



Acceptance and Commitment Therapy for Christian Clients: A Faith-Based Workbook

Joshua J. Knabb

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Acceptance and Commitment Therapy for Christian Clients is an indispensable companion to *Faith-Based ACT for Christian Clients*. The workbook offers a basic overview of the goals of ACT, including concepts that overlap with Christianity. Chapters devoted to each of the six ACT processes include biblical examples, equivalent concepts from the writings of early desert Christians, worksheets for clients to better understand and apply the material, and strategies for clients to integrate a Christian worldview with the ACT-based processes. Each chapter also includes several exercises devoted to contemplative prayer and other psychospiritual interventions.

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