



# **Acceptance and Commitment Therapy for the Treatment of Post-Traumatic Stress Disorder and Trauma-Related Problems: A Practitioner's Guide to Using Mindfulness and Acceptance Strategies**

*Robyn D Walser, Darrah Westrup*

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New Directions in the Treatment of PTSD

Acceptance and commitment therapy (ACT) offers a promising, empirically validated approach to the treatment of post-traumatic stress disorder (PTSD) and other trauma related problems. In this volume, you'll find a complete theoretical and practical guide to making this revolutionary new model work in your practice.

After a quick overview of PTSD, the first part of **Acceptance and Commitment Therapy for the Treatment of Post-Traumatic Stress Disorder and Trauma-Related Problems** explains the problem of experiential avoidance as it relates to trauma and explores the verbal nature of post-traumatic stress. You'll learn the importance of mindfulness and acceptance in the ACT model, find out how to structure sessions with your clients, and examine the problem of control. The section concludes by introducing you to the idea of creative hopelessness as the starting point for creating a new, workable life after trauma.

The book's second section offers a practical, step-by-step clinical guide to the six core ACT components in chronological order:

- Creative hopelessness
- The problem of control
- Willingness and defusion
- Self-as-context
- Valued living
- Committed action

Each chapter explains how to introduce these topics to clients suffering from PTSD, illustrates each with case examples, and offers homework for your clients to use between sessions.

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Exactly why? Because this Acceptance and Commitment Therapy for the Treatment of Post-Traumatic Stress Disorder and Trauma-Related Problems: A Practitioner's Guide to Using Mindfulness and Acceptance Strategies is an unordinary book that the inside of the guide waiting for you to snap the idea but latter it will shock you with the secret the item inside. Reading this book next to it was fantastic author who write the book in such incredible way makes the content inside of easier to understand, entertaining technique but still convey the meaning thoroughly. So , it is good for you for not hesitating having this anymore or you going to regret it. This excellent book will give you a lot of rewards than the other book include such as help improving your skill and your critical thinking approach. So , still want to postpone having that book? If I were being you I will go to the guide store hurriedly.

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