

ACT Newsy Bits...

5th Ed

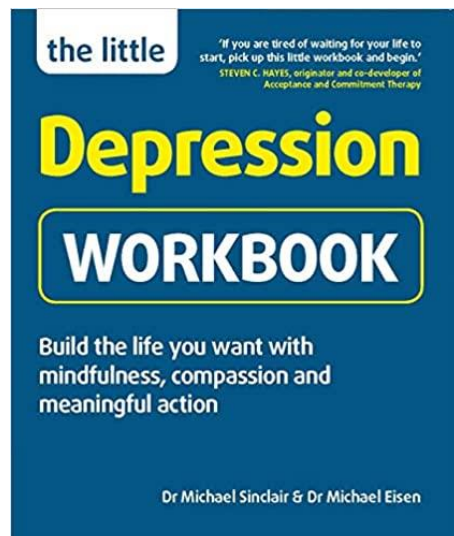
ACT BOOK NEWS:

The Little Depression Workbook has been out since Nov 2020 (timely, it would appear). It looks like a really useful easy ACT reader.

I personally liked that it pitches the 'medical model' against the 'process model' of ACT: Change happens inside the 6 core processes of ACT: rather than focusing on depression as an illness, it can be understood as a way of getting stuck in psychological processes of our mind / body. The good news is: with the development of certain ACT skills and tools we can learn to deal with life differently.

https://www.amazon.co.uk/Little-Depression-Workbook-mindfulness-compassion/dp/1780592744/ref=cm_cr_arp_d_product_top?ie=UTF8#reader_B08J6RSCMY

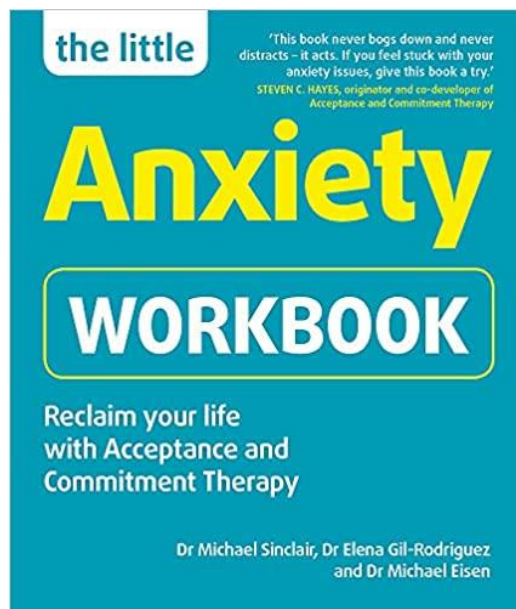
My vote:
To be recommended
to clients and to
therapists!



ACT BOOK NEWS: **JUST OUT!!!**

The Little Anxiety Workbook is out (since yesterday!) If anything like its 2 months older sibling (see previous page) it can only be good!

- https://www.amazon.co.uk/Little-Anxiety-Workbook-Acceptance-Commitment/dp/1780592779/ref=tmm_pap_swatch_0?encoding=UTF8&qid=&sr=



ACT Research Article:

“My voices are just part of me, they don’t own me”: a qualitative investigation of Acceptance and Commitment Therapy groups for people experiencing psychosis

<https://www.tandfonline.com/doi/full/10.1080/17522439.2020.1870542>

First free ACT Chat (via zoom) on 25th of Feb:

We will try to answer the following questions:

- 1. How can I assist a client to connect with the present moment when they are unable to connect with Mindfulness/relaxation.**
- 2. How can we help people apply the practices of ACT during this pandemic?**
- 3. How can we use ACT to work with Shame and to help to cultivate courage?**

I will attempt to send a recording out to you all after the event.

Best wishes to you all –

Ingrid

<https://www.act-hub-wales.co.uk/>