

Rational Emotive Behaviour Therapy Albert Ellis

Rational Emotive Behaviour Therapy (REBT) encourages the client to focus on their emotional problems in order to understand, challenge and change the irrational beliefs that underpin these problems. REBT can help clients to strengthen conviction in their alternative rational beliefs by acting in ways that are consistent with them and thus encourage a healthier outlook. This accessible and direct guide introduces the reader to REBT while indicating how it is different from other approaches within the broad cognitive behavioural therapy spectrum. Divided into two sections; The Distinctive Theoretical Features of REBT and The Distinctive Practical Features of REBT, this book presents concise, straightforward information in 30 key points derived from the author's own experience in the field. Rational Emotive Behaviour Therapy: Distinctive Features will be invaluable to both experienced clinicians, and those new to the field. It will appeal to psychotherapists and counsellors, together with students and practitioners who are keen to learn how REBT can be differentiated from the other approaches to CBT.

For undergraduate and graduate courses in Child Therapy and Counseling. Preeminent psychologist Dr. Albert Ellis combines forces with other renowned therapists to create this rare and inclusive book that captures the realities of counseling with children. Rather than using a traditional case study approach, this work features verbatim transcripts that convey real issues ranging from anger management and self-esteem to peer pressure and bed-wetting.

Dealing with Emotional Problems offers clear, practical advice on how to deal with some of the most common emotional difficulties. Rational-Emotive Cognitive Behaviour Therapy (RECBT) is a technique that encourages a direct focus on emotional problems, helping you to understand the thoughts, beliefs and behaviours that cause you to maintain these problems. This understanding will enable you to overcome problems and lead a happier and more fulfilling life. The book begins by outlining foundations of emotional problems. Each problem is then presented in a similar way, allowing the reader to compare and contrast similarities and differences between each emotion, and how to cope with it. This book covers: anxiety depression guilt shame hurt unhealthy anger unhealthy jealousy unhealthy envy. Dealing with Emotional Problems Using Rational-Emotive Cognitive Behaviour Therapy can be used on your own or in conjunction with a therapist who can use the Practitioner's Guide.

Albert Ellis, the renowned creator of one of the most successful forms of psychotherapy -- Rational Emotive Behavior Therapy (REBT) -- offers this candid self-assessment, which reveals how he overcame his own mental and physical problems using the techniques of REBT. Part memoir and part self-help guide, this very personal story traces the private struggles that Ellis faced from early childhood to well into his adult life. Whether you are already familiar with Ellis's many best-selling psychology books or are discovering his work for the first time, you will gain many insights into how to deal with your problems by seeing how Ellis learned to cope with his own serious challenges. In his early life, Ellis was faced with a major physical disability, chronic nephritis, which plagued him from age five to nine and led to hospitalization. This experience then caused the emotional reaction of separation anxiety. At this time he also suffered from severe, migraine-like headaches, which persisted into his forties. Later in life, he realized that some of his emotional upset was the result of initially taking parental neglect too seriously. Active and energetic by nature, he gradually learned that the best way to cope with any problem, physical or emotional, was to stop "catastrophizing" and to do something to correct it. As Ellis points out in all of his work, when faced with adversity, we must realize that we have a real choice, either to think rationally about the problem or to react irrationally. The first choice leads to healthy consequences--normal emotions such as sorrow, regret, frustration, or annoyance, which are justifiable reactions to troubling situations. The second choice leads to the unhealthy consequences of anxiety, depression, rage, and low self-esteem. When we recognize irrational beliefs as such, we must then use our reason to dispute their validity. Ellis goes on to describe how these techniques helped him to cope with many other adult emotional problems, including failure in love affairs, shame, anger, distress over his parents' divorce, stress from others' reactions to his atheistic convictions, and upset due to his attitudes about academic and professional setbacks. Honest and unflinching yet always positive and forward-looking, Ellis demonstrates how to gain and grow from trying experiences through rational thinking.

Attitudes in Rational Emotive Behaviour Therapy (REBT)

From the West to the Middle East

The Road To Tolerance

Albert Ellis

Distinctive Features

The Rational Emotive Behavioural Approach to Therapeutic Change

A complete introduction to REBT, an approach to CBT which argues that at the core of emotional disturbance lies a set of irrational beliefs that people hold about themselves and others Essential for counsellors who are beginning to use REBT with clients - recreates the 'feel' of a training course and alerts trainees to difficulties they may experience when using REBT in practice Covers all the basic theoretical and practical information that trainees need to begin using REBT, with special attention paid to disputing irrational beliefs and helping clients set goals Windy Dryden is the world's best-known and most

prolific name in REBT after its founder (the late Albert Ellis), and there is no direct competition to this unique handbook **The Relevance of Rational Emotive Behaviour Therapy for Modern CBT and Psychotherapy** explores the contemporary relevance of this treatment for modern psychotherapy, from the point of view of a leading contributor. First founded in 1955 by Albert Ellis, REBT still has much to offer the field. Despite this, the therapy has been increasingly neglected by cognitive behaviour therapy and other practitioners. To demonstrate its contributed relevance, Professor Windy Dryden outlines in this book his current thinking and practice in regard to REBT. He advocates its key features of flexibility and non-extremeness, and explores what he believes REBT has to contribute to the discussion surrounding contemporary issues in psychotherapy. **The Relevance of Rational Emotive Behaviour Therapy for Modern CBT and Psychotherapy** is an excellent resource for CBT and other therapists who would like to know more about the relevance of REBT to their work.

A comprehensive presentation of Rational Emotive Behavioural Therapy (REBT), one of the most significant cognitive-behavioural approaches to counselling and psychotherapy.

This is the first book devoted to group therapy applications of Rational Emotive Behaviour Therapy (REBT). REBT is an active-directive, psychoeducational approach to psychotherapy and as such it is very well suited to being practised with groups. This book shows the range of these applications from regular group therapy to specialised group interventions such as nine hour intensives and Albert Ellis's famous 'Friday Night Workshop.' Also featured are chapters on a brief, group-based, structured educational approach to teaching unconditional self-acceptance using REBT and the use of the group in training and supervising REBT therapists in training.

A Primer on Rational-emotive Therapy

Reason to Change

The Practice of Rational Emotive Behavior Therapy

A Cross-Cultural Redefinition of Rational Emotive and Cognitive Behavior Therapy

A Rational Emotive Behaviour Approach

A clear, concise overview of the central principles of Rational Emotive Therapy (RET). The book discusses rational versus irrational thinking, the ABC framework, the three basic musts that interfere with rational thinking and behavior, two basic human biological tendencies, and the theory of change in RET. A detailed case example that includes verbatim dialogue between therapist and client illustrates the 13-step RET process. An appendix by Albert Ellis examines the special features of RET that set it apart from other therapies.

Updated resource for practicing therapists from the father of rational therapy. Modern cognitive-behavioral therapy has its roots in the rational approach created by Ellis in the 1950s. Now known as Rational Emotive Behavior Therapy (REBT), Ellis's systematic integrative approach has grown and matured into a powerful mainstream psychotherapy. Hundreds of thousands of patients have benefited from the active interventions of therapists using REBT. Includes a thorough description of REBT theory and procedures, case examples, exercises. Major themes include: The Theory of Rational Emotive Behavior Therapy; The Practice of REBT; The Main Cognitive Techniques of REBT; The Main Emotive and Experiential Techniques of REBT; The Main Behavioral Techniques of REBT; The Integration of REBT with Other Psychotherapies; Summary and Conclusions."

A concise theoretical exposition on the role that attitudes play in Rational Emotive Behaviour Therapy. Windy Dryden, one of the most distinguished experts in this field, discusses the component structure and characteristic features of REBT and the adversity-related consequences of holding rigid/extreme attitudes and flexible/non-extreme attitudes.

This straightforward guide introduces the newcomer to the core theoretical principles and therapeutic strategies of Rational Emotive Behaviour Therapy (REBT). Starting with the ABC model of emotion popularized by Albert Ellis from the outset when he developed his approach to CBT, the guide then shows how REBT distinguishes between unhealthy and healthy negative emotions. From there it outlines the four irrational attitudes theorized to be at the core of emotional and behavioural disturbance. Finally, the newcomer to REBT will develop an appreciation for how REBT inoculates clients against future problems and teaches them to maintain and extend their treatment gains. This Newcomer's Guide will be a useful contribution to counsellors and psychotherapists in training, either in Rational Emotive Behaviour Therapy or another cognitive-behavioural approach.

Contemporary Theory and Practice in Counseling and Psychotherapy

100 Key Points and Techniques

Rational Emotive Behaviour Therapy in a Nutshell

Dealing with Emotional Problems Using Rational-Emotive Cognitive Behaviour Therapy

The Myth of Self-esteem

A Rational Emotive Behavior Therapy Approach

Windy Dryden is known to counsellors and psychotherapists worldwide for his accessible, interesting and useful books on many aspects of change and cope. Rational Emotive Behaviour Therapy (REBT) is, in fact, a field of special interest to him, and this book represents a timely response to his special expertise in this area and a response to the growing need for brief-timed methods for counselling and therapy. Among the many approaches to rational emotive behaviour therapy this is one of the few which provide concepts and methods in the context of a brief therapy process. You will find in this book useful insights and guidance on applying these methods throughout the process of therapy, including building the working relationship, assessment, formulation, and work both within and outside sessions. The whole process is illustrated by a case study which reflects the work with a client. From a pre-publication review: "I have read the manuscript and find it to be excellent in practically all respects, and it is the very best of the many books that Windy has published on REBT. It not only tells counselors and therapists who will read it how to conduct Rational Emotive Behavior Therapy briefly and quite adequately, but it also will be very useful for any therapists who want to conduct regular REBT in the eleven sessions that Windy emphasizes in this book. So it is a fine introduction to REBT, but it also will be good for many experienced therapists to see exactly what Windy does in his therapy sessions and what methods might be helpful in their own work." Albert Ellis, PhD President of the American Psychological Association USA This book appears in the Wiley Series in Brief Therapy and Counselling Series Editor: Windy Dryden Goldsmiths College, University of London **Rational Emotive Behaviour Therapy: Theoretical Developments** is a cutting edge examination of the theory behind this popular approach to cognitive-behavioural tradition. Distinguished practitioners and authors discuss the relevance of: · cross-disciplinary factors affecting REBT · intentional therapy · differentiating preferential from exaggerated and masturbatory beliefs in REBT · irrational beliefs as schemata. Through the presentation of case studies and the latest theory revision give **Rational Emotive Behaviour Therapy: Theoretical Developments** a distinct and challenging discussion of the approach's openness to revision from within and outside the ranks of REBT, and its implications for the future of the field. This unique volume integrates history, mythology/folklore, and theory and research to bridge the gap between Western and Middle Eastern perspectives and understanding of psychotherapy, particularly Cognitive Behavior Therapy (CBT) and Rational Emotive Behavior Therapy (REBT). Part I

foundation with an overview of the theoretical essentials of REBT and CBT in the West, the goals and assumptions of REBT and CBT in the Middle East, and what Middle Eastern clients understand about cognitive distortions, irrational beliefs, and emotions. In Part II, chapters delve more deeply into the psychology of the Middle East, and how psychology is placed in the context of Middle Eastern folklore. The author provides a summary of the history of psychology in the Middle East, the relevance of Sufism to self-acceptance, acceptance of others, and life acceptance; and an evaluation of the use of metaphor in psychology from the Middle Eastern perspective. Finally, the author provides case studies that show how these concepts are applied in practice. This text is intended for researchers and clinicians who study Middle Eastern psychology and who work with Middle Eastern clients, as well as for Middle Eastern clients and clients.

As an up-to-date comprehensive manual, this book includes a detailed presentation of the origin and history of REBT, its theory and techniques, and illustrative case examples and exercises for therapy.

A Reader

Theory and Practice

Stress Counselling

A Newcomer's Guide

Overcoming Resistance

A Practitioner's Guide to Rational-Emotive Behavior Therapy

[A] stimulating examination of how the teachings of the world's greatest thinkers and philosophers dovetail (or don't) with Ellis's three core concepts: unconditional acceptance of the self, others and the world....The book, which includes multiple self-acceptance exercises, may be among his best: Every page offers a fresh insight into rational emotive behavior therapy, Ellis's doctrine of modern stoicism.- Psychology Today
Albert Ellis is a contemporary prophet whose ideas will be remembered along with those of Jesus, Buddha, Lao Tzu and Sartre. In this important book, he shows how to develop self-acceptance as well as to learn how to create healthy relationships. In a world of increasing involvement with machines (i.e., computers, televisions, video games) and decreasing involvement with people, nothing could be more needed.-Jon Carlson, PsyD, EdD, ABPP, Distinguished Professor, Governors State University
This wonderful book, as it helps us move toward greater compassion for ourselves, for others, and for our troubled world, is one more significant contribution by Dr. Ellis - not only toward greater personal happiness, but also toward a better world.-Howard C. Cutler, M.D., coauthor (with the Dalai Lama) of *The Art of Happiness, A Handbook for Living*
What exactly is self-esteem? Most people, as well as many psychologists and educators, believe we need it, that it's good for our emotional well-being, and that it makes us more successful. World-renowned psychologist Albert Ellis says NO, it's all a myth. According to Ellis, self-esteem is probably the greatest emotional disturbance known to humans. Self-esteem results in each of us praising ourselves when what we do is approved by others. But we also damn ourselves when we don't do well enough and others disapprove of us. What we need more than self-esteem, Ellis maintains, is self-acceptance!
In *The Myth of Self-Esteem*, Ellis provides a lively and insightful explanation of self-esteem and self-acceptance, examining the thinking of great religious teachers, philosophers, and psychologists, including Lao Tzu, Jesus, Spinoza, Nietzsche, Kierkegaard, Buber, Heidegger, Sartre, Tillich, D.T. Suzuki, the Dalai Lama, Carl Rogers, and Nathaniel Branden, among others. He then provides exercises for training oneself to change self-defeating habits to the healthy, positive approach of self-acceptance. These include specific thinking techniques as well as emotive and behavioral exercises. He concludes by stressing that unconditional self-acceptance is the basis for establishing healthy relationships with others, along with unconditional other-acceptance and a total philosophy of life anchored in unconditional life-acceptance.

New Directions in Rational Emotive Behaviour Therapy brings together leading figures from the world of Rational Emotive Behaviour Therapy (REBT), both as a testament to the work of Albert Ellis and as a reminder of the vibrancy and vigour of the approach. The chapters in this book, taken together, show that REBT therapists are open to broader developments in the fields of counselling and psychotherapy in general and can also contribute to these developments. The book introduces REBT to readers who are more familiar with CBT and locates REBT within the broader fields of CBT and modern psychotherapy. The book will interest REBT and CBT therapists and more broadly it will interest those in the helping professions wishing to explore what REBT can currently offer them and how this approach can be practiced. Practitioners are increasingly aware that religious persons present unique problems and challenges in therapy. Rational-Emotive Behavior Therapy (REBT) is among the most widely practiced, highly structured and active directive approaches to treating emotional and behavioral problems. Introduced by Albert Ellis in the early 1950s, REBT is the original cognitive-behavioral psychotherapy and its efficacy has been supported by hundreds of treatment outcome studies. A uniquely belief-focused therapy, REBT is usually quite appealing to clients from Christian, Jewish, Muslim, Hindu, and other religious traditions, who respond favorably to REBT's focus on right belief, active engagement in the work of therapy, and reading/practice focused homework. In this practical and user-friendly guide, the authors outline the congruence between the therapeutic approach of REBT and the presenting problems and concerns of religious persons. They describe an approach to reconciling the sacred traditions and beliefs of religious clients with the no nonsense techniques of REBT. They review the essential components of practice with religious clients--including assessment, diagnosis and problem formulation, disputation of irrational beliefs, and other REBT techniques, highlight the primary obstacles facing the therapist when treating religious clients, and offer many case examples from work with this important client population. Mental health professionals from all backgrounds will benefit from the detailed yet manual-focused approach to helping religious clients overcome all forms of emotional distress.

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A Rational Emotive Behavior Therapy Integrated Approach, Second Edition

Brief Rational Emotive Behaviour Therapy

Cognitive and Rational-Emotive Behavior Therapy with Couples

The Relevance of Rational Emotive Behaviour Therapy for Modern CBT and Psychotherapy

The Rational Emotive Behavior Therapy Approach

How Rational Emotive Behavior Therapy Can Change Your Life Forever

Rational emotive behavior therapy (REBT) was created in the 1950s by the legendary Albert Ellis. This book describes the theory, history, therapy process, primary change mechanisms, and the empirical basis for the effectiveness of REBT.

Reissued with a new foreword by Raymond DiGiuseppe, PhD, ScD, St. John's University "New trainees often get the theory of psychopathology; they struggle to get the case conceptualization and the strategic plan. Then they ask themselves. "What do I do now?" Going from the abstractions to the actions is not always clear. The Practice of Rational Emotive Behavior Therapy represents a compilation of years of theoretical and clinical insights distilled into a specific theory of disturbance and therapy and deductions for specific clinical strategies and techniques....The structure of this books focuses on an explication of the theory, a chapter on basic practice, and a chapter on an in depth case study. A detailed chapter follows on the practice of individual psychotherapy. Although the book is not broken into sections, the next four chapters represent a real treasure. The authors focus on using REBT in couples, family, group, and marathons sessions. Doing REBT with one person is difficult to learn. Once the clinician adds more people to the room with different and sometimes competing agendas things get more complicated. These chapters will not only help the novice clinician but also the experienced REBT therapists work better in these types of sessions. So, consider yourself lucky for having picked up this book. Reading it will help many people get better." - From the Foreword by Raymond DiGiuseppe, PhD, ScD, Director of Professional Education, Albert Ellis Institute; Professor and Chair, Department of Psychology, St. John's University This edition, involving a unique collaboration between Albert Ellis and the world's greatest Ellis scholar, Windy Dryden, modernizes Ellis's pioneering theories. The book begins with an explanation of rational emotive behavior therapy as a general treatment model and then addresses different treatment modalities, including individual, couple, family, and sex therapy. The authors have added material new since the book's original edition on teaching the principles of unconditional self-acceptance in a structured group setting. With extensive use of actual case examples to illustrate each of the different settings, and a new brand new foreword by Raymond DiGiuseppe that sets the book into its 21st-century context.

Originated by Dr Albert Ellis, a prominent twentieth-century psychologist, Rational Emotive Behaviour Therapy (REBT) is a significant cognitive-behavioural approach to counselling and psychotherapy. Rational Emotive Behaviour Therapy Integrated provides a comprehensive view of REBT, and presents a vivid account of Dr Ellis' life and his contributions to the development of REBT. It covers REBT's historical development, ABC (activating events, belief system and consequences) framework, theoretical and philosophical foundations, relationship with various religions, atheism and morality, therapeutic process and techniques, and practical applications. The book includes multiple cases of psychological disturbance, representing different categories of irrational belief. Various principles such as unconditional self-acceptance, unconditional other acceptance, and unconditional life acceptance are explained through these cases to help the reader attain a firm understanding of psychological disturbance and possible remedies. It is a comprehensive reference for all major past and recent contributions to REBT theory and research.

Rational Emotive Behaviour Therapy (REBT) is practised all over the world and has many therapeutic, occupational and educational applications. Rational Emotive Behaviour Therapy: 100 Key Points and Techniques presents 100 main features of this system, to help therapists improve their practice. These essential points have been derived from the authors' own practice, and also from their experience as trainers and supervisors of novice rational emotive behaviour therapists. The new edition has been updated throughout to take account of changes in the field. Beginning with an introduction outlining the basics of the approach, this book offers thorough coverage of all the vital topics including: - therapeutic alliance issues - educational issues - dealing with clients' misconceptions about REBT - encouraging clients to work at change - dealing with obstacles to client change - using the system in a creative way This concise and highly practical book will be invaluable to psychotherapists and counsellors in training and practice, ensuring comprehensive understanding of the REBT approach.

A Therapist's Guide

A Training Handbook

Second Edition

Rational Emotive Behaviour Group Therapy

Overcoming Destructive Beliefs, Feelings, and Behaviors

A Guide to Well-Being Using Rational Emotive Behavior Therapy

Seminars by Professor Windy Dryden. See the man live and in action. To find out more and to book your place go to www.cityminds.com Albert Ellis founded and has spent a lifetime practising and teaching rational emotive behaviour therapy. REBT (previously RET) is important not only in its own terms as an effective therapeutic approach to emotional disturbance, but also as the precursor of the cognitive-behavioural therapy movement which now exerts such an influence on the mental health field. Joseph Yankura and Windy Dryden present a lucid overview of the life and contributions of Albert Ellis. Using excerpts from Ellis's own writings to clarify the discussion, they look in particular at the famous ABC analysis which enables people to understand and deal with their problems, the key concepts of ego disturbance and discomfort disturbance, and Ellis's views on therapeutic efficiency. Seminars by Professor Windy Dryden. See the man live and in action. To find out more and to book your place go to www.cityminds.com SAGE celebrated the 20th Anniversary of the

Counselling in Action in November 2008. To view the video - click here ----- `The book is highly readable and makes extensive use of an actual case study in order to illustrate the approach' - Mark Edwards, Nurtuting Potential `As the creator of Rational Emotive Therapy I have probably read more books dealing with its theory and practice than has anyone else. Of all these books, Windy Dryden and Michael Neenan's is easily one of the best. In a remarkably concise way they have distilled most of the main principles and methods into a small, highly practical and exceptionally readable volume. Any counsellor or therapist will find this book unusually useful and valuable' - Albert Ellis, Albert Ellis Institute Rational Emotive Behavioural Counselling in Action, Third Edition is a brand new edition of this highly popular guide to a much used approach. Combining the theoretical with the practical, the book provides an accessible guide for newcomers to this form of counselling. The book describes the way in which the REB approach helps clients to identify the self-defeating beliefs behind their problems and instead to think, feel and behave differently as a means of achieving valued goals. Fully revised and updated, the book includes an important client case study following therapeutic work with `Paula', which introduces the reader to the strategies and techniques needed at every stage of the process. Here, the reader is given an insight into the nuts and bolts of the therapeutic session, including conversations between client and therapist to illustrate the counselling sequence, how to help the client achieve goals, and how to end the counselling process. Rational Emotive Behavioural Counselling in Action, Third Edition is invaluable for trainees of REB counselling, as well as those who want to incorporate elements of the approach into their own therapeutic work. With a new foreword by Raymond DiGiuseppe, PhD, ScD, St. John's University "Albert Ellis has written many books on

his favorite topic Rational Emotive Behavior Therapy. Although he writes on that topic very well, he often does not write about generic psychotherapy. REBT is an integrative form of psychotherapy. Following this model, psychotherapists can incorporate many diverse techniques and strategies to change clients' dysfunctional behaviors and emotions. Much of what Al identifies as good REBT in this book is just good psychotherapy. Because people so universally identify Al with REBT, people may generally overlook his wisdom as a clinician. Having worked with Al for more than thirty years, I have been fortunate enough to learn from him. Much of the knowledge I learned from Al and cherish the most is not necessarily about REBT theory. They concern wise ways of thinking about clinical problems. That is why, out of all Al's books, this is my favorite. This is Al Ellis, the clinician." -- From the Foreword by Raymond DiGiuseppe, PhD, ScD, Director of Professional Education, Albert Ellis Institute; Professor and Chair, Department of Psychology, St. John's University Now available in an affordable paperback, this edition takes a look at the underlying causes of resisting cognitive-emotional-behavioral change and the methods used to overcome them. Written in present-action language, Ellis gives an overview of the basic principles of Rational Emotive Behavior Therapy and Cognitive Behavior Therapy. Ellis charts the changes in the field that have taken place in the 20 years leading up to 2002, when this edition was originally published. The book also integrates recent therapies into REBT, including psychotherapy, solution-focused therapy, and recent findings of experimental psychology.

Students embarking on Rational Emotive Behavior Therapy training are often faced with lengthy and complicated texts from which to learn the theory and practice of the approach. Rational Emotive Behaviour Therapy in a Nutshell provides a relief from this by providing a concise and comprehensive guide to all the key elements of REBT. The authors believe that students of REBT can enhance their knowledge of the approach only if they have fully grasped the basics first. They offer a succinct introduction to REBT which students can use as a starting point before adding to their knowledge through further reading and learning. The book opens with an explanation of the ABCDE Model of Emotional Disturbance and Change which is the centrepiece of REBT theory and practice. The authors present the model in a way which is easy to grasp, but also has the depth of coverage needed for full understanding.

It Works for Me - It Can Work for You

Fundamentals of Rational Emotive Behaviour Therapy

Components, Characteristics and Adversity-related Consequences

The Philosophy Of Rational Emotive Behavior Therapy

New Directions for Rational Emotive Behavior Therapy

Counseling and Psychotherapy With Religious Persons

This practical Reader brings together the major writings of the past decade on rational emotive behaviour therapy (REBT), originally called rational-emotive therapy (RET). An overview by Albert Ellis, founder of REBT, introduces its theory and practice. The book then addresses preliminary issues such as building a therapeutic alliance with clients and assessing their problems. The bulk of the discussion that follows focuses on therapeutic intervention including: disputing irrational beliefs; activity and directiveness; vivid methods; and therapeutic efficiency. Chapters are included on the step-by-step practicalities of the counselling sequence and process. An afterword defends the tough-minded approach of REBT against the

Overcoming Resistance A Rational Emotive Behavior Therapy Integrated Approach, Second Edition Springer Publishing Company

'The text is clear and easy to follow with vivid sessional excerpts that illustrate the theoretical dialogue' - International Review of Psychiatry 'The publication proves to contain much instructive and practice-oriented material' - Nursing Standard Stress Counselling is a comprehensive study of the theory and practice of the Rational Emotive Behaviour approach applied to stress counselling and psychotherapy. Albert Ellis pioneered Rational Emotive Behaviour Therapy (REBT), which has since been adopted internationally. This approach enables the clients to embark on a course of effective counselling which has a clear beginning and end. This book discusses techniques and solutions to common problems and also provides guidance on conducting group work. Its comprehensive coverage includes additional material on techniques such as skills training, relaxation methods, hypnosis and biofeedback.

First developed in 1955, Rational Emotive Behavior Therapy (REBT) is the original form of Cognitive Behavior Therapy and one of the most successful psychotherapeutic techniques in the world. Its founder, world-renowned psychologist Albert Ellis, now offers an up-to-date description of the main principles and practices of this innovative and influential therapy. REBT emphasizes the importance of cognition in psychological disturbances. Its aim is to help patients recognize their irrational and destructive beliefs, feelings, and behaviors, and to restructure harmful philosophic and behavioral styles to achieve maximal levels of happiness and productivity. In this book Dr. Ellis points out the most recent revisions of the original therapy and examines the use of REBT in treating specific clinical problems. Among the topics considered are depression, stress management, addiction, marital problems, the use of hypnosis, disposable myths, and many other obstacles to mental health. This fascinating look at REBT by its internationally

recognized creator will be of inestimable value to professionals and laypersons alike.

Handbook of Rational-emotive Therapy

The Albert Ellis Reader

Rational Emotive Behavioural Counselling in Action

Rational Emotive Behaviour Therapy

A Client's Guide

A Rational Emotive Behaviour Therapy (REBT) Workbook

A collection of 30 of the most popular and controversial articles by Albert Ellis, founder of Rational Emotive Behavior Therapy. Each piece is updated by Dr. Ellis especially for this volume. Topics include sex, love, marriage, anger, rational living, and more. Designed for both therapists-in-training and seasoned professionals, this practical treatment guide introduces the basic principles of rational-emotive behaviour therapy, explains general therapeutic strategies, and offers many illustrative dialogues between therapist and patient. It breaks down each stage of therapy to present the exact procedures and skills therapists need, and numerous case studies illustrate how to use these skills.

... a book filled with wisdom, the wisdom of a man who has observed his fellow creatures, interacted with them and become very acquainted with their positive and negative aspects. In this book [Ellis] does not spare himself or anyone else. It allows anyone who reads it to get closer to other people and to himself also. This is a rare opportunity to share what has been accumulating in Albert Ellis's head for almost 90 years.-William Glasser, MD, Author of Warning: Psychiatry Can Be Hazardous to Your Mental Health
In this overview of one of the most successful forms of psychotherapy - Rational Emotive Behavior Therapy (REBT) - its creator and chief advocate, Albert Ellis, explains at length the principles underlying this therapeutic approach and shows how beneficial it can be, not only for therapy but also as a basic philosophy of life. As the title indicates, REBT promotes an attitude of tolerance, an open-minded willingness to accept the frailties, less-than-ideal behaviors, and unique characteristics of both others and ourselves. Ellis persuasively demonstrates that lack of tolerance of our own imperfections can easily lead to emotional disturbances and unhappiness. And intolerance of others, which fails to account for the great diversity of human personalities and behaviors, can become a serious disruptive force in today's highly diverse, multicultural global society. To counter such negative tendencies, Ellis advocates the adoption and practice of three basic attitudes of tolerance: (1) Unconditional Self-Acceptance (USA); (2) Unconditional Other-Acceptance (UOA); and (3) Unconditional Life-Acceptance (ULA). He discusses the philosophical foundations of these principles and then devotes a number of chapters to comparing REBT to spiritual and religious philosophies. He points out the dangers of fanatical tendencies in religion while also showing how the basic principles of REBT are similar to some ancient religious philosophies such as Zen Buddhism and the Judeo-Christian Golden Rule. In addition, he criticizes certain secular philosophies for their extremism, including Fascism and Ayn Rand's Objectivism, and he also discusses the ramifications of applying REBT in the social, political, and economic sphere. In emphasizing how easy it is for all of us to think, feel, and act intolerantly, Ellis brilliantly shows that tolerance is a deliberate, rational choice that we can all make, both for the good of ourselves and for the good of the world. The first workbook which teaches the practical skills of REBT. Each skill is explained in detail and examples are given of how each skill can be put into action.

New Directions in Rational Emotive Behaviour Therapy

Theoretical Developments

A Practitioner's Guide to Rational Emotive Behavior Therapy

Case Studies in Rational Emotive Behavior Therapy with Children and Adolescents

Better, Deeper And More Enduring Brief Therapy

Rational Emotive Behaviour Therapy Integrated

The book addresses the problems that couples experience through the life cycle. Each chapter includes an up-to-date review of the literature pertinent to the topic, with a focus on practical interventions which are generally based upon, but not limited to, cognitive and rational emotive behavioral principles. Case studies or vignettes further illustrate application of principles. Worksheets, checklists, or other resources that would be useful in working with couples are also included where relevant. This book presents interventions based upon research, theory, and most of all on practice. And is relevant to marriage and family therapists, mental health counselors, psychologists and psychiatrists, nurse practitioners, family law experts, social workers and relationship coaches. In addition, it can serve as a textbook for students in marriage and family therapy.

Change' is at the heart of Counselling and Psychotherapy. Clients enter into the therapeutic process in the hope that something in themselves or their situation will be different by the end. Counsellors and Psychotherapists therefore need to understand the nature of change and how best to facilitate it.

Contemporary Theory and Practice in Counseling and Psychotherapy by Howard E. A. Tinsley, Suzanne H. Lease, and Noelle S. Giffin Wiersma is a comprehensive, topically arranged text that provides a contemporary account of counseling theories as practiced by internationally acclaimed experts in the field. Each chapter covers the way mindfulness, strengths-based positive psychology, and the common factors model is integrated into the theory. A special emphasis on evidence-based practice helps readers prepare for their work in the field.

Extensively updated to include clinical findings over the last two decades, this third edition of A Practitioner's Guide to Rational-Emotive Behavior Therapy reviews the philosophy, theory, and clinical practice of Rational Emotive Behavior Therapy (REBT). This model is based on the work of Albert Ellis, who had an enormous influence on the field of psychotherapy over his 50 years of practice and scholarly writing. Designed for both therapists-in-training and seasoned professionals, this practical treatment manual and guide introduces the basic principles of rational-emotive behavior therapy, explains general therapeutic strategies, and offers many illustrative dialogues between therapist and patient. The volume breaks down each stage of therapy to present the exact procedures and skills therapists need, and numerous case studies illustrate how to use these skills. The

authors describe both technical and specific strategic interventions, and they stress taking an integrative approach. The importance of building a therapeutic alliance and the use of cognitive, emotive, evocative, imaginal, and behavioral interventions serves as the unifying theme of the approach. Intervention models are presented for the treatment of anxiety, depression, trauma, anger, personality disorders, and addictions. Psychologists, clinical social workers, mental health counselors, psychotherapists, and students and trainees in these areas will find this book useful in learning to apply rational-emotive behavior therapy in practice.

Rational Emotive Behavior Therapy