

Rational Emotive Behaviour Therapy Albert Ellis

Better, Deeper And More Enduring Brief Therapy Albert Ellis 2013-06-17 In *Better, Deeper, and More Enduring Brief Therapy* Albert Ellis, the founder of Rational Emotive Behavior Therapy, describes how REBT can help clients significantly improve in a short period of time and effect a profound philosophical-emotional-behavioral change—more often than can be achieved with other popular forms of therapy. In a comprehensive, accessible format, Dr. Ellis offers his theories, practices, verbatim sessions, and other materials that help describe how REBT can be a valuable asset in psychotherapeutic treatment.

How To Control Your Anger Before It Controls You Albert Ellis 2016-04-26 Don't let anger harm your health, career, and relationships: “No individual—not even Freud himself—has had a greater impact on modern psychotherapy.” —Psychology Today Anger is universal. Unchecked, it can cause lasting damage in our lives: wrecked relationships, lost jobs, even serious disease. Yet in these increasingly stressful times, all of us have acted in anger—and often wished we hadn't. Is there a way that really works to solve problems and assert ourselves without being angry? The answer is a resounding yes, if you follow the breakthrough steps of Rational Emotive Behavior Therapy (REBT). This proven approach, developed by world-renowned psychotherapist Dr. Albert Ellis, has withstood the test of time, helping countless people deal effectively with emotional problems. Using easy-to-master instructions and exercises, this classic book will show you how to apply REBT techniques to understand the roots and nature of your anger, and take control of and reduce angry reactions. Here you will discover: The rational and irrational aspects of anger Special insights into your self-angering beliefs How to think, feel, and act your way out of anger How to relax How to accept yourself with your anger . . . and much more that will help you challenge and eliminate the anger that can frustrate success and happiness at home, at work, anywhere.

A Practitioner's Guide to Rational Emotive Behavior Therapy Raymond A. DiGiuseppe 2013-07-10 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 Behaviour Therapy Windy Dryden 1995-02-01 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

Rational Emotive Behavior Therapy Albert Ellis 2010-03-19 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.

Overcoming Resistance Albert Ellis PhD 2007-07-31 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.

Rational Emotive Behaviour Therapy Windy Dryden 2003 This study examines the theory behind this popular approach within the cognitive-behavioural tradition. It discusses the relevance of cross-disciplinary factors affecting REBT, REBT as an intentional therapy, and irrational beliefs as schemata.

Rational Emotive Behaviour Therapy Walter J. Matweychuk 2017-05-12 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.

Ask Albert Ellis Albert Ellis 2003 The most well-known and highly respected psychotherapist of our time responds to reader questions submitted to the Ask Dr. Ellis website. The answers present the most concise, reader-friendly description yet of the author's Rational Emotive Behavior Therapy (REBT) method. Fifty years of psychotherapy experience and wisdom are distilled in this practical guide for the rest of us. Healthy thinking, healthy emotions, and healthy behavior are explained, with detailed examples and procedures for building lasting emotional well-being."

Rational and Irrational Beliefs Daniel David 2009-08-20 In Rational and Irrational Beliefs: Research, Theory, and Clinical Practice, leading scholars, researchers, and practitioners of rational emotive behavior therapy (REBT) and other cognitive-behavioral therapies (CBTs) share their perspectives and empirical findings on the nature of rational and irrational beliefs, the role of beliefs as mediators of functional and dysfunctional emotions and behaviors, and clinical approaches to modifying irrational beliefs, enhancing rational beliefs, and adaptive coping in the face of stressful life events. Offering a comprehensive and cohesive approach to understanding REBT/CBT and its central constructs of rational and irrational beliefs, contributors review a steadily accumulating empirical literature indicating that irrational beliefs are associated with a wide range of problems in living and that exposure to rational self-statements can decrease anxiety and other psychological symptoms, and play a valuable role in health promotion and disease prevention. Contributors also identify new frontiers of research and theory, including the link between irrational beliefs and other cognitive processes such as memory, psychophysiological responses, and evolutionary and cultural determinants of rational and irrational beliefs. A truly accessible, state-of-the-science summary of REBT/CBT research and clinical applications, Rational and Irrational Beliefs is an invaluable resource for psychotherapy practitioners of all theoretical orientations, as well as instructors, students, and academic psychologists.

Anger: How to Live with and without It Albert Ellis 2017-02-28 With a New Foreword by Raymond A. DiGiuseppe, Ph.D. CLASSIC SELF-HELP FROM A RESPECTED PIONEER OF PSYCHOTHERAPY Anger. It's one of our most basic, and often most destructive, human emotions. And in today's world, it's a constant, escalating force, from road rage to domestic abuse, from teen violence to acts of terrorism. More than ever we need effective ways to live with it, understand it—and learn to deal with it. This landmark book from world-renowned psychotherapist Dr. Albert Ellis, creator of Rational Emotive Behavior Therapy (REBT), shows you how. Presented in a simple step-by-step program that anyone can master, the proven, time-tested principles of REBT teach you to manage and even eliminate anger, without sacrificing necessary assertiveness. Here you'll discover: *What exactly is anger, and must you feel it? *How you create your own anger *Methods of thinking, feeling, and acting your way out of anger *Why holding on to anger is sometimes fun—and how to let it go *How to use REBT to cope with tragic events that are far beyond our control ...and much more, including numerous real-world case studies, plus a comprehensive, critical analysis of the various approaches to this age-old problem. Whether at home or at work, in a personal or political context, this breakthrough approach will enable you to take control of the anger that can stand in the way of success and happiness.

The Practice of Rational-emotive Therapy (RET) Albert Ellis 1987

Rational Emotive Behaviour Therapy in a Nutshell Mr Michael Neenan 2005-11-22 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.

Rational Emotive Behaviour Therapy Windy Dryden 2003 This study examines the theory behind this popular approach within the cognitive-behavioural tradition. It discusses the relevance of cross-disciplinary factors affecting REBT, REBT as an intentional therapy, and irrational beliefs as schemata.

How to Stubbornly Refuse to Make Yourself Miserable About Anything--Yes, Anything! Albert Ellis 2016-08-30 CLASSIC SELF-HELP FROM A RESPECTED PIONEER OF PSYCHOTHERAPY All of us worry about something, big or small, every day. But much of the emotional misery we feel is an overreaction, and it can be significantly reduced, using the techniques you'll find in this landmark book. World renowned therapist Dr. Albert Ellis, who created Rational-Emotive Behavior Therapy (REBT), believed that anger, anxiety, and depression are not only unnecessary, they're unethical, because when we allow ourselves to become emotionally upset, we're being unfair and unjust to ourselves. Thinking negative thoughts is a choice we can refuse to make. Applying the proven, time-tested principles of REBT is a simple, logical way to find true mental health and happiness. REBT acknowledges the power of emotions, but it also helps us understand which feelings are healthy and which are not. This classic book teaches you how to: *Retrain your brain to focus on the positive aspects of your life and face each obstacle without unnecessary despair *Control your emotional destiny *Refuse to upset yourself about upsetting yourself *Solve practical problems as well as emotional problems *Conquer the tyranny of "shoulds" ...and much more, providing all the tools you need to take back your life—and your happiness. If you can refuse to make yourself miserable, you're that much closer to making yourself happy—every day.

The Road To Tolerance Albert Ellis 2009-09-25 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.

Handbook of Rational-emotive Therapy Albert Ellis 1977

The Practice of Rational Emotive Behavior Therapy Albert Ellis 2007-07-31 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.

The Albert Ellis Reader Albert Ellis 1998 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.

Rational Emotive Behavior Therapy Albert Ellis 1998 As an up-to-date comprehensive manual, this book includes a detailed presentation of the origin and history of REBT, its theory and techniques, plus illustrative case examples and exercises for therapy.

Rational Emotive Behaviour Therapy Albert Ellis

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