

## ACT and DBT Resources

### Online Interview:

[http://contextualpsychology.org/russ\\_harris\\_discusses\\_act\\_public\\_video](http://contextualpsychology.org/russ_harris_discusses_act_public_video) (or YouTube)

### Imagery links:

<http://www.drluoma.com/actresources.html#materials> (audio exercises)

<http://julianmcnally.com/Content/psychological-services/> (audio exercise)

<http://www.psychologytools.org/assets/files/Worksheets/Values.pdf>

<http://www.dbtselfhelp.com/html/imagery.html>

<http://www.dbtselfhelp.com/ImagerySelfHelp.pdf>

### Book resources:

- ***Get Out of You Mind, & Into Your Life*** by Steven C. Hayes, PhD with Spencer Smith
- ***ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy*** by Russ Harris and Steven Hayes PhD
- ***The Happiness Trap: How to Stop Struggling and Start Living*** by Russ Harris and Steven Hayes PhD
- ***The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt*** by Russ Harris and Steven Hayes PhD
- ***Living The Mindful Way: 85 Everyday Mindfulness Practices For Finding Inner Peace*** by Sharon L. Horstead
- ***Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, & Distress Tolerance*** by Matthew McKay, Jeffrey C. Wood, Jeffrey Brantley
- ***The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder: Using DBT to Regain Control of Your Emotions and Your Life*** by Sheri Van Dijk MSW
- ***Don't Let Your Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You in Control*** by Scott E. Spradlin
- ***The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms*** by Alexander Chapman PhD, Kim Gratz PhD, Matthew Tull PhD and Terence Keane PhD
- ***The Dialectical Behavior Therapy Diary: Monitoring Your Emotional Regulation Day by Day*** by Matthew McKay Ph.D. and Jeffrey Wood PsyD