



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:

Wilma Shay:

Hey guys, do you wish to find a new book to learn? Maybe the book with the subject A CBT Practitioner's Guide to ACT: How to Bridge the Gap Between Cognitive Behavioral Therapy and Acceptance and Commitment Therapy suitable to you? The particular book was written by a famous writer in this era. The particular book titled A CBT Practitioner's Guide to ACT: How to Bridge the Gap Between Cognitive Behavioral Therapy and Acceptance and Commitment Therapy is the one of several books that everyone reads now. This book has inspired many people in the world. When you read this review you will enter the new way of measuring that you never knew previously. The author explained their strategy in a simple way, so all of us can easily know the core of this publication. This book will give you a lot of information about this world now. In order to see the representation of the world in this particular book.

Tara Huber:

Reading a guide tends to be a new life style in this era of globalization. With examining you can get a lot of information which will give you benefit in your life. Along with books everyone in this world may share their ideas. Publications can also inspire a lot of people. A lot of authors can inspire their readers with their stories or perhaps their experiences. Not only the stories that are shared in the guides, but also they write about the data about something that you need in a particular case. How to get a good score on TOEFL, or how to teach your sons or daughters, there are many kinds of books that exist now. The authors on earth always try to improve their skills in writing, they also do some investigation before they write their books. One of them is this A CBT Practitioner's Guide to ACT: How to Bridge the Gap Between Cognitive Behavioral Therapy and Acceptance and Commitment Therapy.

Ross Turner:

Review is one of the sources of expertise. We can add our know-how from it. Not only for students but in addition natives or citizens want books to know the up-to-date information of year to year. As we know those guides have many advantages. Besides all of us add our knowledge, can bring us to around the world. From the book A CBT Practitioner's Guide to ACT: How to Bridge the Gap Between Cognitive Behavioral Therapy and Acceptance and Commitment Therapy we can get more advantage. Don't you want to be a creative person? To be a creative person must prefer to read a book. Just choose the best book that is acceptable with your aim. Don't always be doubtful to change your life at this book A CBT Practitioner's Guide to ACT: How to Bridge the Gap Between Cognitive Behavioral Therapy and Acceptance and Commitment Therapy. You can be more pleased than now.

Mary Varnum:

Reading an e-book makes you get more knowledge from it. You can take knowledge and information from

your book. Book is created or printed or created from each source that will filled update of news. Within this modern era like currently, many ways to get information are available for anyone. From media social just like newspaper, magazines, science publication, encyclopedia, reference book, book and comic. You can add your knowledge by that book. Are you ready to spend your spare time to spread out your book? Or just in search of the A CBT Practitioner's Guide to ACT: How to Bridge the Gap Between Cognitive Behavioral Therapy and Acceptance and Commitment Therapy when you required it?

**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 #KD7F0256UO3**

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 download, 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