



Acceptance and Commitment Therapy and Mindfulness for Psychosis

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This is the first volume to present a broad picture of theory and application for clinical approaches incorporating ACT and mindfulness in working with psychosis. It provides an overview and introduction to the subject, including a review of the evidence base. Clinical and practical applications are supported with case studies in both individual and group work, with an emphasis on utilizing these strategies in a clinical context. Addressed to practitioners, this book is idea for clinical and counseling psychologists, CBT therapists, and psychiatrists.

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