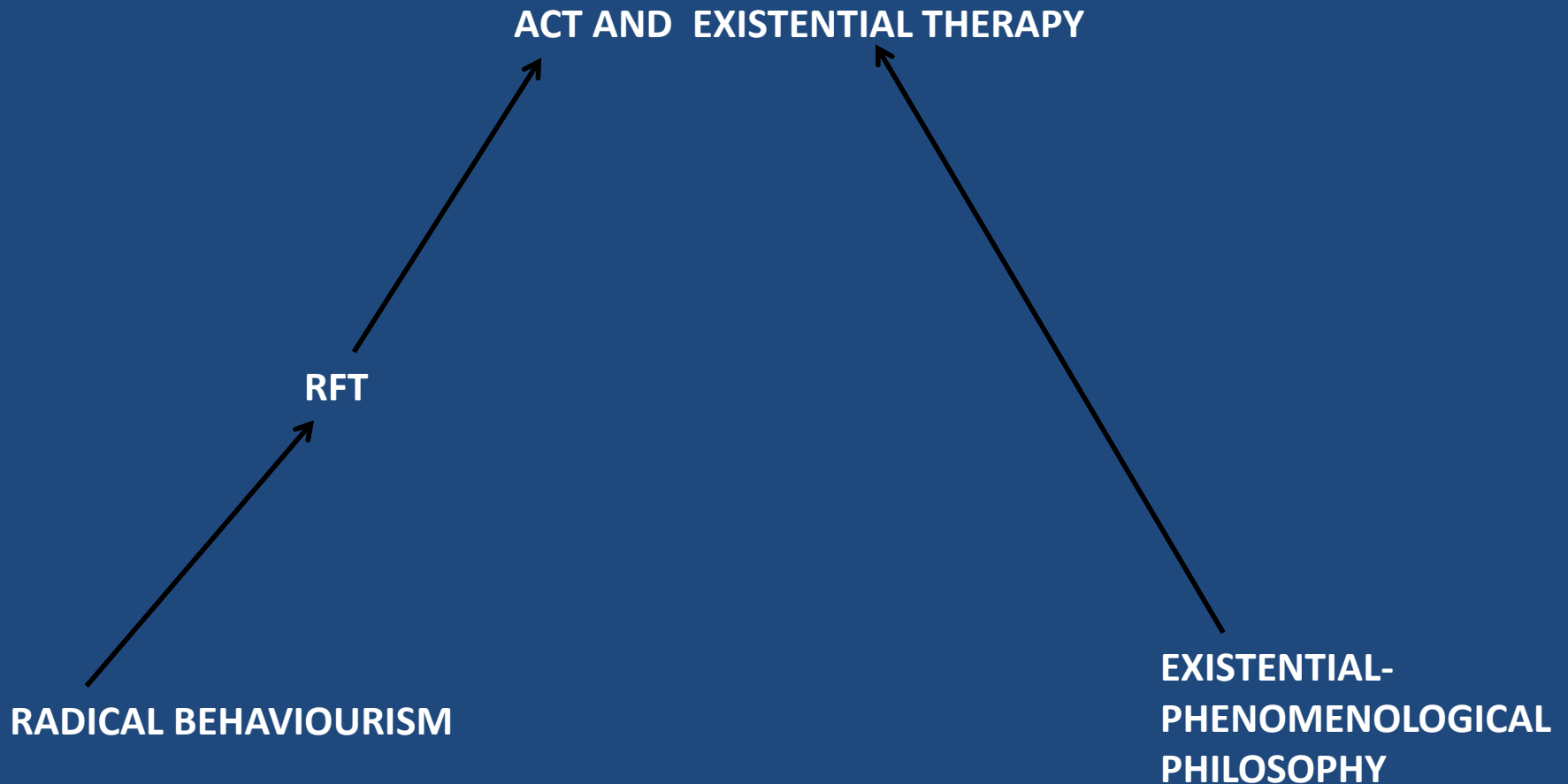
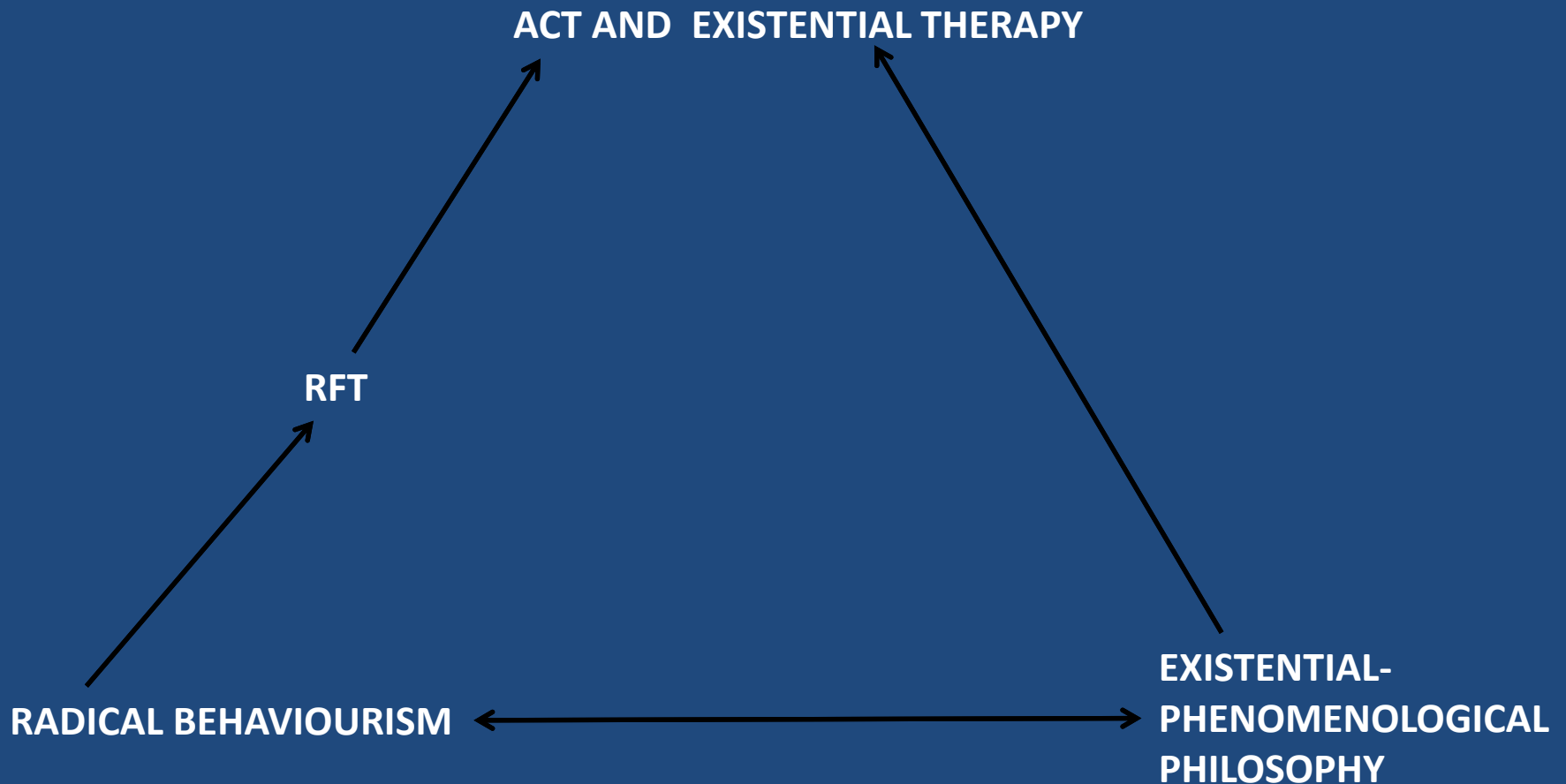


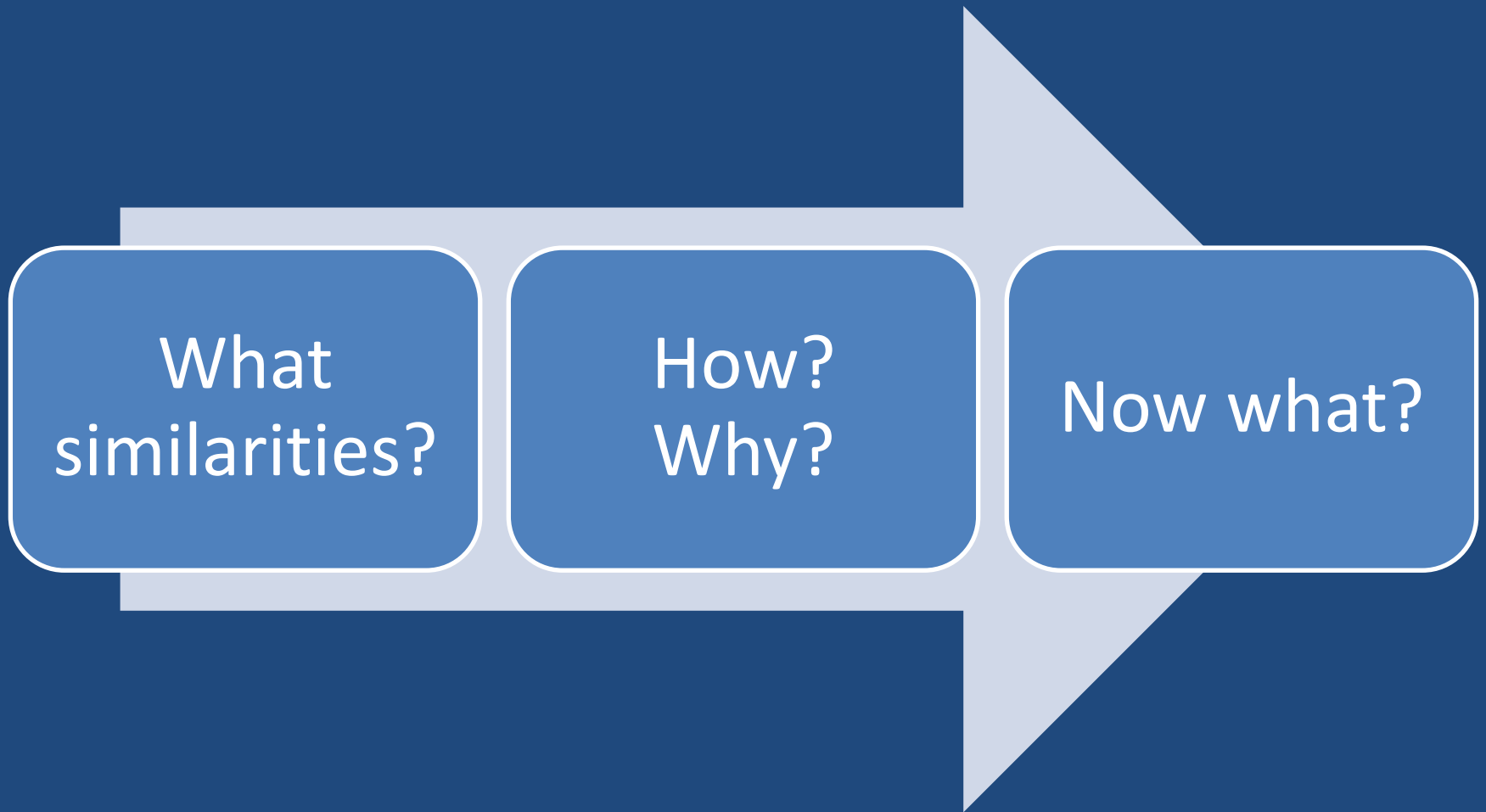
Is ACT an existential therapy?



Is ACT an existential therapy?



Is ACT an Existential Therapy?



A shared stance

- Non-pathologising
- Acceptance
- Non-hierarchical
- Freedom and choice
- Meaning and values





James Clayton



NICHOLAS H. CLINTON
1831 1914

SARAH J. CLINTON
1840 1918

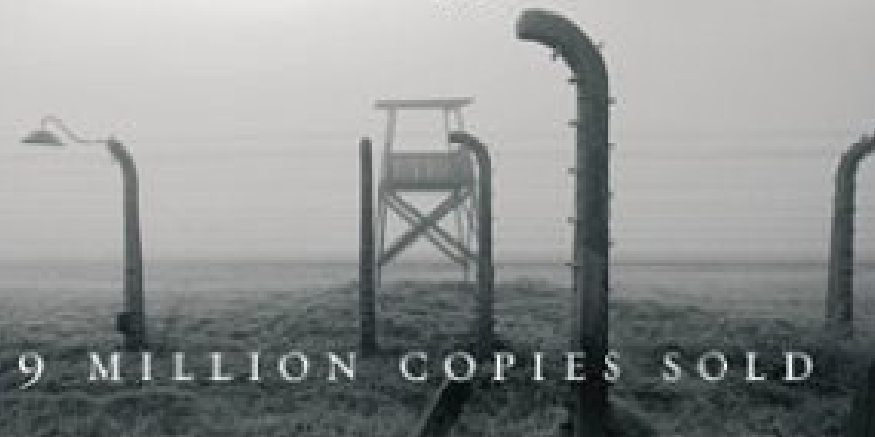
SARAH J. CLINTON

VIKTOR E. FRANKL

Man's Search For Meaning



The classic tribute to hope from the Holocaust



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mindfulness for two

An Acceptance and Commitment
Therapy Approach to Mindfulness
in Psychotherapy

KELLY G. WILSON, PhD
WITH TROY DUFRENE

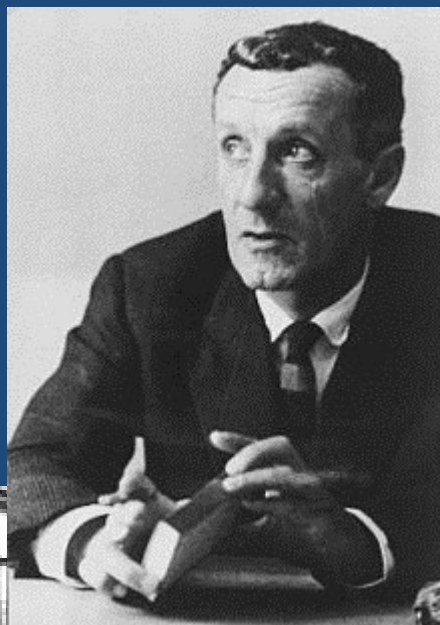
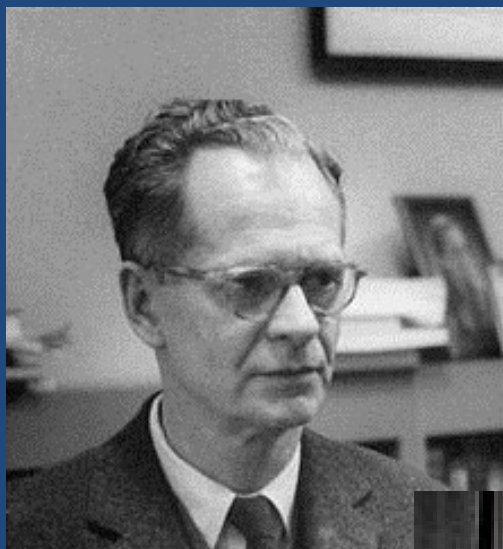
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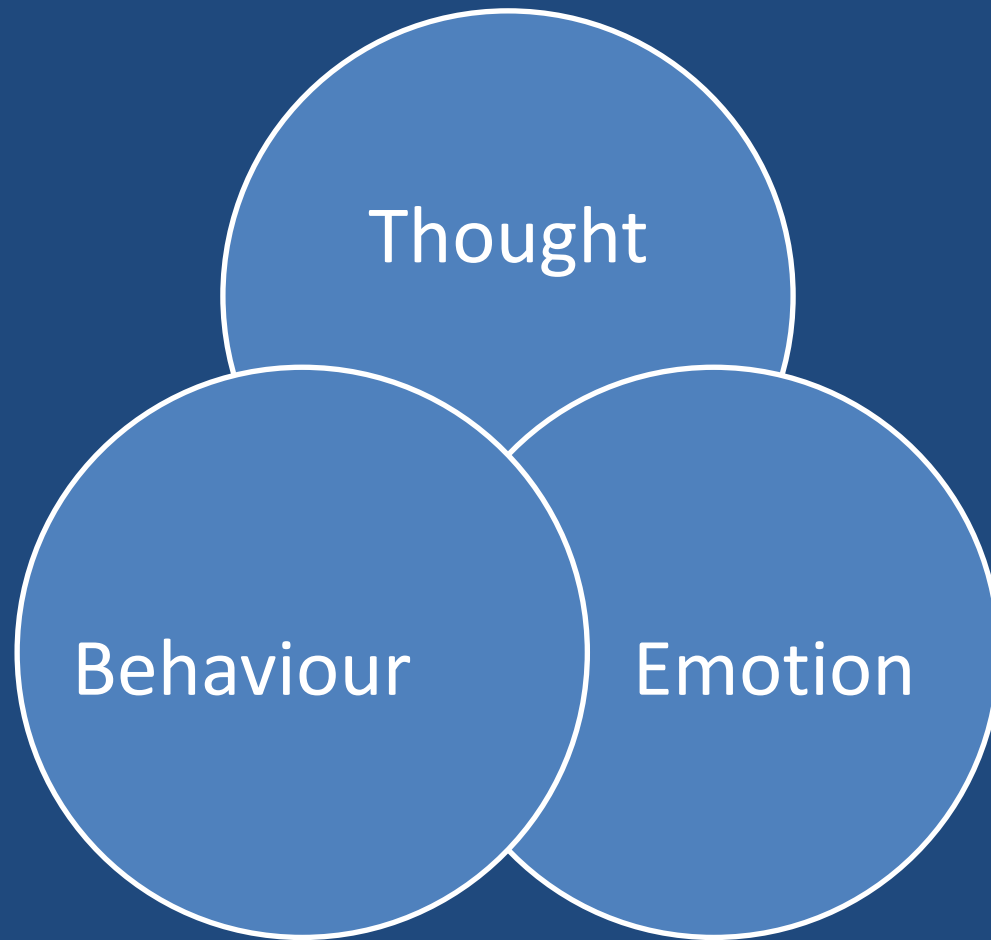
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The New
Acceptance &
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Therapy

STEVEN C. HAYES, PH.D.
with SPENCER SMITH







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Existential Therapy? Or ACT?

- 'Aim of therapeutic work = helping clients to become more aware of their actual existence, and to live more in accordance with their true values
- Therapists work with the concrete actuality of clients' experiences
- Clients are encouraged to acknowledge, and act on, their freedom and responsibility'

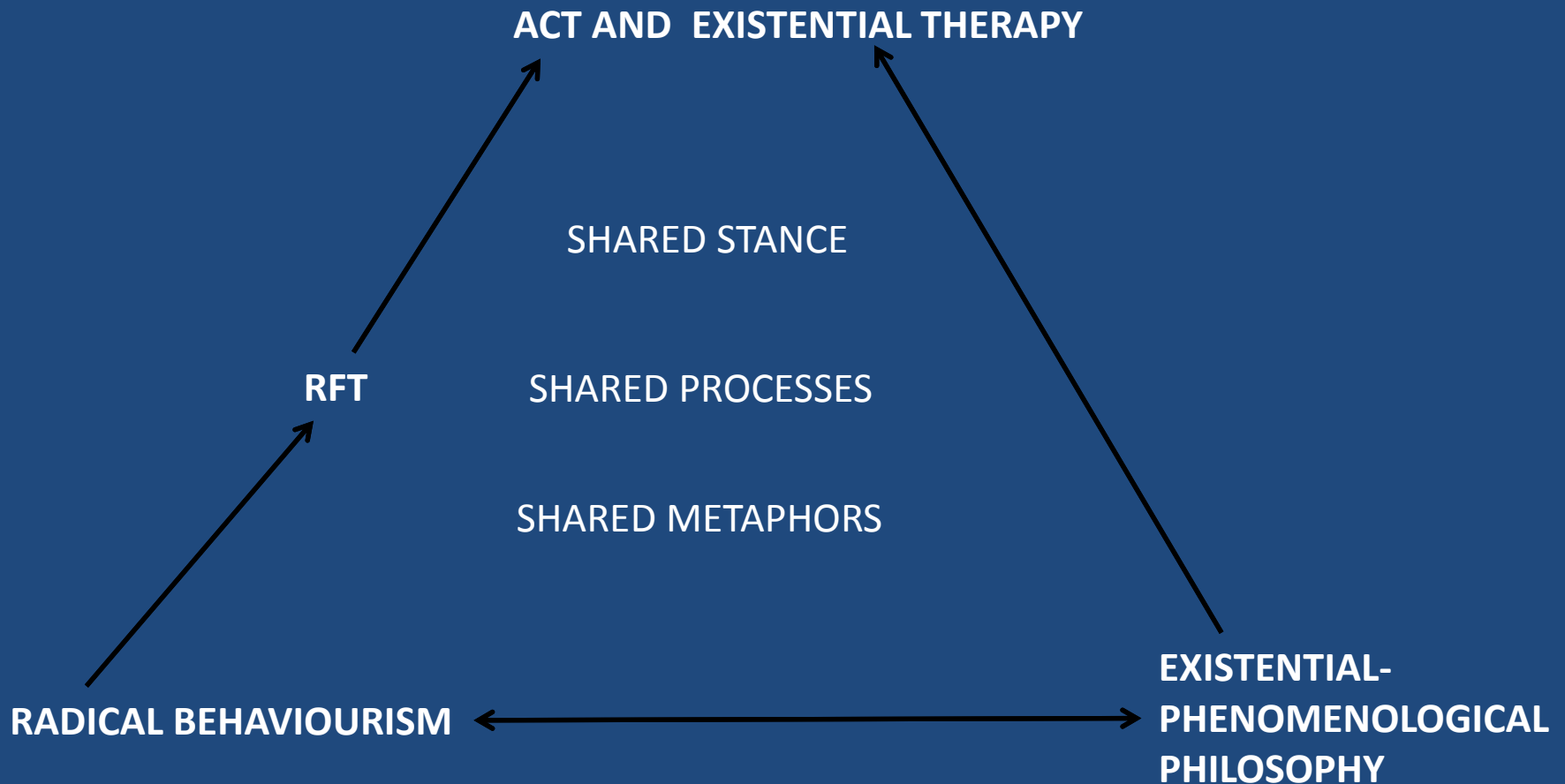
Existential Therapy? Or ACT?

- 'Clients are encouraged to acknowledge, accept and learn from the more 'negative' feelings
- All aspects of clients' being are seen as fundamentally interconnected
- Therapists are genuine and direct
- Practice is flexible and adaptable'

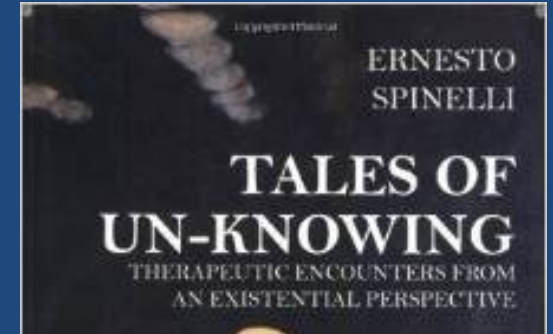




ACT: An Existential Therapy







Christine Ramsey-Wade

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