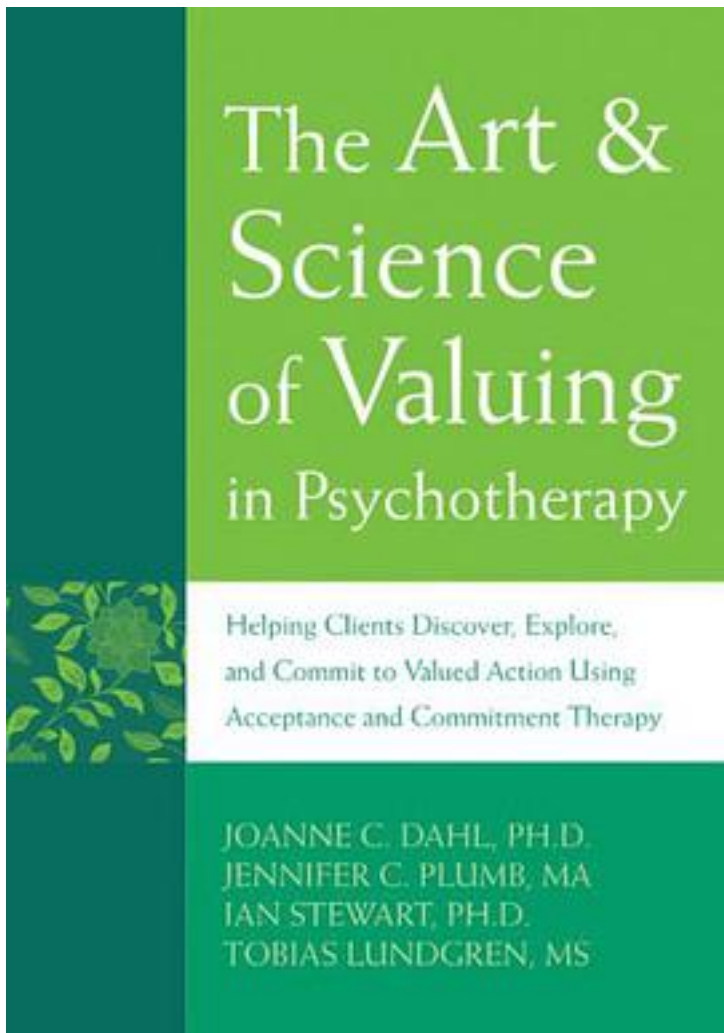


The Art and Science of Valuing in Psychotherapy



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Valuing is a key component of the acceptance and commitment therapy (ACT) six

process model. During this process, therapists help clients identify and decide on their values and commit to acting according to those values. "The Art of Valuing in Psychotherapy" is the therapists' guide to conducting this delicate and important work without imposing their own beliefs on the client, defining values in overly narrow or overly nebulous ways, or confusing values with judgments, likes and dislikes, morals, or cultural norms. Readers also receive guidance for teaching their clients to apply these values to their lives in practical and concrete ways to increase clients' self-esteem and life satisfaction. The second half of this book offers practical tools therapists can use for values treatment intervention, including metaphors, defusion exercises, guided imagery exercises, scripts for role play, worksheets, assessments, and more. The final chapter of the book demonstrates how the values context can be used in conceptualization and interventions in the workplace, in organizations, and on the community level. Although this book is based on ACT, it can be used by anyone working in psychotherapy or counselling.

作者介绍:

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