

The textbooks

During this workshop, the next textbooks will be used:

Strosahl, K., Robinson, P. & Gustavsson, T. (2015) Inside this moment: A clinician's guide to promoting radical change in Acceptance and Commitment Therapy. Oakland, CA: New Harbinger Publications.

Strosahl, K., Robinson, P. & Gustavsson, T. (2012) Brief interventions for radical change: Principles and practice of Focused Acceptance and Commitment Therapy. Oakland, CA: New Harbinger Publications.

Robinson, P., Gould, D. & Strosahl, K. (2011) Real behavior change in primary care: Improving patient outcomes and increasing job satisfactions. Oakland, CA.: New Harbinger Publications.