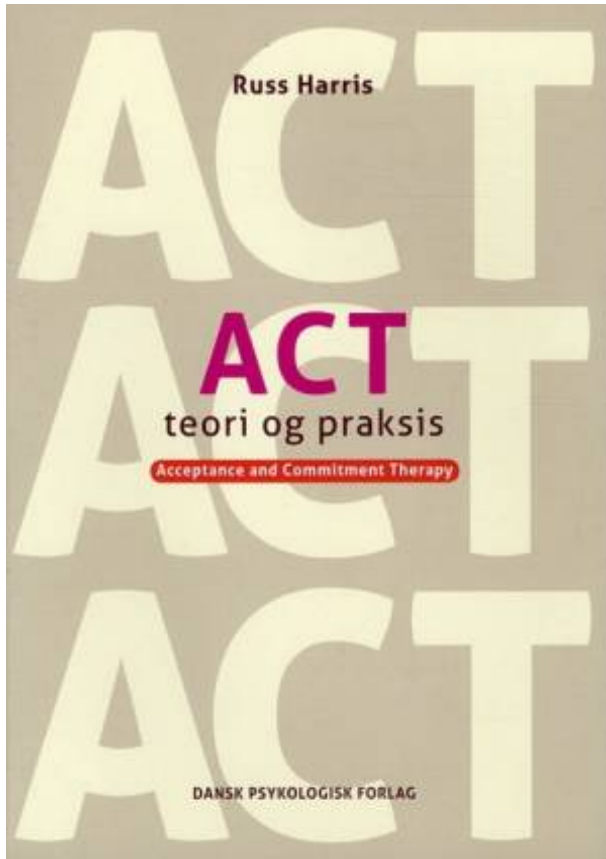


ACT



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[ACT.pdf](#)

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ACT (Acceptance and Commitment Therapy) har vist sig at være særdeles effektiv ved behandling af depression, angst, stress, afhængighed, spiseforstyrrelser, skizofreni, borderline personlighedsforstyrrelse og flere andre psykiske lidelser. ACT bygger på adfærdsterapi og kognitiv terapi, men med en ny og overraskende vinkel. Frem for at have fokus på at reducere eller helt undgå ubehag, vil man i ACT lære teknikker til at acceptere det ubehag, der alligevel ikke kan ændres eller kontrolleres, og i stedet lægge vægt på at skabe et indholdsrigt og værdibaseret liv. Denne introduktion til ACT har til hensigt at gøre den komplekse teori og praksis tilgængelig og brugbar for en bred vifte af fagfolk: fra coaches og rådgivere til psykologer, psykiatere og alle, der arbejder professionelt inden for sundhedssektoren. Med en enkel og klar gennemgang af de seks kerneprocesser – accept, kontakt med nuet, defusion, selvet som kontekst, værdier og engageret handling – samt masser af eksempler fra praksis, kan du med denne bog hurtigt og effektivt implementere ACT-teknikker i dit arbejde med klienter.

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