



# Mindfulness- and Acceptance-Based Behavioral Therapies in Practice (Guides to Individualized Evidence-Based Treatment)

*Lizabeth Roemer PhD, Susan M. Orsillo PhD*

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**Mindfulness- and Acceptance-Based Behavioral Therapies in Practice (Guides to Individualized Evidence-Based Treatment)** Lizabeth Roemer PhD, Susan M. Orsillo PhD

Accessible and practical, this book provides a unified framework for integrating acceptance and mindfulness into cognitive-behavioral practice. The authors interweave elements of acceptance and commitment therapy, mindfulness-based cognitive therapy, mindfulness-based relapse prevention, and dialectical behavior therapy. They demonstrate how to conduct an assessment, develop a case formulation, and derive a flexible treatment plan for each patient. Vivid case examples and transcripts illustrate the entire process of therapy, showing how treatment can be tailored for different presenting problems and concerns. More than two dozen reproducible handouts and forms are included.

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