

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)



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

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About the Journal

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.

IJERPH provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality peer-reviewed journal.

Editor-in-Chief

Prof. Dr. Paul B. Tchounwou
RCMI Center for Urban Health Disparities Research and Innovation,
Richard N. Dixon Research Center, Morgan State University, Baltimore,
MD 21251, USA

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