
He is coauthor of Acceptance and Commitment Therapy, Second Edition. Acceptance and commitment therapy (ACT) offers a promising, empirically validated approach to the treatment of post-traumatic stress disorder (PTSD) and other trauma related problems. In this volume, you'll find a complete theoretical and practical guide to making this revolutionary new model work in your practice. The book's second section offers a practical, step-by-step clinical guide to the six core ACT components in chronological order: 

Creative hopelessness. The problem of control.