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Therapy (ACT) is a
contextually focused form of
cognitive behavioral
psychotherapy that uses
mindfulness and behavioral
activation to increase
clients' psychological...

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Acceptance and Commitment
Therapy is a form of
behavioral therapy,
developed in the late

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1980's, that combines the practice of acceptance with mindfulness strategies. It assumes that by...

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What's the Difference
between Acceptance and
Commitment ...

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Mindfulness and acceptance-based group therapy (MAGT) is based on ACT. • MAGT was compared to cognitive behavioral group therapy (CBGT). • MAGT and CBGT were both more effective than the control group. • MAGT and

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CBGT were not significantly different from one another on most measures.

Mindfulness and acceptance-based group therapy versus

...

Mindfulness-based cognitive

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therapy is an approach to psychotherapy that uses cognitive behavioral therapy methods in collaboration with mindfulness meditative practices and similar psychological strategies. It was originally created to be

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a relapse-prevention
treatment for individuals
with major depressive
disorder. A focus on MDD and
cognitive processes
distinguishes MBCT from
other mindfulness-based
therapies. Mindfulness-based

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stress reduction, for example, is a more generalized program that

Mindfulness-based cognitive therapy - Wikipedia

Mindfulness and acceptance based therapies are often

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referred to as the third wave of CBT. The first wave is behavioral therapy, which focuses on antecedents, behaviors, and consequences. The second wave is what we know now as traditional CBT, which focuses on maladaptive

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(MABTs) are among the most promising behavioral approaches for obesity, with two recent large trials showing that they achieve better initial weight loss and/or better weight loss maintenance than does gold

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Acceptance BT. However,
results vary, potentially
due to inconsistencies in
how MABT components are
utilized and emphasized.

Based Treatment

Project Activate:

Mindfulness and Acceptance

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Mindfulness is the process of being aware of the present moment (including thoughts, feelings, and sensations) without judgment, but rather with acceptance and compassion.

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Mindfulness can take the form of formal mindfulness meditations (ex: observing the breath during breathing exercises, imagining your thoughts as clouds), informal mindfulness practices (ex: noticing the

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temperature, smell, and texture of soap while washing your hands), or self-monitoring thoughts, feelings, and behaviors...

Based Treatment

What Are Acceptance-based
Behavior Therapies (ABBTs)?

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"One of the most important treatment developments in recent years has been the theoretical and empirical elaboration of mindfulness and acceptance into evidence-based cognitive-behavioral protocols. Books on this

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Acceptance Based, however, have typically focused either on general theory or on clinical applications to narrow segments of psychopathology.

Mindfulness and Acceptance:

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Expanding the Cognitive ...

Developed over decades of ongoing clinical research, acceptance-based behavioral therapy (ABBT) is a flexible framework with proven effectiveness for treating anxiety disorders and co-

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