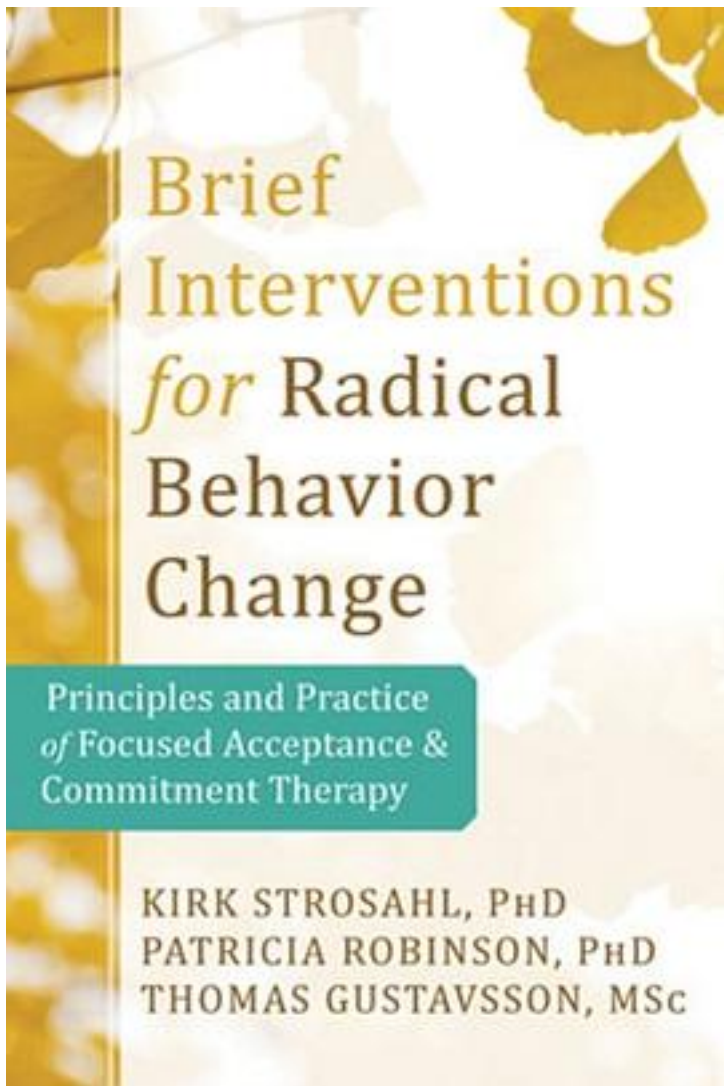


# Brief Interventions for Radical Change



[Brief Interventions for Radical Change\\_ 下载链接1](#)

著者:Kirk Strosahl PhD

出版者:New Harbinger Publications

出版时间:2012-10-1

装帧:Paperback

isbn:9781608823451

Mental health and chemical dependency clinicians are in a unique position to improve the lives of their clients, but find it difficult to provide clients with life-changing psychological tools they need within each time-limited appointment. This text "Brief Interventions for Radical Behaviour Change" makes it easy for these busy clinicians to integrate important mindfulness, acceptance, and values-based therapeutic work in their interactions with clients. In just fifteen to thirty minutes, clinicians can identify core issues clients struggle with, apply acceptance interventions to help clients eliminate self-defeating thinking and behaviour, and help clients engage in committed, values-based actions to change their lives for the better. The goal is to emphasize small, positive changes that cumulatively lead to radical changes in clients' lives. These acceptance and commitment therapy-based interventions require minimal time and few follow-up visits, and are capable of catalysing dramatic changes in clients. Brief interventions have been proven to have a significant clinical impact in helping clients overcome substance abuse, anxiety, depression, and other mental health problems. It is a must-have resource for every clinician seeking to hasten his or her clients' recovery using cutting-edge techniques from mindfulness and acceptance therapy.

作者介绍:

目录:

[Brief Interventions for Radical Change 下载链接1](#)

## 标签

自助治疗

正念疗法

接纳与承诺

抑郁症

心理治疗

心理咨询

Mindfulness

ACT

评论

断断续续读了小半年了

-----  
[Brief Interventions for Radical Change\\_下载链接1](#)

书评

-----  
[Brief Interventions for Radical Change\\_下载链接1](#)