

List of Resources

Hayes, S. C., Stosahl, K. D., & Wilson, K. G. (2012). *Acceptance and commitment therapy: The process and practice of mindful change* (2nd ed.). New York: Guilford Press.

Polk, K.L, Schoendorff, B., Webster, M, Olaz, F.O. (2016). *The essential guide to the ACT matrix: A step-by-step approach to using the ACT matrix model in clinical practice*. Oakland, CA: Context Press.

Treatments. (n.d.) In Society of Clinical Psychology. Retrieved from <http://www.div12.org/psychological-treatments/treatments/>

Wilson, K.G., Dufrene, T. (2008). *Mindfulness for two: An acceptance and commitment therapy approach to mindfulness in psychotherapy*. Oakland, CA: Newharbinger.

Cognitive Model:

<https://positivepsychologyprogram.com/albert-ellis-abc-model-rebt-cbt/>

<https://www.simplypsychology.org/cognitive-therapy.html>

Motivational Interviewing:

<https://www.guilford.com/excerpts/miller2.pdf>

Reflective Practice:

<https://books.google.co.uk/books?id=msvMCgAAQBAJ&printsec=frontcover&dq=reflective+practice+barbara+bassot&hl=en&sa=X&ved=0ahUKEwjRs6vCop3WAhXEJMAKHcdQBS0Q6AEIKDAA#v=onepage&q=reflective%20practice%20barbara%20bassot&f=false>

Program evaluation guide:

<http://managementhelp.org/evaluation/program-evaluation-guide.htm>

Levels of Validation:

https://books.google.co.uk/books/about/DBT_Skills_Training_Manual_Second_Editio.html?id=VfMZBQAAQBAJ&source=kp_cover&redir_esc=y