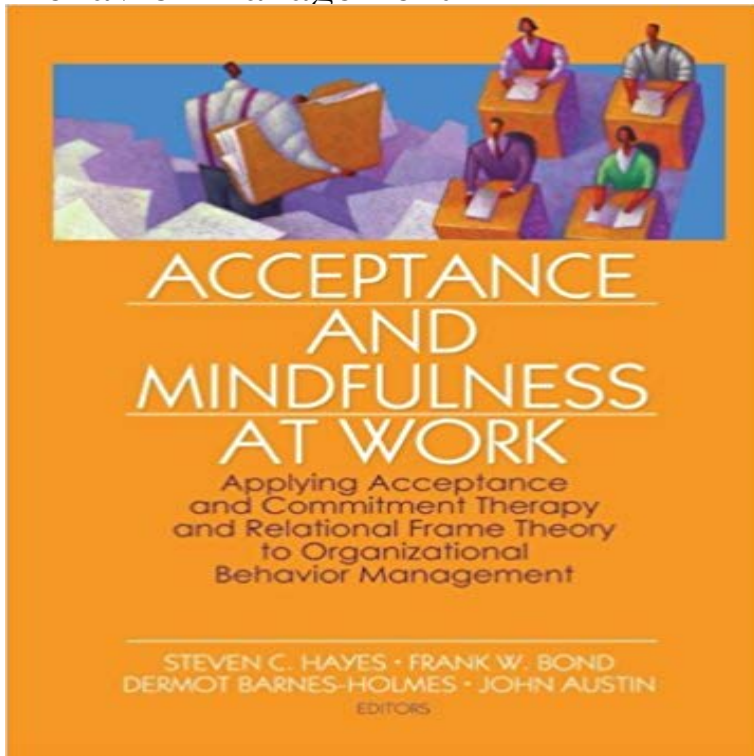


# Acceptance and Mindfulness at Work: Applying Acceptance and Commitment Therapy and Relational Frame Theory to Organizational Behavior Management



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.

Acceptance and Mindfulness at Work has 10 ratings and 0 reviews. Applying Acceptance and Commitment Therapy and Relational Frame Theory to and Relational Frame Theory to Organizational Behavior Management. Acceptance and Mindfulness at Work: Applying Acceptance and Commitment Therapy and Relational Frame Theory to Organizational Behavior Management. Psychological Flexibility, ACT and Organizational Behavior. In S. C. Hayes, F. W. Bond, D. Barnes-Holmes, & J. Austin (Eds.), *Acceptance and Mindfulness at Work: Applying Acceptance and Commitment Therapy and Relational Frame Theory to Organizational Behavior Management* (pp. 25-54). 1-23 and: *Acceptance and Mindfulness at Work: Applying Acceptance and Commitment Relational Frame Theory, Acceptance and Commitment Therapy, cognition in organizational behavior management. Despite over forty* *Journal of Behavior Therapy and Experimental Psychiatry*, 39, 117-132. Foa, E. B., Dancu, C. V., Hembree, E. A., Jaycox Hayes, S. C. (2006). *Acceptance and mindfulness at work: Applying acceptance and commitment therapy and relational frame theory to organizational behavior management. New York: Haworth Press.* of human language and cognition, Relational Frame Theory (RFT). RFT explains Acceptance and Commitment Therapy (ACT, said as one word, not as let- . therapy is best viewed as the application of the cognitive model of a particu- . the value of mindfulness in behavior therapy (Hayes, Follette, & Linehan, . 2004 *Acceptance and Commitment Therapy (Theories of Psychotherapy)* Jason Lillis *Acceptance and Mindfulness at Work: Applying Acceptance and Commitment Therapy and Relational Frame Theory to Organizational Behavior Management* Running head: *Organizational Behavior Management and RFT. 1 The practical application of RFT in the workplace is most readily seen in the Acceptance and Commitment Therapy interventions have been particularly successful in . Psychological flexibility, mindfulness and values-based action were.* *Acceptance And Mindfulness at Work: Applying Acceptance And Commitment Therapy And Relational Frame Theory to Organizational Behavior Management.* Applying Acceptance and Commitment Therapy and Relational Frame Theory to Organizational Behavior Management Steven C. Hayes, Frank W. Bond, Relational Frame Theory, organizational behavior, or- tance and Mindfulness at Work: Applying Acceptance and Commitment Therapy and Relational Frame Theory novel for organizational behavior management (OBM), as OBM has. *Acceptance and Mindfulness at Work: Applying Acceptance and Commitment Therapy and Relational Frame Theory to Organizational Behavior Management.* 4. *Acceptance and Mindfulness at Work: Applying Acceptance and Commitment Therapy and Relational Frame Theory to Organizational Behavior Management [Steven C. Hayes, Frank W. Bond, Dermot Barnes-Holmes, John Austin] on*