

# The Observing Self

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build a more satisfying and meaningful life with this best selling guide to freeing yourself from depression anxiety and insecurity through acceptance and commitment therapy are you like millions of americans caught in the happiness trap russ harris explains that the way most of us go about trying to find happiness ends up making us miserable driving the epidemics of stress anxiety and depression this empowering book presents the insights and techniques of act acceptance and commitment therapy a revolutionary new psychotherapy based on cutting edge research in behavioral psychology by clarifying your values and developing mindfulness a technique for living fully in the present moment act helps you escape the happiness trap and find true satisfaction in life the techniques presented in the happiness trap will help readers to reduce stress and worry handle painful feelings and thoughts more effectively break self defeating habits overcome insecurity and self doubt create a rich full and meaningful life a powerful beacon showing us another way forward steven hayes phd author of get out of your mind and into your life

every psychotherapeutic model needs literature that shows therapists how to conceive of real life cases in terms of the particular treatment protocols of that model act in practice will be the first such case conceptualization guide for acceptance and commitment therapy act one of the most exciting new psychotherapeutic models

get ready to take a different perspective on your problems and your life and the way you live it acceptance and commitment therapy act is a new scientifically based psychotherapy that takes a fresh look at why we suffer and even what it means to be mentally healthy what if pain were a normal unavoidable part of the human condition but avoiding or trying to control painful experience were the cause of suffering and long term problems that can devastate your quality of life the act process hinges on this distinction between pain and suffering as you work through this book you ll learn to let go of your struggle against pain assess your values and then commit to acting in ways that further those values act is not

about fighting your pain it's about developing a willingness to embrace every experience life has to offer it's not about resisting your emotions it's about feeling them completely and yet not turning your choices over to them act offers you a path out of suffering by helping you choose to live your life based on what matters to you most if you're struggling with anxiety depression or problem anger this book can help clinical trials suggest that act is very effective for a whole range of psychological problems but this is more than a self help book for a specific complaint it is a revolutionary approach to living a richer and more rewarding life learn why the very nature of human language can cause suffering escape the trap of avoidance foster willingness to accept painful experience practice mindfulness skills to achieve presence in the moment discover the things you really value most commit to living a vital meaningful life this book has been awarded the association for behavioral and cognitive therapies self help seal of merit an award bestowed on outstanding self help books that are consistent with cognitive behavioral therapy cbt principles and that incorporate scientifically tested strategies for overcoming mental health difficulties used alone or in conjunction with therapy our books offer powerful tools readers can use to jump start changes in their lives

mindfulness and compassion in integrative supervision presents an original integrative and transtheoretical approach to supervision that emphasises the importance of mindful awareness and compassion in supervision practice psychotherapists are taught about importance of compassion for their clients while the role of bringing self compassion toward themselves is often neglected this book offers novel perspectives on mindful awareness self compassion physiological synchrony and emotional regulation in supervision it presents various mindfulness and compassion oriented methods and interventions that are used within an attuned supervisory relationship through vignettes and transcripts of supervision sessions the authors illustrate the power of mindful awareness and self compassion to transform supervisees dysregulated experience related to their psychotherapy work the book embraces all main dimensions of human experience physiological affective relational cognitive behavioural spiritual and contextual the book will have an international appeal amongst supervisors from different supervision approaches

and psychotherapists counsellors who may find it useful for their practice self care and the prevention of burnout

integrative psychotherapy is a groundbreaking book where the authors present mindfulness and compassion oriented integrative psychotherapy mcip as an integration of relational psychotherapy with the practice and research of mindfulness and compassion the book elucidates an approach which is holistic and based on evidence based processes of change related to the main dimensions of human experience in this approach mindfulness and compassion are viewed as meta processes of change that are used within an attuned therapeutic relationship to create a powerful therapeutic model that provides transformation and growth the authors offer an exciting perspective on intersubjective physiology and the mutual connection between the client s and therapist s autonomic nervous systems comprised of creatively applied research the book will have an international appeal amongst psychotherapists counsellors from different psychotherapy traditions and also students with advanced postgraduate levels of experience

this practical evidence based guide to running reflective practice professional development programmes provides a dynamic and engaging resource for a wide range of coaches reflective practice is a proven learning and development approach that involves consciously and deliberately thinking about experiences to develop insights and apply these within coaching practice mccormick argues that it is vital that coaches regularly reflect on their work to develop and grow professionally and this book provides a definitive and rich source of material on how and what to reflect on topics include how to reflect as an individual coach working in pairs and small groups applying reflective practice in a training context and how to run advanced group sessions for coaches the book features a wide range of practical workbook exercises to challenge the reader s current practice and extend their capability as well as an evidence based guide to enhancing skills in recently developed areas such as unified protocol cognitive behavioural therapy internet supplemented acceptance and commitment therapy and using schema therapy with mindfulness techniques written by a highly experienced executive coach this book is full of practical and

effective ways to become more capable and proficient it is essential reading for any career life or executive coach who wishes to enhance their coaching capability through reflective practice as well as for coaching training organisations senior executive coaches offering sessions for other coaches and academic institutions offering coaching qualifications

in the observing self noted psychiatrist arthur j deikman lucidly relates how the mystical tradition can enable western psychology to come to terms with the essential problems of meaning self and human progress

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