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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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The abcs of act acceptance and commitment

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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Information on Acceptance and Commitment Therapy, including links to exercises, a list of therapists in the Portland, Oregon area, and some online resources

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