



Acceptance and Commitment Therapy (Theories of Psychotherapy)

Steven C. Hayes, Jason Lillis

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In "Acceptance and Commitment Therapy", Steven C. Hayes works with an African American woman who is dealing with multiple health issues and is struggling with anger and guilt from not living up to her mother's expectations. Hayes teaches the client skills to accept her emotions, to mindfully observe her thoughts, and to recognize that her actions can be determined by personal values instead of guilt.

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