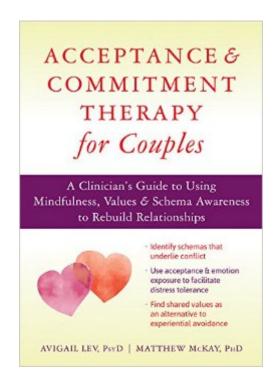
The book was found

Acceptance And Commitment Therapy For Couples: Using Mindfulness, Values, And Schema Awareness To Rebuild Relationships





Synopsis

Relationships take work. In this much-anticipated book, best-selling author Matthew McKay and psychologist Avigail Lev present the ten most common relationship schemas, and provide an evidence-based acceptance and commitment therapy (ACT) treatment protocol for professionals to help clients overcome the barriers that hold them back in their relationships. Romantic relationships are a huge challenge for many of us, as evidenced by our high divorce rates. But what is it that causes so much pain and discord in many relationships? In Acceptance and Commitment Therapy for Couples, Matthew McKay and Avigail Lev provide the first ACT-based treatment protocol for couples that identifies the ten most common relationship schemasâ "and the coping behaviors they driveâ "to help you guide clients through their pain and toward solutions that reflect the needs and values of the couple. Rather than working to stop relationship schemas from being triggered or to reduce schema pain, youâ ™II be able to help your clients observe and name what triggers their rigid coping behaviors when their schemas are activated. And by learning new skills when theyâ ™re triggered, your clients will be able to replace avoidant and coping behaviors with values-based action for the betterment of the relationship. By making your clientsâ ™ avoidant behavior the target of treatmentâ" as opposed to their thoughts and beliefsâ "this skills-based guide provides the tools you need to help your clients change how they respond to their partner.

Book Information

Paperback: 248 pages

Publisher: Context Press (March 1, 2017)

Language: English

ISBN-10: 162625480X

ISBN-13: 978-1626254800

Product Dimensions: 7 x 10 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Best Sellers Rank: #682,289 in Books (See Top 100 in Books) #77 in Books > Medical Books > Psychology > Movements > Cognitive Behavioral Therapy #1824 in Books > Health, Fitness & Dieting > Psychology & Counseling > Counseling #3101 in Books > Self-Help > Relationships > Interpersonal Relations

Download to continue reading...

Acceptance and Commitment Therapy for Couples: Using Mindfulness, Values, and Schema Awareness to Rebuild Relationships The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy Mindfulness and Acceptance for Treating Eating Disorders and Weight Concerns: Evidence-Based Interventions (The Context Press Mindfulness and Acceptance Practica Series) The Thriving Adolescent: Using Acceptance and Commitment Therapy and Positive Psychology to Help Teens Manage Emotions, Achieve Goals, and Build Connection Living Beyond Your Pain: Using Acceptance and Commitment Therapy to Ease Chronic Pain Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy (A New Harbinger Self-Help Workbook) Acceptance and Commitment Therapy, Second Edition: The Process and Practice of Mindful Change The Wisdom to Know the Difference: An Acceptance and Commitment Therapy Workbook for Overcoming Substance Abuse (New Harbinger Self-Help Workbook) Learning ACT: An Acceptance and Commitment Therapy Skills-Training Manual for Therapists ACT on Life Not on Anger: The New Acceptance and Commitment Therapy Guide to Problem Anger The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy (New Harbinger Self-Help Workbooks) Mindfulness: Achieve Inner Peace And Harmony With Mindfulness And Meditation - Live Life Without Stress And Anxiety (Mindfulness, Meditation, Buddhism, Yoga, Enlightenment Book 1) Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) Art Therapy and Music Therapy Bundle: (Expressive Arts, Movement Therapy, Art Therapy Trauma, Therapy Books) Cognitive Therapy for Personality Disorders: A Schema-Focused Approach (Practitioner's Resource Series)(3rd Edition) Awareness Through Movement: Easy-to-Do Health Exercises to Improve Your Posture, Vision, Imagination, and Personal Awareness Legal Guide for Lesbian & Gay Couples, A (Legal Guide for Lesbian and Gay Couples) Buddhism: Buddhism for Beginners: The Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Mindfulness, Zen, Inner Peace, Dalai Lama) Crystal Mindfulness: Still Your Mind, Calm Your Thoughts and Focus Your Awareness with the Help of Crystals Speech Therapy for Kids: Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials)

Dmca