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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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Commitment Therapy. Eating Recovery Center s Adult Services embraces

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Acceptance and Commitment Therapy is a mindful way to treat disorders. Psychology Today.  
Psychology Today. Home; When Resilience and Acceptance Work Together;

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### **By: robyn d walser phd, darrah westrup phd**

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