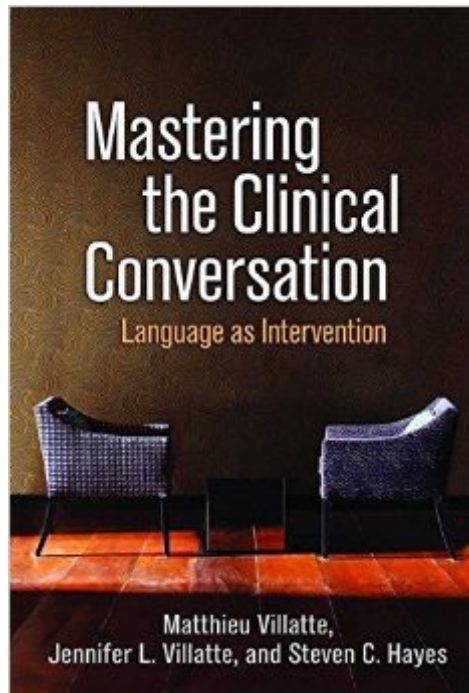


The book was found

Mastering The Clinical Conversation: Language As Intervention



Synopsis

This compelling book provides psychotherapists with evidence-based strategies for harnessing the power of language to free clients from life-constricting patterns and promote psychological flourishing. Grounded in relational frame theory (RFT), the volume shares innovative ways to enhance assessment and intervention using specific kinds of clinical conversations. Techniques are demonstrated for activating and shaping behavior change, building a flexible sense of self, fostering meaning and motivation, creating powerful experiential metaphors, and strengthening the therapeutic relationship. User-friendly features include more than 80 clinical vignettes with commentary by the authors, plus a "Quick Guide to Using RFT in Psychotherapy" filled with sample phrases and questions to ask.

Book Information

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Customer Reviews

First, a bit of background â “ while I suspect that many who initially read this book will be ACT therapists, my focus is compassion-focused therapy (CFT), and I know relatively little about ACT. CFT is less a theoretical model than an attempt to integrate what science tells us about what it means to have a human life and, knowing that, how to help people move toward healthy ways of life. In this spirit, Iâ™ve intended to learn more about relational frame theory (RFT) for quite some time now, so that I could develop my understanding of the scientific state-of-the-art around human language, particularly as it applies to the therapy process. As I suspect is the case with many, Iâ™ve dipped into other RFT books a few times over the years and rapidly discovered that while

excellent, the technical level of the texts seemed to require an intellectual and time commitment I wasn't prepared to give, given the other demands in my life. If, like me, you've been waiting for a user-friendly RFT book that makes the learning easy and doesn't require many hours per week of dedicated study – well, this is that book. Yeah, this book is technical, too. The first 2-3 chapters are somewhat dense. They have to be, as the strength of RFT is its precision and firm rooting in a solid philosophy of science (functional contextualism), both of which require very specific terminology and rigorously defined concepts. The strength of this book is the ease of which these concepts can be learned. Don't worry about mastering those first 2-3 chapters before moving on – just give them a good read-through (you may want to revisit them at other times, for example after finishing the book), and keep going.

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