of words and phrases in speech, providing guidance in unfamiliar situations, and giving rise to great acts of imagination.

Surfaces and Essences

For lovers of language and fans of *Blink* and *Freakonomics*, New York Times bestselling author James Geary offers this fascinating look at metaphors and their influence in every aspect of our lives, from art to medicine, psychology to the stock market. From President Obama's political rhetoric to the bursting of the housing bubble, from conversations to commercials, James Geary shows that every aspect of our day-to-day experience is molded by metaphor. Geary takes readers from Aristotle's investigation of metaphor right up to the latest neuroscientific insights into how metaphor works in the brain. Romeo's exclamation "It is the East, and Juliet is the sun!" may be one of the most well-known metaphors in literature, but metaphor is more than a device of love-struck poets. As Geary demonstrates, metaphor has leaped off the page and landed with a mighty splash right in the middle of the stream of consciousness. Witty, persuasive, and original, *I Is an Other* explores metaphor's effects on financial decision making, effective advertising, leadership, learning, and more.

I Is an Other

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.

ACT on Life Not on Anger