



# Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change

*Steven C. Hayes, Kirk D. Strosahl, Kelly G. Wilson*

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Most therapists and clients believe that a more vital life can be attained by overcoming negative thoughts and feelings. Yet despite efforts to achieve this goal, many individuals continue to suffer with behavior disorders, adjustment difficulties, and low life satisfaction. This volume presents a unique psychotherapeutic approach that addresses the problem of psychological suffering by altering the very ground on which rational change strategies rest. Acceptance and Commitment Therapy (ACT) focuses in particular on the ways clients understand and perpetuate their difficulties through language. Providing a comprehensive overview of the approach and detailed guidelines for practice, this book shows how interventions based on metaphor, paradox, and experiential exercises can enable clients to break free of language traps, overcome common behavioral problems, and enhance general life satisfaction.

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