

APPENDIX C

Further Reading on ACT and RFT

Numerous ACT textbooks and self-help books now exist, the majority of them published by New Harbinger. Visit the New Harbinger website at <http://www.newharbinger.com> to get a sense of the scope. The textbooks cover the application of ACT to a wide range of issues and conditions, from chronic pain and psychosis to depression and anxiety disorders. As I've already listed my own books in appendix A, I won't include them here. Instead, I'll mention two books that stand out in terms of clinical skills building:

Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change by Steve Hayes, Kirk Strosahl, and Kelly Wilson (New York, NY: Guilford Press, 1999)

This is the ground-breaking theoretical and philosophical text that first introduced ACT to the world; you'll find it widely cited in every other textbook on ACT.

Learning ACT by Jason Luoma, Steve Hayes, and Robyn Walser (Oakland, CA: Context Press–New Harbinger, 2017)

This step-by-step skills-training manual for ACT therapists lives up to its description as “the most comprehensive guide to utilizing ACT in your clinical practice.”

Two other books are particularly useful for learning more about relational frame theory (RFT) and other theoretical underpinnings of ACT:

The ABCs of Human Behavior: Behavioral Principles for the Practicing Clinician by Jonas Ramnerö and Niklas Törneke (Oakland, CA: New Harbinger, 2008)

This is an excellent book on the science, theory, and philosophy of functional contextualism, behavioral analysis, and RFT.

Learning RFT by Niklas Törneke (Oakland, CA: New Harbinger, 2010)

If you want to learn the nuts and bolts of RFT and how it underpins ACT, this is a great place to start.