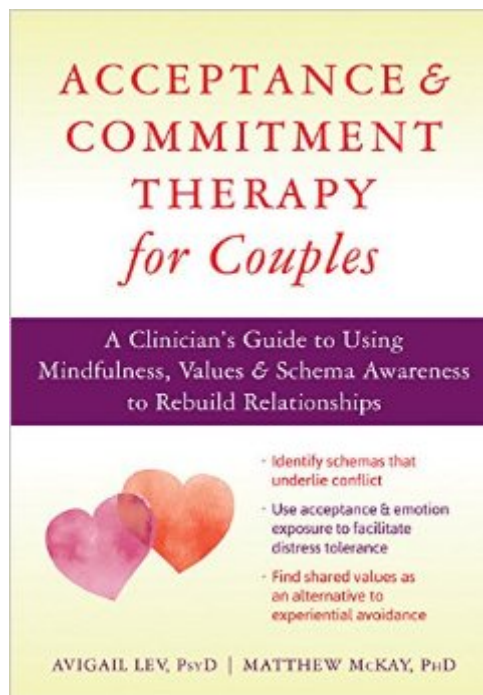


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# Acceptance And Commitment Therapy For Couples: Using Mindfulness, Values, And Schema Awareness To Rebuild Relationships



## Synopsis

Relationships take work. In this much-anticipated book, best-selling author Matthew McKay and psychologist Avigail Lev present the ten most common relationship schemas, and provide an evidence-based acceptance and commitment therapy (ACT) treatment protocol for professionals to help clients overcome the barriers that hold them back in their relationships. Romantic relationships are a huge challenge for many of us, as evidenced by our high divorce rates. But what is it that causes so much pain and discord in many relationships? In *Acceptance and Commitment Therapy for Couples*, Matthew McKay and Avigail Lev provide the first ACT-based treatment protocol for couples that identifies the ten most common relationship schemas and the coping behaviors they drive to help you guide clients through their pain and toward solutions that reflect the needs and values of the couple. Rather than working to stop relationship schemas from being triggered or to reduce schema pain, you will be able to help your clients observe and name what triggers their rigid coping behaviors when their schemas are activated. And by learning new skills when they're triggered, your clients will be able to replace avoidant and coping behaviors with values-based action for the betterment of the relationship. By making your clients' avoidant behavior the target of treatment as opposed to their thoughts and beliefs, this skills-based guide provides the tools you need to help your clients change how they respond to their partner.

## Book Information

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