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in getting unstuck in act psychotherapist and bestselling author of act made simple russ harris tackles common act obstacles faced by both therapists and their clients that can make them feel stuck these obstacles include sending mixed messages on the part of the therapist a lack of motivation on the clients part as well as confusion regarding the theoretical basis of act this book is a must have for any act therapist looking to streamline their therapeutic approach

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well being and inform clinical practitioners educators and policymakers this book can serve as a reference guide with up to date information on frailty in older adults for geriatric medicine physicians primary care clinicians geroscience researchers nurses therapists ot pt st and social workers

navigate equity with confidence and clarity amid a challenging political climate increasingly seeking to curtail dei efforts latish c reed introduces the innovative equity empowerment continuum eec an introspective and systematic approach to understanding and addressing the complexities of equity in any organization dr reed offers personal insights and practical tools demonstrating how reflection and careful analysis can lead to action and sustainable equity in schools and other organizations this essential resource merges theory and practice with a candid perspective on the challenges of dismantling systemic injustice each chapter features real world examples and vignettes that bring theoretical concepts to life offering relatable scenarios and detailed analyses to propel readers toward equity focused solutions additional features include reflection prompts and worksheets access online resources to brainstorm and strategize using the eec model historical and contemporary identifiers understand equity phases through real life examples from education and beyond end of chapter questions facilitate individual or team discussions to reinforce learning and application the complexities of equity is an indispensable guide empowering readers to evaluate personal biases and influence organizational change this resource supports those committed to fostering equity across every sphere of influence

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