



ACT for Depression: A Clinician's Guide to Using Acceptance and Commitment Therapy in Treating Depression (Paperback) - Common

By (author) Robert D Zettle

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ACT for Depression adapts the research-proven techniques of acceptance and commitment therapy (ACT) into a powerful set of conceptualization, assessment, and treatment techniques clinicians can use to help clients with depression, the second-most common mental health condition.

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