

acceptance and commitment therapy for psychosis ijpsy

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Explore the benefits of Acceptance and Commitment Therapy (ACT) as a powerful psychological intervention for psychosis. This therapy helps individuals manage challenging symptoms by fostering psychological flexibility, promoting value-driven actions, and offering a promising avenue for psychosis treatment and mental health support.

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by J Pankey · 2003 · Cited by 160 — The present paper argues that directly targeting the reduction of psychotic symptoms could produce paradoxical effects, and instead argues for the importance of acceptance, cognitive defusion, and valued action as coping methods. Acceptance and Commitment. Therapy is described as such a method, and its outcomes with ...

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by J Pankey — The present paper argues that directly targeting the reduction of psychotic symptoms could produce paradoxical effects, and instead argues for the importance of acceptance, cognitive defusion, and valued action as coping methods.

Acceptance and Commitment Therapy for Psychosis

by EMJ Morris · 2024 · Cited by 9 — Purpose: Acceptance and Commitment Therapy for psychosis (ACTp) is a contextual behavioural intervention that promotes psychological flexibility by fostering active acceptance, cognitive defusion, values construction and committed action to enhance well-being and recovery. Multiple studies have shown ...

Treatment - Psychosis - NHS

Acceptance and Commitment Therapy and Mindfulness for Psychosis Eric M. J. Morris,Louise C. Johns,Joseph E. Oliver,2013-02-25 Emerging from cognitive ...

Treatment for psychosis - Mind

Acceptance and Commitment Therapy and Mindfulness for Psychosis Eric M. J. Morris, Louise C. Johns, Joseph E. Oliver, 2013-02-25 This is the first volume to ...

Introduction to Acceptance and Commitment Therapy for Psychosis

29 Apr 2024 — ACT aims to help individuals accept things that are beyond their control and commit to actions that can improve their lives. Research on the clinical adaptation of ACT for psychosis has shown good initial results in reducing distress due to psychotic symptoms, better regulation of emotions, and reducing ...

Acceptance & Commitment Therapy: History, Processes & Techniques -

by FJ Ruiz · 2010 · Cited by 1097 — Acceptance and Commitment Therapy for Psychosis. International Journal of Psychology and Psychological Therapy, 3, 311-328. Paul RH, Marx BP, & Orsillo SM (1999). Acceptance-based psychotherapy in the treatment of an adjudicated exhibitionist: A case example. Behavior Therapy, 30, 149-162. Peterson BD, Eifert, GH ...

ACT Therapy: What It Is and How It Can Benefit Your Mental Health

by M Arul · 2023 — ijpsy. com. International Journal of Psychology & Psychological Therapy, 23, 3. © Copyright 2023 IJP&PT & AAC. Unauthorized reproduction of this article is ... Acceptance and commitment therapy for psychosis in community-based mental health center: A Six-Month Follow-up Study. Anatolian Journal of Psychiatry, 22 ...

Acceptance and commitment therapy for psychosis

by A Spidel · 2018 · Cited by 132 — Objectives: Acceptance and Commitment Therapy (ACT) has shown effectiveness for individuals with psychosis and individuals with a history of childhood trauma, but has not been investigated with people with psychosis who also have a history of childhood trauma. This study aims at determining the efficacy of a ...

Acceptance And Commitment Therapy For Psychosis Ijpsy

Acceptance and mindfulness strategies are used to teach patients to decrease avoidance, attachment to cognitions, and increase focus on the present. Patients learn to clarify their goals and values and to commit to behavioral change strategies. This treatment has been applied to a number of conditions, including ...

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