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Information on Acceptance and Commitment Therapy, including links to exercises, a list of therapists in the Portland, Oregon area, and some online resources

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Acceptance and Commitment Therapy (ACT) Acceptance and Commitment Therapy (ACT) is a contextually focused form of cognitive behavioral psychotherapy that uses

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The mindfulness and acceptance workbook for

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September/October 2008 Issue. The ABCs of ACT Acceptance and Commitment Therapy By Claudia Dewane, LCSW, DEd Social Work Today Vol. 8 No. 5 P. 34

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