



The Art and Science of Valuing in Psychotherapy: Helping Clients Discover, Explore, and Commit to Valued Action Using Acceptance and Commitment Thera

JoAnne Dahl, Tobias Lundgren, Jennifer Plumb-Vilardaga, Ian Stewart

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Valuing is central to acceptance and commitment therapy (ACT), yet few therapists truly understand how to engage clients in this complex process. Questions such as *What is the purpose of my life?* and *How do I make decisions?* are difficult to answer honestly for ourselves, let alone share with another person. **The Art and Science of Valuing in Psychotherapy** is the mental health practitioner's complete guide to helping clients identify their values and apply them to their lives in practical ways. You will also learn to establish your own values as a professional, which may shift from client to client, and act in accordance with these values in therapy.

The book provides you with practical tools for conducting values work, including easy-to-understand metaphors, defusion exercises, guided imagery exercises, scripts for role play, client worksheets, assessment quizzes, and more. Once you've mastered the art and science of valuing, you'll find out just how broad the applications for values work can be for conceptualization and interventions in the workplace, in organizations, and on the community level, and discover how effective values work can be for tapping into your clients' capacity for change.

[The Art and Science of Valuing in Psychotherapy] will illuminate how a focus on values can inform every aspect of psychotherapy, from case conceptualization to the therapeutic relationship. At once accessible and profound... highly recommended.

-Steven C. Hayes, Ph.D., University of Nevada Foundation Professor of Psychology at the University of Nevada, Reno



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