



ACT y la Importancia de los Valores Personales en el Contexto de la Terapia Psicológica [

Asociación de Análisis del Comportamiento,
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text (article)

Analítica

The aims of the article are to show the importance of personal values in the context of psychological treatment. The advantages of an explicit approach to values during the therapeutic process are examined. We analyse the values involved in Clinical Psychology, and how different clinical perspectives address them. Besides the importance of clients values, the role of the therapists values as an incentive for effective clinical work or as a barrier in the therapeutic change is analysed. All these points are considered in the context of the Acceptance and Commitment Therapy (ACT), as a therapy explicitly centred in clients personal values

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