



# **Brief Interventions for Radical Change: Principles and Practice of Focused Acceptance and Commitment Therapy**

*Kirk Strosahl, Patricia Robinson, Thomas Gustavsson*

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As a mental health professional, you know it's a real challenge to help clients develop the psychological skills they need to live a vital life. This is especially true when you are working with time constraints or in settings where contacts with the client will be brief. *Brief Interventions for Radical Change* is a powerful resource for any clinician working with clients who are struggling with mental health, substance abuse, or life adjustment issues. If you are searching for a more focused therapeutic approach that requires fewer follow-up visits with clients, or if you are simply looking for a way to make the most of each session, this is your guide.

In this book, you'll find a ready-to-use collection of brief assessment and case-formulation tools, as well as many brief intervention strategies based in focused acceptance and commitment therapy (ACT). These tools and strategies can be used to help your clients stop using unworkable behaviors, and instead engage in committed, values-based actions to change their lives for the better.

The book includes a practical approach to understanding how clients get stuck, focusing questions to help clients redefine their problem, and tools to increase motivation for change. In addition, you will learn methods for rapidly constructing effective treatment plans and effective interventions for promoting acceptance, present-moment awareness, and contact with personal values.

With this book, you will easily integrate important mindfulness, acceptance, and values-based therapeutic work in their interactions with clients suffering from depression, anxiety, or any other mental health problem.

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