



## Inside This Moment: A Clinician's Guide to Promoting Radical Change Using Acceptance and Commitment Therapy

By Kirk D. Strosahl PhD, Patricia J. Robinson PhD, Thomas Gustavsson MSc

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**Inside This Moment: A Clinician's Guide to Promoting Radical Change Using Acceptance and Commitment Therapy** By Kirk D. Strosahl PhD, Patricia J. Robinson PhD, Thomas Gustavsson MSc

**In this breakthrough book, cofounder of acceptance and commitment therapy (ACT), Kirk Strosahl and two fellow ACT psychologists offer a brief, five-stage model to help you recognize, assess, and take advantage of the subtle shifts of awareness that occur during therapy to achieve the most effective intervention and successful treatment outcomes.**

In therapy, it is essential for both clinicians and their clients to pay attention to each moment in-session as an opportunity to create change. In addition, clients must be willing to experience pain in the present moment in order to make lasting change and begin to live according to their values. But *staying* in the moment is harder than it sounds. *Inside This Moment* offers a powerful skill set for learning to live in the now—even when it hurts.

To help you and your client make the most of your time in treatment sessions, this book includes clinical examples of working with clients via self-related processes, and offers tips for what to do when faced with certain non-verbal and verbal client behaviors, such as:

- looking away or down
- body positioning
- respiration rate
- giving general answers to specific questions
- changing the topic
- forgetting what was asked
- repeating oneself over and over
- changes in rate of speech
- voice volume

You'll learn that you don't need to go looking for radical change

opportunities—but rather that the opportunities are transpiring right in front of you. This book will allow you to relax and trust in the power of the "now" in your therapy sessions.

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**Bibliography**

- Sales Rank: #612650 in Books
- Published on: 2015-10-01

- Original language: English
- Number of items: 1
- Dimensions: 9.98" h x .37" w x 7.05" l, 1.10 pounds
- Binding: Paperback
- 232 pages

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## **Editorial Review**

### Review

“This lovely book transforms a rigorous psychometric approach to the components of mindfulness into a compassionate and user-friendly guide for teaching clients to live in the present moment, in ways that will change how they see the world and live their lives.”

—**Ruth Baer, PhD**, professor of psychology at the University of Kentucky and author of *The Practicing Happiness Workbook*

“In this well-written and thoughtful book, Kirk Strosahl, Patricia Robinson, and Thomas Gustavsson have paved a path to my personal clinical heart. They have tapped into and conveyed, with a clear and engaging voice, my favorite ‘quality’ of psychotherapy—the present moment. In *Inside This Moment*, the authors provide a truly useful guide for clinicians, assisting them to understand and build life-changing moments in the therapeutic process and relationship. The five essential tasks involved in creating these powerful moments—noticing, naming, detaching, holding, and expanding—are explored with clinical acuity and neuroscience backing. This book will help you to help your clients transform their lives. It is my belief that working to develop present-moment awareness is the soul of acceptance and commitment therapy, and Strosahl, Robinson, and Gustavsson have beautifully and knowledgeably put this process into words.”

—**Robyn D. Walser, PhD**, past president of the Association for Contextual Behavioral Science, associate director for dissemination and training at the National Center for PTSD, assistant clinical professor at the University of California, Berkeley, and coauthor of *The Mindful Couple* and *Learning ACT*

“They’ve done it again. The cocreators of FACT (focused acceptance and commitment therapy) have written another innovative, creative, and incredibly practical guide to brief therapy with ACT, this time expertly explaining their interventions in terms of the underlying neuroscience. It’s novel, powerful, and cutting-edge; a breath of fresh air in the ever-growing pantheon of ACT literature. Highly recommended!”

—**Russ Harris**, author of *The Happiness Trap* and *ACT Made Simple*

“This is a beautifully written book that masterfully combines science, theory, and practice. An invaluable tool for clinicians who want to engender more mindfulness and self-compassion in their clients, it maximizes the power of acceptance and commitment therapy to change lives.”

—**Kristin Neff, PhD**, associate professor in human development and culture at the University of Texas at Austin, and author of *Self-Compassion*

“There are several reasons why I feel this book is a significant contribution to our field. First, as a longtime practitioner who uses the notion of ‘present moment’ in my work with clients, the authors have cleared up a sticky concept that I have struggled with—that is, what is actually meant by the ‘present moment.’ They do so in a way that covers its function, rather than a topographical description. For example, they clearly indicate that mindfulness practice is not the only way to contact the present moment. Second, there’s a constant theme throughout the book in which either theory, research findings, and methods are described and

then related to clinical practice. In particular they emphasize what happens during the therapy session—a topic of particular interest and importance from my perspective. Third, they cover a topic close to my heart in which they ask the clinician to use the same methods applied to clients to heal themselves. Fourth, their approach is coherence with contextual behavioral science. Finally, the authors keep their eye on the ball of providing an approach that clinicians can use by detailing how-to application to common clinical problems. I highly recommend this book.”

—**Robert J. Kohlenberg, PhD, ABPP**, professor of psychology at the University of Washington, cofounder of functional analytic psychotherapy (FAP)

#### About the Author

**Kirk D. Strosahl, PhD**, is cofounder of acceptance and commitment therapy (ACT), a cognitive behavioral approach that has gained widespread adoption in the mental health and substance-abuse communities. He is coauthor of *Brief Interventions for Radical Change* and other core ACT books. Strosahl works as a practicing psychologist at Central Washington Family Medicine, a community health center providing health care to medically underserved patients. He also teaches family medicine physicians how to use the principles of mindfulness and acceptance in general practice. Strosahl lives in Zillah, WA.

**Patricia J. Robinson, PhD**, is director of training and program evaluation at Mountainview Consulting Group, Inc., a firm that assists health care systems with integrating behavioral health services into primary care settings. She is coauthor of *Real Behavior Change in Primary Care* and *The Mindfulness and Acceptance Workbook for Depression*. After exploring primary care psychology as a researcher, she devoted her attention to dissemination in rural America, urban public health departments, and military medical treatment facilities. Robinson lives in Portland, OR.

**Thomas Gustavsson, MSc**, is a licensed psychologist and cofounder of Psykologpartners, a company providing residential psychology and psychiatry services for self-harming clients in Scandinavia.

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##### Willard Sarvis:

In this 21st century, people become competitive in most way. By being competitive currently, people have do something to make these individuals survives, being in the middle of often the crowded place and notice simply by surrounding. One thing that often many people have underestimated that for a while is reading. Yep, by reading a publication your ability to survive improve then having chance to stay than other is high. For yourself who want to start reading the book, we give you this particular *Inside This Moment: A Clinician's Guide to Promoting Radical Change Using Acceptance and Commitment Therapy* book as starter and daily reading publication. Why, because this book is greater than just a book.

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