

Literatuur - algemeen

- Steve Hayes, Kirk Strosal, Kelly Wilson (2012). Acceptatie en Commitment Therapie. Veranderingen door mindfulness, het proces en de praktijk.
- Jason Luoma, Steve Hayes, Robyn Walser (2007). Learning ACT. (ook in het nederlands beschikbaar)
- Steve Hayes, Victoria Follette, Marsha Linehan (2006). Mindfulness en acceptatie. De derde generatie gedragstherapie.
- Russ Harris (2010). Acceptatie en Commitment Therapie in de praktijk.
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- Lejeune, C. (2007). The worry trap: how to free yourself from worry and anxiety using acceptance and commitment therapy. Oakland, CA: New Harbinger.
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- George Eifert en John Forsyth (2007). Acceptatie en commitment therapie bij angststoornissen.
- Jon Kabat-Zinn, (1990). Full catastrophe living: The program of the stress reduction clinic at the University of Massachusetts Medical Center. New York: Delta. Nederlandse vertaling: Handboek meditatief ontspannen (2000). Haarlem: Becht.
- Edel Maex (2006). In de maalstroom van je leven. Terra-Lannoo
- Brantley Jeffrey (2004). Angst beheersen met aandacht. Een praktische gids voor het beheersen van angst, fobieën en paniek met mindfulness
- Henepola, G. (2002). Mindfulness in plain English. (verkrijgbaar o.a. via www.bol.com)
- Jon Kabat-Zinn (2000). Waar je ook gaat, daar ben je. Meditatie in het dagelijks leven. Servire.
- Michael Twohig, Steve Hayes (2008). ACT verbatim for depression & anxiety.
- Kelly Wilson, Troy DuFrene (2009). Mindfulness for two: an acceptance and commitment approach to mindfulness in psychotherapy.
- M. Williams, John Teasdale, Zindel Segal, Jon Kabat Zinn. The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness: Guided Meditation Practices for the Mindful Way Through Depression.
- JoAnne Dahl, Kelly Wilson, Carmen Luciano, Steven Hayes (2005). Acceptance and commitment therapy for chronic pain.
- Georg Eifert, John Forsyth, Matthew McKay (2006). Boosheid de baas.
- Jeffrey Brantley, Wendy Millstine (2005). Five good minutes.
- Matthew McKay, Catherine Sutker (2007). Leave your mind behind.
- Myla & Jon Kabat-Zinn (2001). Met kinderen groeien. Over aandacht in opvoeding en gezin. Asoka. (vertaling van Everyday Blessings: the inner work of mindfull parenting . Hyperion)
- Steve Hayes, Kirk Strosal (2004). A practical guide to acceptance and commitment therapy.
- Robert Zettle (2007). ACT for depression.
- Joanne Dahl, Jennifer Plumb, Ian Stewart, Tobias Lundgren (2009). The art & science of valuing in psychotherapy.

- Russ Harris (2009). ACT made simple.
- Robinson, P., & Strosahl, K. D. (2008). The Mindfulness and Acceptance Workbook for Depression: Using Acceptance and Commitment Therapy to move through depression and create a life worth living. Oakland, CA: New Harbinger.
- Forsyth, J. P., & Eifert, G. H. (2008). The Mindfulness & Acceptance Workbook for Anxiety: A guide to breaking free from anxiety, phobias, and worry using Acceptance and Commitment Therapy. Oakland, CA: New Harbinger.
- Heffner, M., & Eifert, G. H. (2004). The anorexia workbook: How to accept yourself, heal suffering, and reclaim your life. Oakland, CA: New Harbinger.
- Woods, D. W., & Twohig, M. P. (2008). Trichotillomania: An ACT-enhanced Behavior Therapy Approach Workbook. Oxford University Press.
- Christopher K. Gerner (2009). The mindfull path to self-compassion
- Stephan Bodian. Mediteren voor Dummies. Pearson Education.
- Kelly Wilson's book: The Wisdom to Know The Difference: An Acceptance And Commitment Therapy Workbook For Overcoming Substance Abuse

Gebruikte artikels

Zéér goed basisartikel:

Embracing your demons: an overview of acceptance and commitment therapy. Russel Harris. Psychotherapy in Australia. Vol 12 n°4. August 2006

Mindfulness: method and process. Hayes & Wilson. Clinical psychology: science and practice. V10 N2, summer 2003.

Acceptance, mindfulness, and science. Hayes. 2002 American psychological association D12

Operationalizing mindfulness without unnecessary attachments. Yahes & Shenk. Clinical psychology: science and practice, V11 N3, fall 2001

Mindfulness: a proposed operational definition. Bishop et al. Clinical psychology: science and practice. V11 N3

Acceptance and commitment therapy: een derde generatie GT. Hayes, Masuda, De Mey.

Buddhism and acceptance and commitment therapy. Hayes. Cognitive and behavioroal practice 9, 58-66,2002

Acceptance and commitment therapy in context. Marco Kleen. Psychopraxis 11, n°4, 131-134.

Wat is ACT? Jacqueline A-Tjak. <http://actcursus.nl/>

Andere artikels

An introduction to relational frame theory: basics and applications. Blacklegde. The behavior analyst today. Vol. 3, issue 4, 2003

Acceptance and mindfulness-based therapy: new wave or old hat? Hofmann, Asmundson. Clinical psychology review 28 (2008) 1-16

Efficacy of the third wave behavioural therapies: a systematic review and meta-analysis. Öst. Behaviour Therapy, 2007

Rule-governed behaviour and psychological problems. Torneke, Luciano en Salas. International journal of psychology and psychological therapy. 2008, 8, 2, 141-156

Verschillende van deze artikels zijn te downloaden op de basiswebsite wanneer je betalend lid wordt.

Websites

- www.ACT-academie.be
- Johan Van de Putte (psycholoog en gedragstherapeut): www.wakkerworden.org
- Center for Mindfulness in Massachusetts (zie Jon Kabat-Zinn): <http://www.umassmed.edu/cfm>
- Verbonden aan de universiteit van Wales: <http://www.bangor.ac.uk/mindfulness/>
- Van Edel Maex: www.levenindemaalstroom.be
- van Johan Tinge: <http://www.aandachttraining.nl/>
- van David Dewulf: : <http://www.mindfulness.be/>

Basiswebsite van ACT:

<http://www.contextualpsychology.org/>

Betalend lid worden kan vanaf een paar dollar en bied je een schat aan materiaal

Op You Tube vind je verschillende interessante filmpjes over ACT terug:

- Dr Russ Harris introduces ACT (blad-oefening)
- Begeleide defusie-oefeningen vinden: "Defusion From Thoughts" en "Leaves On A Stream Mindfulness Practice" van www.newheightswellbeing.com.au
- Expansion and Self Compassion Mindfulness Practice van www.newheightswellbeing.com.au
- Urge Surfing van www.newheightswellbeing.com.au
- Mindfulness of Hand van www.newheightswellbeing.com.au
- Demons on the boat

Verschillende boeken en artikels kan je bestellen via het documentatiecentrum van de VVGG: <http://vvgg.auralibrary.be/auraic.aspx>

Lid worden van een ACT-vereniging

Je kan lid worden van de internationale ACT-vereniging op www.contextualscience.org

Je kan lid worden van de Belgisch-Nederlandse ACT-vereniging via www.acbsbene.com

Beide verenigingen hebben een Yahoo-discussieforum. Deze vind je door op <http://groups.yahoo.com/> "Acceptance and Commitment Therapy" te zoeken.

Acceptanceandcommitmenttherapy is het internationale –Engelstalige- forum. ACTintervisie is het Nederlandstalige forum.

Literatuur burnout – ACT op de werkplaats

- Zie mail

- Onderzoeksartikels

Vilardaga R, Luoma JB, Hayes SC, Pistorello J, Levin ME, Hildebrandt MJ, Kohlenberg B, Roget NA, Bond FW: **Burnout among the addiction counseling workforce: The differential roles of mindfulness and values-based processes and work-site factors.** *J Subst Abuse Treat* 2011, **40 (4)**: 323-335.

Lloyd J, Bond FW, Flaxman PE: **Identifying psychological mechanisms underpinning a cognitive behavioural therapy intervention for emotional burnout.** *Work Stress* 2013, **27(2)**: 181-199.

Hosseinaei A, Ahadi H, Fata L, Heidarei A, Mazaheri MM: **Effects of group acceptance and commitment therapy (ACT)-based training on job stress and burnout.** *J Occup Health Psych* 2013, **19 (2)**: 109-120.

- Patti Robinson and Deb Gould presented a webinar on building resiliency (the "towards" version of preventing burnout from my perspective) in a primary care setting through the Oregon patient centered primary care institute. It also includes several worksheets.

<http://www.pccpi.org/resources/webinars/clinician-wellness-building-resiliency-in-primary-care-home-team>

- <http://workingwithact.com/>