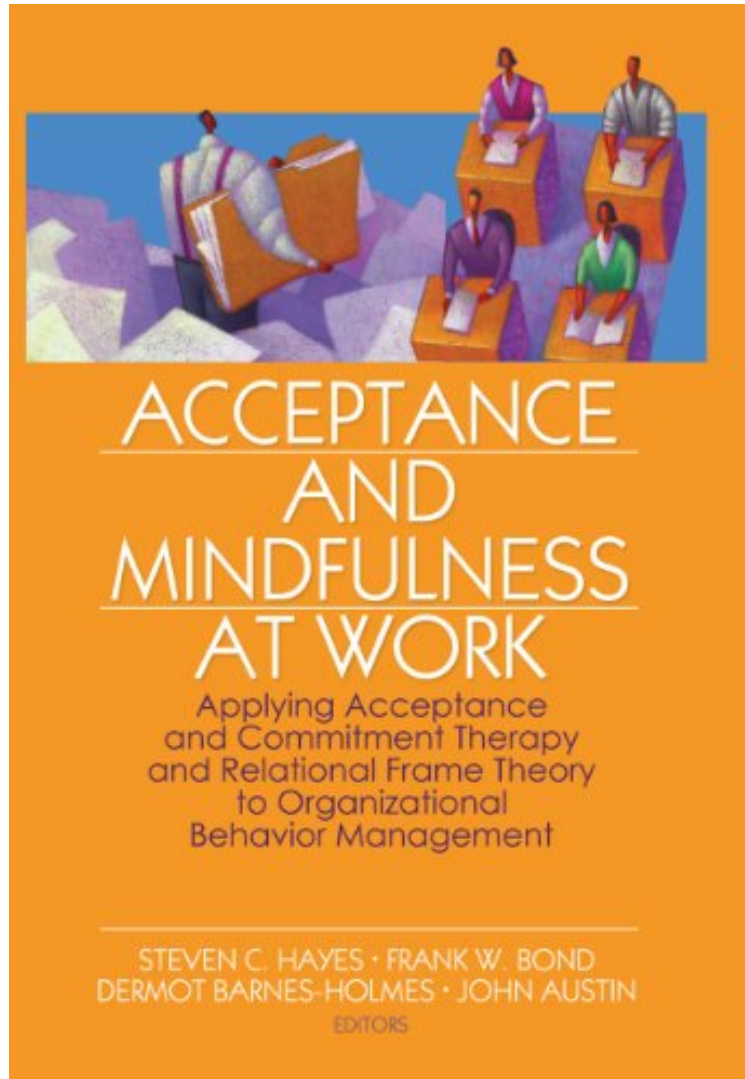


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# Acceptance and Mindfulness at Work: Applying Acceptance and Commitment Therapy and Relational Frame Theory to Organizational Behavior Management

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**From Routledge : Acceptance and Mindfulness at Work: Applying Acceptance and Commitment Therapy and Relational Frame Theory to Organizational Behavior Management** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Acceptance and Mindfulness at Work: Applying Acceptance and Commitment Therapy and Relational Frame Theory to Organizational Behavior Management:

24 of 25 people found the following review helpful. Not much information - A hashBy BobI expected this would be

informative regarding extending ACT specifically to the work place. You get more information regarding ACT in other books and get NO additional information in this book. It appears to be more a promotion of ACT than anything of much value to the reader. Many studies are referenced saying how effective ACT is, but there is No new information regarding ACT or how to apply it most effectively in the work place.

An innovative and effective approach to organizational behavioral management Despite more than 40 years of empirical and conceptual research, the contribution of behavior analysis to the world of business remains relatively small and organizational behavior management gets little attention in both the academic and professional communities. *Acceptance and Mindfulness at Work* presents behavioral analysis of human language that's ready to use, with applied extensions proven to have a significant impact in organizational settings. The leading experts in the field examine how these ongoing developments can help broaden the exploration of the psychological issues relevant to organizational behavioral management (OBM) in the workplace. *Acceptance and Mindfulness at Work* presents conceptual and empirical articles, and reviews of working examples of Relational Frame Theory (RFT) and Acceptance and Commitment Therapy (ACT) applied to organizational behavior management. The book examines goal setting, feedback, task descriptions, and workers' ability to learn as examples of how to affect positive change in organizations through increased productivity and improved quality of life in the workplace. The possibilities presented by RFT can lead to advancements in employee safety and training, stress and health management, employee evaluation, managing absenteeism, tardiness, and turnover, and self-management. *Acceptance and Mindfulness at Work* examines: cognition in OBM industrial/organization (I/O) psychology how interventions using ACT have increased psychological flexibility rule-following feedback task performance feedback programmed schedules of reinforcement goal setting, goal statements, and goal-directed behavior how psychological flexibility and job control can predict learning, job performance, and mental health and much more *Acceptance and Mindfulness at Work* is a vital professional resource for organization development practitioners and human resource managers.