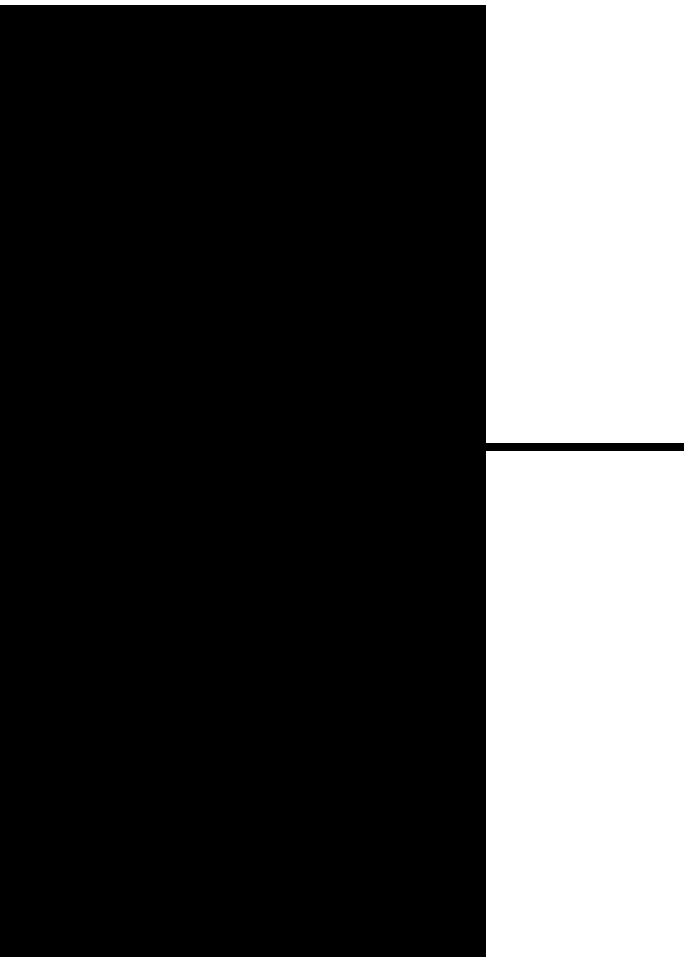acceptance and commitment therapy,