

## Special Issue

# Improvement of Mental Health and Body Awareness through Third Wave Therapies

### Message from the Guest Editors

Psychotherapy is not something that is set in stone. Like many other fields of science, behavior therapy has changed over the last few decades. Third-wave cognitive-behavioral therapies are a group of emerging approaches that prioritize health over dysfunction, focus on context over just identifying psychopathological problems in the client, and emphasize experiential change strategies more than direct or didactic ones. The aim of this Special Issue is to update our knowledge about these therapies, their different components, the instruments to evaluate them and their numerous applications. We welcome papers that address any of the third-generation therapies: Acceptance and Commitment Therapy (ACT), Mindfulness, and Behavioral Activation, among others. Likewise, we do not limit the fields of application to clinical and health, but additionally open them to education, sports, sexuality, and more. In this sense, experimental and correlational studies, case studies and even systematic review studies could prove to be fruitful.

### Guest Editors

Dr. Cristina Petisco-Rodríguez  
Dr. Laura C. Sánchez-Sánchez  
Dr. José Manuel García-Montes

### Deadline for manuscript submissions

closed (30 September 2023)



## International Journal of Environmental Research and Public Health

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Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[ijerph@mdpi.com](mailto:ijerph@mdpi.com)

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### Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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### Editor-in-Chief

Prof. Dr. Paul R. Ward

School of Society and Culture, Adelaide University, Adelaide 5001,  
Australia

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