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BETTER THE SECOND  
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EASY TO READ WELL

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study it covers all'

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model of behavior change steven c  
hayes1 jacqueline pistorello1 and  
michael e levin1 abstract the  
present article summarizes the  
assumptions model techniques  
evidence and diversity social  
justice mitments of acceptance  
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Washington Family Medicine In  
Yakima Washington Where He Is  
Promoting The Use Of Act In  
General Medical Practice With  
Predominantly Low Ine  
Underinsured Or Uninsured  
Clients"*

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MITMENT THERAPY  
ANZACBS**

**MAY 22ND, 2020 -**

**BACKGROUND**

**CONTEXTUAL**

**BEHAVIOURAL SCIENCE HAS**

**MADE GREAT STRIDES IN**

**THE CLINICAL WORLD**

**THROUGH ACCEPTANCE**

**AND MITMENT THERAPY**

**ACT AN APPROACH THAT**

**HAS CONTRIBUTED TO THE**

**EVOLUTION OF COGNITIVE**

**BEHAVIOUR THERAPY AND**

**HELPED TO SUPPORT CBT**

**EMPIRICALLY ACT IS AN**

**APPLICATION OF**

**CONTEMPORARY**

**CONTEXTUAL BEHAVIORAL**

**PSYCHOLOGY ACT IS A**

**PSYCHOLOGICAL**

**INTERVENTION THAT USES**

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strosahl 2004 is a cognitive  
behavioral approach with some  
similarity to exposure based  
therapy created as a descendent  
of radical behaviorism with the  
central part of the approach  
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1985'**

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POTENTIAL FOR A RICH  
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AND ACCEPTANCE  
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SUSTAIN CONTACT SKILLS  
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