

Dear Clinician:

Along with Dr. Lizabeth Roemer, I have developed an acceptance-based behavioral therapy (ABBT) for generalized anxiety (GAD) and related disorders with grant support from the National Institute of Mental Health. The treatment combines elements of acceptance and mindfulness (drawn from therapies such as Acceptance and Commitment Therapy, Mindfulness-Based Cognitive Therapy, and Dialectical Behavioral Therapy) with traditional behavioral or cognitive-behavioral approaches. To date, we have demonstrated that ABBT is associated with reductions in GAD symptoms and depression that persist up to 9 months following the end of treatment (Roemer, Orsillo & Salters-Pedneault, 2008). Over 75% of the clients we treatment no longer met criteria for GAD and achieved clinically significant improvements in functioning that were maintained at follow-up.

Resources for Interested Clinicians

We have written a clinician's guide to the treatment (*Mindfulness- and Acceptance-based Behavioral Therapies in Practice*) as well as a self-help book (*The Mindful Way through Anxiety: Break Free from Chronic Worry and Reclaim your Life*) and audiofiles of the mindfulness exercises we use are available on-line at www.mindfulwaythroughanxietybook.com. We also frequently provide workshops and trainings for clinicians interested in learning more about this approach.

Our Current and Future Research Interests

I am interested in learning about some of the obstacles and barriers that might prevent mental health providers from learning about ABBT and integrating these principles into their practices. Our longer-term goal is to design a study to examine the effectiveness of different methods of training interested therapists in ABBT.

Current and Future Opportunities for Mental Health Providers

Whether or not you have any interested in learning about, or being trained in, ABBT, I would like to invite you to complete a very brief survey (can be completed in approximately 15 minutes) on issues that impact the adoption of ABBT into practice. If you complete this survey, you will have the option of noting whether you would like to be contacted about future opportunities to receive free training in ABBT. Everyone who completes the survey has the opportunity to be entered into a drawing for a \$100 Amazon gift card. Click on this link to complete the survey today. https://www.surveymonkey.com/s/ABBT_training



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