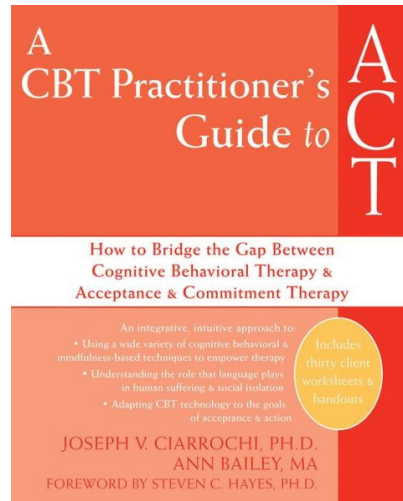


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**A Cbt Practitioner's Guide To Act: How To Bridge The Gap Between Cognitive Behavioral Therapy And Acceptance And Commitment Therapy by Joseph Ciarrochi, Ann Bailey**

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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,...

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