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When I got my first computer, a second hand 386 running MS-DOS 6.22, I didn't have an Internet connection. But I did have QuickBASIC installed and a stack of programming magazines the local ...

Acceptance and Commitment Therapy: The Clinician's Guide for Supporting Parents constitutes a principles-based guide for clinicians to support parents across various stages of child and adolescent development. It uses Acceptance and Commitment Therapy (ACT) as an axis to integrate evolution science, behaviour analysis, attachment theory, emotion-focused and compassion-focused therapies into a cohesive framework. From this integrated framework, the authors explore practice through presenting specific techniques,

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experiential exercises, and clinical case studies. Explores the integration of ACT with established parenting approaches Includes a new model - the parent-child hexaflex - and explores each component of this model in depth with clinical techniques and a case study Emphasizes how to foster a strong therapeutic relationship and case conceptualization from an acceptance and commitment therapy perspective Covers the full spectrum of child development from infancy to adolescence Touches upon diverse clinical presentations including: child anxiety, neurodevelopmental disorders, and child disruptive behavior problems, with special emphasis on infant sleep Addresses how best to support parents with mental health concerns, such as postnatal depression Is relevant for both novices and clinicians, students in psychology, social work and educational

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professionals supporting parents

A Process-Focused Guide to Treating Eating Disorders with ACT At some point in clinical practice, most therapists will encounter a client suffering with an eating disorder, but many are uncertain of how to treat these issues. Because eating disorders are rooted in secrecy and reinforced by our culture's dangerous obsession with thinness, sufferers are likely to experience significant health complications before they receive the help they need.

Acceptance and Commitment Therapy for Eating Disorders presents a thorough conceptual foundation along with a complete protocol therapists can use to target the rigidity and perfectionism at the core of most eating disorders. Using this protocol, therapists can help clients overcome anorexia, bulimia, binge eating disorder, and other types of disordered

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eating. This professional guide offers a review of acceptance and commitment therapy (ACT) as a theoretical orientation and presents case conceptualizations that illuminate the ACT process. Then, it provides session-by-session guidance for training and tracking present-moment focus, cognitive defusion, experiential acceptance, transcendent self-awareness, chosen values, and committed action—the six behavioral components that underlie ACT and allow clients to radically change their relationship to food and to their bodies. Both clinicians who already use ACT in their practices and those who have no prior familiarity with this revolutionary approach will find this resource essential to the effective assessment and treatment of all types of eating disorders.

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This first volume in the International Technology Education Series offers a unique, worldwide collection of national surveys into the developments of Technology Education in the past two decades.

Over two hundred and thirty years ago the Fallocaust happened, killing almost everything that lived and creating what is now known as the greywastes. A dead wasteland where cannibalism is a necessity, death your reality, and life before the radiation nothing but pictures in dog-eared magazines. Reaver is a greywaster, living in a small block controlled by a distant ruler said to have started the Fallocaust. He is a product of the savage world he was raised in and prides himself on being cold and cruel. Then someone new to his town catches his eye, someone different than everyone else.

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Without knowing why he starts to silently stalk him, unaware of where it will lead him.

Painting fun with Peppa Pig! Grab your paintbrush, it's time to get creative with Peppa Pig! Boys and girls ages 3 to 7 will love this activity book featuring 16 different watercolor paints, a sturdy paintbrush, and tons of fun pictures of Peppa dressed as a ballerina, George playing with Mr. Dinosaur, the whole family at the beach, and much more! Peppa Pig is a loveable little piggy who lives with her younger brother George, Mummy Pig and Daddy Pig. Peppa loves playing games, dressing up, visiting exciting places, and making new friends--but her absolute favorite thing is jumping up and down in muddy puddles! Peppa Pig airs daily on Nick Jr. and focuses on strong brand values that parents

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and kids identify with: family, friendship, trust, humor and life experiences.

An inspirational novel about a young man, destined to follow a spiritual path in life. With a natural tendency of love and devotion toward God, during his growth he experiences many aspects of people leading to a deep understanding of others and himself. His loving inclination helps others and eventually allows him to overcome a significant step on the spiritual path leading to the ultimate goal of self realization and freedom.

In mid-nineteenth-century London, destitute Ivy, whose main asset is her red hair, comes to the attention of a painter of the pre-Raphaelite school who, with the connivance of her family, is determined to make her his model and muse.

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Baby Jaguar is missing. Read along with Dora as she looks for her friend!

Includes Obligatory Exercise Questionnaire, Teasing Assessment Scale, Body Image Anxiety Scale, and the Multidimensional Body Self-relations Questionnaire. Table 4.1 includes a listing of measures used in the assessment of size estimation accuracy and subjective aspects of body image disturbance.

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