

Contents

Introduction	1
<i>Nathan C. Thoma and Dean McKay</i>	

PART I. ACCEPTANCE AS ENGAGEMENT: NOTICING, ALLOWING, AND BEING WITH EMOTION

1. Mindfulness: It's Not What You Think	11
<i>Christopher K. Germer and Christian S. Chan</i>	
2. Understanding and Taking Advantage of Experiential Work in Acceptance and Commitment Therapy	32
<i>Jennifer C. Plumb Vildaraga, Matthieu Villatte, and Steven C. Hayes</i>	
3. Compassion-Focused Therapy: An Introduction to Experiential Interventions for Cultivating Compassion	59
<i>Dennis Tirch and Paul Gilbert</i>	

PART II. EXPOSURE: EVOKING AND STAYING WITH DIFFICULT EMOTIONS

4. Exposure in Experiential Context: Imaginal and <i>In Vivo</i> Approaches	83
<i>Dean McKay and Rachel Ojserkis</i>	

5. Behavioral Experiments: Using Experiences to Test Beliefs 105
Susan Daflos, Rachel Lunt, and Maureen Whittal
6. Application of Exposure and Emotional Processing Theory to Depression: Exposure-Based Cognitive Therapy 121
Adele M. Hayes, C. Beth Ready, and Carly Yasinski
7. Creating Change through Focusing on Affect: Affect Phobia Therapy 146
Kristin A. R. Osborn, Pål G. Ulvenes, Bruce E. Wampold, and Leigh McCullough

**PART III. USING IMAGERY TO CONNECT WITH EMOTIONS
AND TRANSFORM MALADAPTIVE SCHEMAS AND BELIEFS**

8. Imagery Rescripting for Personality Disorders: Healing Early Maladaptive Schemas 175
Arnoud Arntz
9. Imagery Rescripting for Posttraumatic Stress Disorder 203
Arnoud Arntz
10. Experiential Exercises and Imagery Rescripting in Social Anxiety Disorder: New Perspectives on Changing Beliefs 216
Jennifer Wild and David M. Clark

**PART IV. EMOTION-FOCUSED APPROACHES:
CAPTURING AND ENHANCING IN-SESSION EMOTION
AS A STEP TOWARD CHANGE**

11. Integrating Emotion-Focused Therapy into Cognitive-Behavioral Therapy 239
Nathan C. Thoma and Leslie S. Greenberg
12. Working with Modes in Schema Therapy 263
Eshkol Rafaeli, Offer Maurer, and Nathan C. Thoma
13. Emotional Schema Therapy 288
Robert L. Leahy

14. Emotion Regulation Therapy: An Experiential Approach to Chronic Anxiety and Recurring Depression 310
Mia Skytte O'Toole, Douglas S. Mennin, and David M. Fresco

**PART V. WORKING WITH INTERPERSONAL PROCESS:
USING CLIENTS' AND THERAPISTS' EMOTIONAL REACTIONS
TO EACH OTHER AS VEHICLES FOR CHANGE**

15. Relational Techniques in a Cognitive-Behavioral Therapy Context: "It's Bigger Than the Both of Us" 333
Jeremy D. Safran and Jessica Kraus
16. Adding an Interpersonal-Experiential Focus to Cognitive-Behavioral Therapy for Generalized Anxiety Disorder 356
Thane M. Erickson, Michelle G. Newman, and Adam McGuire
17. Functional Analytic Psychotherapy: Using Awareness, Courage, Love, and Behaviorism to Promote Change 381
Mavis Tsai, Andrew P. Fleming, Rick A. Cruz, Julia E. Hitch, and Robert J. Kohlenberg
- Conclusion: Experiential Methods, Cognitive-Behavioral Therapy, and Next Steps in Emotional Engagement in Treatment 399
Dean McKay and Nathan C. Thoma

- Index 405