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This Special Interest Branch of BABCP focuses on promoting the practice of Acceptance and Commitment Therapy in the United Kingdom, as well as supporting research

Intervention summary - acceptance and commitment

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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Final word. Acceptance and commitment therapy was designed as a simple, yet powerful, set of transdiagnostic processes that have broad applicability to a range of

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