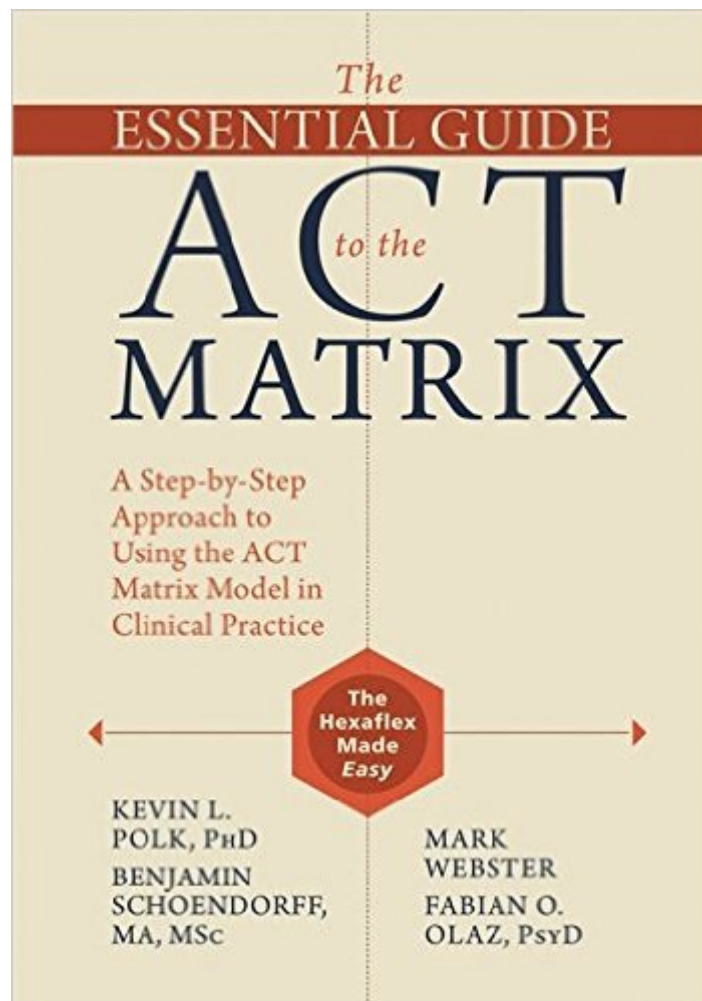


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# The Essential Guide To The ACT Matrix: A Step-by-Step Approach To Using The ACT Matrix Model In Clinical Practice



## Synopsis

The ACT Matrix revolutionized contextual behavioral science. Now, the creators of this pioneering new model present the first detailed, step-by-step guide to help professionals implement the ACT Matrix in clinical practice and improve clients' psychological flexibility. If you're a clinician, you know that acceptance and commitment therapy (ACT) is extremely effective in helping clients who are "stuck" in unhealthy thought patterns by encouraging them align their values with their thoughts and actions. However, the ACT model is complex, and it's not always easy to use. Enter the ACT Matrix, a seamless fusion of the six core processes of the ACT hexaflex "cognitive defusion, acceptance, contact with the present moment, observing the self, values, and committed action" into a simplified, easy-to-apply approach. From the editors of The ACT Matrix, The Essential Guide to the ACT Matrix offers professionals a comprehensive guide to using the innovative Matrix model in-session. With this book, you'll learn how to help your clients break free from painful psychological traps and live more meaningful lives. You'll also learn how client actions and behavior should be viewed as workable or unworkable, rather than good or bad. Most importantly, you'll discover how this unique approach can be used to deliver ACT more effectively in a variety of settings and contexts, even when clients are resistant or unmotivated to participate. This book is essential for any ACT clinician looking to simplify their therapeutic approach in client sessions.

## Book Information

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## Customer Reviews

Are you new to Acceptance and Commitment Therapy (or perhaps not so new) and would like to learn how to promote psychological flexibility but are unsure about how to proceed effectively? If so, this may be the book for you. In my opinion, *The Essential Guide to the ACT Matrix* (by Polk, Shoendorff, Webster, and Olaz) is the best "how to guide" for practicing Acceptance and Commitment Therapy (ACT) since the publication of Russ Harris's *ACT Made Simple*. Heck, you should have both books in your bookshelf. The land of ACT can be a world filled with confusing nomenclature (e.g., "derived relational responding", "transformation of stimulus function", etc.) which can make for a bumpy ride in your quest to learn ACT. I have seen many would-be ACT therapists get derailed before their journey was over because they lacked practical tools to actually practice their craft. ACT is based on decades of clinical research and some cool scientific principles (e.g. relational frame theory) that are revolutionizing the world of psychotherapy. Yet, without a simple, jargon-free way to translate these principles into a useful clinical package, the world may never get to appreciate what RFT and Contextual Behavioral Science have to offer. Enter the Matrix. The Matrix is a much-needed roadmap that can powerfully guide any willing clinician to navigate through the rough terrain of RFT/CBS (sorry about all these letters). In fact, it is literally a visual cue that helps you to incorporate all the core processes of ACT in an elegantly simple (but not simplistic) six-step approach that leads to psychological flexibility. It is simply a tool, a "finger pointing to the moon", the moon of your experience.

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