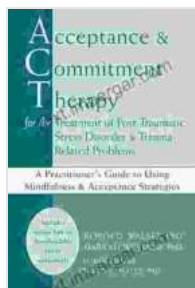


# Acceptance and Commitment Therapy for the Treatment of Post-Traumatic Stress

Post-traumatic stress disorder (PTSD) is a mental health condition that can develop after a person has experienced a traumatic event. Symptoms of PTSD can include flashbacks, nightmares, avoidance of reminders of the trauma, and difficulty sleeping. PTSD can be a debilitating condition that can interfere with a person's ability to work, go to school, and participate in social activities.



## Acceptance and Commitment Therapy for the Treatment of Post-Traumatic Stress Disorder and Trauma-Related Problems: A Practitioner's Guide to Using Mindfulness and Acceptance Strategies

by Robyn D. Walser

★★★★☆ 4.8 out of 5

Language : English  
File size : 1851 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 270 pages  
Screen Reader : Supported



Acceptance and Commitment Therapy (ACT) is a type of psychotherapy that has been shown to be effective in treating PTSD. ACT helps people to accept their experiences, regardless of how difficult they may be, and to commit to living a meaningful life in spite of their PTSD.

ACT is based on the idea that psychological suffering is caused by trying to control or avoid unwanted thoughts and feelings. When we try to control or avoid our thoughts and feelings, we only make them worse. ACT teaches people to accept their thoughts and feelings, and to focus on living a meaningful life in the present moment.

ACT has been shown to be effective in reducing the symptoms of PTSD and improving quality of life. In one study, ACT was found to be more effective than traditional cognitive-behavioral therapy (CBT) in reducing the symptoms of PTSD.

ACT is a safe and effective treatment for PTSD. It can help people to manage their symptoms and live a more meaningful life.

## **How ACT Works**

ACT works by helping people to accept their thoughts and feelings, and to commit to living a meaningful life in the present moment.

ACT teaches people to:

- Identify their values
- Set goals that are in line with their values
- Take action towards their goals, even when they are faced with difficult thoughts and feelings

ACT also teaches people to practice mindfulness. Mindfulness is the practice of paying attention to the present moment without judgment. Mindfulness can help people to become more aware of their thoughts and feelings, and to accept them without judgment.

## **Benefits of ACT**

ACT has been shown to have a number of benefits for people with PTSD, including:

- Reduced symptoms of PTSD
- Improved quality of life
- Increased ability to manage difficult thoughts and feelings
- Greater sense of meaning and purpose

ACT is a safe and effective treatment for PTSD. It can help people to manage their symptoms and live a more meaningful life.

## **Who Can Benefit from ACT?**

ACT is appropriate for people who are experiencing symptoms of PTSD. It can also be helpful for people who have experienced other forms of trauma, such as childhood abuse or neglect.

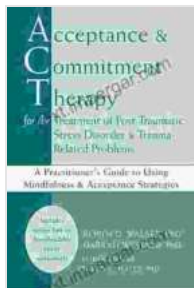
ACT is not appropriate for people who are actively suicidal or homicidal. It is also not appropriate for people who have a severe mental illness, such as schizophrenia.

## **How to Find an ACT Therapist**

If you are interested in trying ACT, you can find a therapist who specializes in ACT by searching online or by asking your doctor for a referral.

When you are looking for an ACT therapist, it is important to find someone who is experienced and qualified. You should also look for someone who you feel comfortable with and who you trust.

ACT is a safe and effective treatment for PTSD. It can help people to manage their symptoms and live a more meaningful life. If you are experiencing symptoms of PTSD, I encourage you to talk to your doctor about ACT.



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