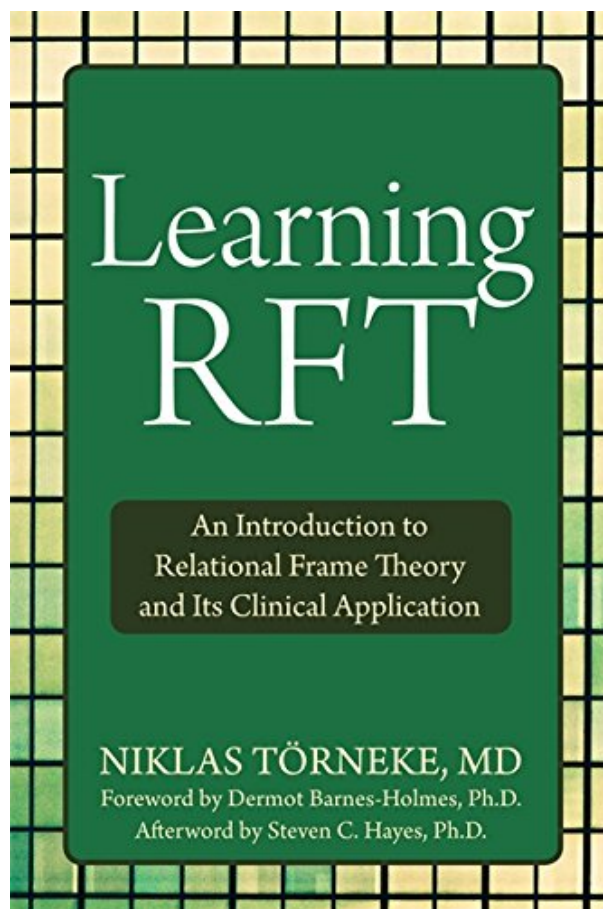
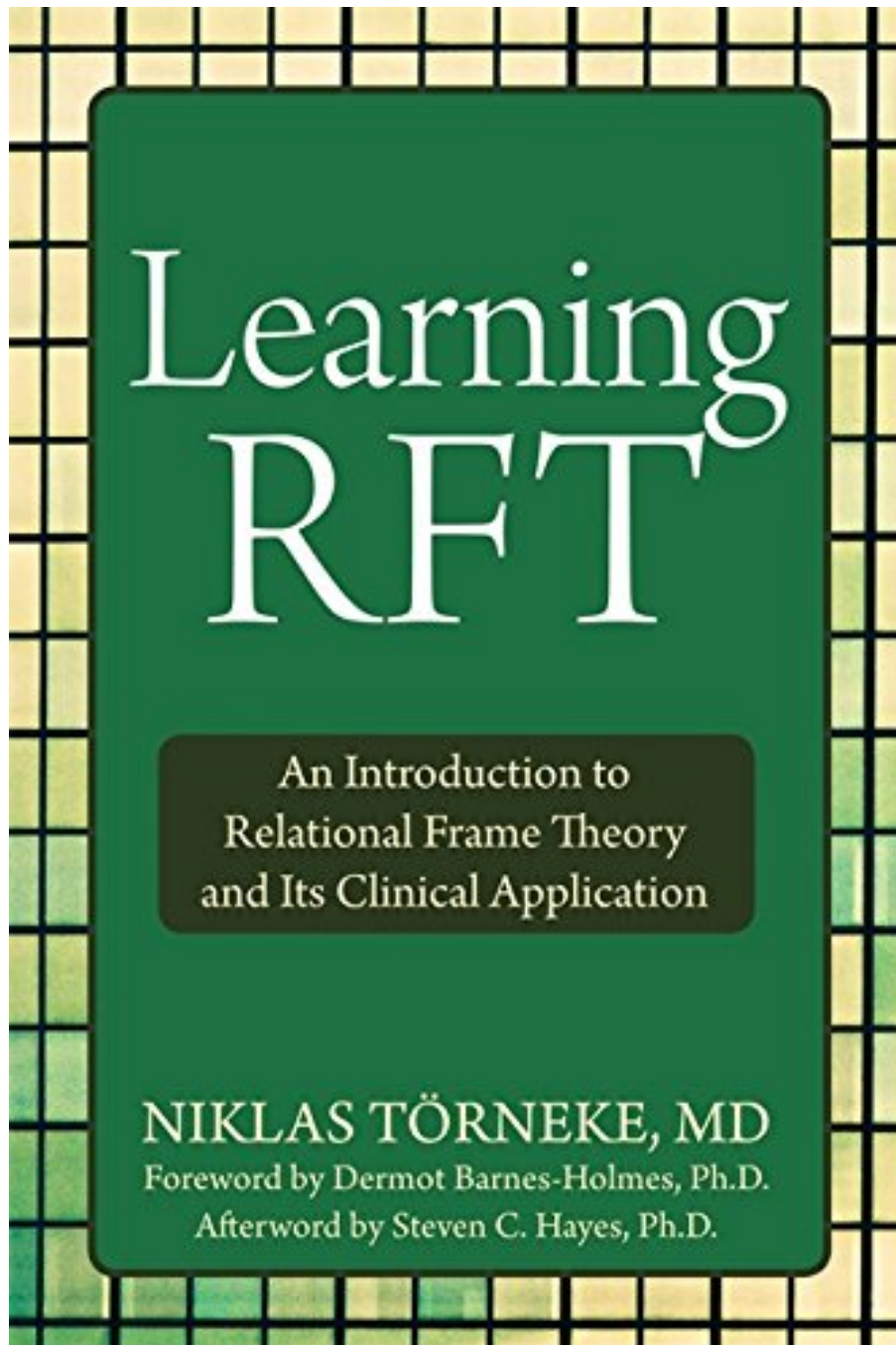


**LEARNING RFT: AN INTRODUCTION TO
RELATIONAL FRAME THEORY AND ITS
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In the book, author Niklas Törneke presents the building blocks of RFT: language as a particular kind of relating, derived stimulus relations, and transformation of stimulus functions. He then shows how these concepts are essential to understanding acceptance and commitment therapy and other therapeutic models. Learning RFT shows how to use experiential exercises and metaphors in psychological treatment and explains how they can help your clients. This book belongs on the bookshelves of psychologists, psychotherapists, students, and others seeking to deepen their understanding of psychological treatment from a behavioral perspective.

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Features

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An excellent and readable introduction to a complex area

By Australian doctor

As a health professional with a keen interest in ACT, I was interested in finding out more about RFT but daunted by the fact that it was reported to be such a complex area. This book is the solution. Although it did

require careful concentration to read, the explanations are clear and comprehensible. I particularly liked the fact that all terms were carefully defined in the text. The index is also very good.

I feel I have a much better feel for ACT after reading this book.

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Fantastic read!

By HanHamLav

Mind-blowing work. Emperically sound with endless clinical uses for application! Bought it as a requirement for grad school, read a few assigned chapters, and ended up reading it in its entirety. Fantastic read!

2 of 3 people found the following review helpful.

This is one of the BEST books on RFT on the market

By Scott A. Miller

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