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[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 TodayAlbert 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 UniversityThis 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 Tsu, 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.

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

The Working Alliance in Rational Emotive Behaviour Therapy explores the principles and practice of REBT from the perspective of working alliance theory. Windy Dryden seeks to debunk the myth that REBT neglects the therapeutic relationship by breaking down working alliance theory into specific domains in order to highlight its potential in this form of therapy. He introduces the reader to the ABCs of REBT and its basic practice, followed by the working alliance concept that forms the basis of this book. He then shows how the practice of REBT can be enhanced by the therapist attending to each of the four components of the alliance: bonds, views, goals and tasks. The book is written for trainees and established therapists within REBT.

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.

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.

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.

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 re-

view 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.

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 AI identifies as good REBT in this book is just good psychotherapy. Because people so universally identify AI with REBT, people may generally overlook his wisdom as a clinician. Having worked with AI for more than thirty years, I have been fortunate enough to learn from him. Much of the knowledge I learned from AI 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 AI's books, this is my favorite. This is AI 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.

"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.

One of the hallmarks of cognitive behavior therapy is its diversity today. Since its inception, over twenty five years ago, this once revolutionary approach to psychotherapy has grown to encompass treatments across the full range of psychological disorders. The Encyclopedia of Cognitive Behavior Therapy brings together all of the key aspects of this field distilling decades of clinical wisdom into one authoritative volume. With a preface by Aaron T. Beck, founder of the cognitive approach, the Encyclopedia features entries by noted experts including Arthur Freeman, Windy Dryden, Marsha Linehan, Edna Foa, and Thomas Ollendick to name but a few, and reviews the latest empirical data on first-line

therapies and combination approaches, to give readers both insights into clients' problems and the most effective treatments available. • Common disorders and conditions: anxiety, depression, OCD, phobias, sleep disturbance, eating disorders, grief, anger • Essential components of treatment: the therapeutic relationship, case formulation, homework, relapse prevention • Treatment methods: dialectical behavior therapy, REBT, paradoxical interventions, social skills training, stress inoculation, play therapy, CBT/medicine combinations • Applications of CBT with specific populations: children, adolescents, couples, dually diagnosed clients, the elderly, veterans, refugees • Emerging problems: Internet addiction, chronic pain, narcolepsy pathological gambling, jet lag All entries feature reference lists and are cross-indexed. The Encyclopedia of Cognitive Behavior Therapy capably fills practitioners' and educators' needs for an idea book, teaching text, or quick access to practical, workable interventions.

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.

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 philosophical 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.

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.

This authoritative volume commemorates six decades of Rational Emotive Behavior Therapy by assembling its current state of theory, practice, and research. Bedrock chapters on defining features, assessment and measurement, and empirical findings place REBT squarely in the cognitive-behavioral landscape, reinforcing its status as a significant therapeutic approach. The book's palette of applications shows the flexibility and effectiveness of REBT in school, workplace, and other settings, with worried parents and "stuck" athletes, and as a foundation for brief interventions. And the survey of guiding principles and the evolution of the method by REBT founder Albert Ellis is a testament to its enduring clinical value. Included in the coverage: • A comparison of REBT with

other cognitive behavior therapies. · The measurement of irrationality and rationality. · Empirical Research in REBT theory and practice. · Rational Emotive Behavior Therapy and the working alliance. · Brief interventions in Rational Emotive Behavior Therapy. · REBT and positive psychology. · Rational emotive behavior education in schools. Advances in REBT will be welcomed as a definitive reference across the REBT community: frontline clinicians, novices, trainees, students, and researchers. Seasoned practitioners looking to incorporate REBT into their repertoires will find it immensely helpful.

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.

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.

Mistakes are often an inevitable part of training; Learning from Mistakes in Rational Emotive Behaviour Therapy encourages the trainee to pinpoint potential errors at the earliest possible stage in training, helping them to make fast progress towards becoming competent REBT practitioners. Windy Dryden and Michael Neenan have compiled 111 of the most common errors, explain-

ing what has gone wrong and how to put it right, and have divided them into eight accessible parts: general mistakes assessment mistakes goal-setting mistakes disputing mistakes homework mistakes mistakes in dealing with client doubts and misconceptions working through mistakes self-maintenance. Learning from Mistakes in Rational Emotive Behaviour Therapy is an indispensable guide for anyone embarking on a career in the REBT field.

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. 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.

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.

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."

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.

Provides a concise and systematic guide to the basics of Rational Emotive Behavior Therapy (REBT). The authors discuss rational versus irrational thinking, the ABC framework, the three basic 'musts' that interfere with rational thinking and behavior, two basic biological tendencies, two fundamental human disturbances, and the theory of change in REBT. A detailed case example, including verbatim dialogue between therapist and client, illustrates a sequence of 20 REBT steps. Recommended for use during peer counseling and clinical work.

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.

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.

Windy Dryden is known to counsellors and psychotherapists worldwide for his accessible, interesting and useful books on many aspects of helping people to change and cope. Rational Emotive Behaviour Therapy (REBT) is, in fact, a field of special interest to him, and this book represents a timely combination of his special expertise in this area and a response to the growing need for brief-timed methods for counselling and therapy. Among the many books on rational emotive behaviour therapy this is one of the few which provide concepts and methods in the context of a brief therapy process. Practitioners will find in this book useful insights and guidance on applying these methods throughout the process of therapy, including building the working alliance, assessment, formulation, and work both within and outside sessions. The whole process is illustrated by a case study which reflects the problems of real-life 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 indeed to be one of 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 more than 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 REBTers who want to see exactly what Windy does in his therapy sessions and what methods might be helpful in their own work." Albert Ellis, PhD President, IRET, New York, USA This book appears in the Wiley Series in Brief Therapy and Counselling Series Editor: Windy Dryden Goldsmiths College, University of London, UK

Rational emotive behaviour therapy (REBT) encourages the client to focus on their emotional problems in order to understand and change the rigid and extreme attitudes that underpin these problems. Following on from the success of the first and second editions, this accessible guide introduces the reader to REBT while indicating how it is different from other approaches within the 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 information in 30 key points. Updated throughout, this new edition of Rational Emotive Behaviour Therapy: Distinctive Features will be invaluable to both experienced clinicians and those new to the field.

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.

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.

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.

Rational Emotive Behaviour Therapy in a Nutshell provides a concise overview of a popular therapeutic approach, starting with the ABCDE Model of Emotional Disturbance and Change. Written by leading REBT specialists, Michael Neenan and Windy Dryden, the book goes on to explain the core of the therapeutic process: Assessment Disputing Homework Working through Promoting self-change As an introduction to the basics of the approach, this updated and revised edition is the ideal first text and a springboard to further study.

First published in 1996. Routledge is an imprint of Taylor & Francis, an informa company.

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.

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.

Three Minute Therapy can help to change your life for the better. You will find yourself looking at life in a different way. Your emotional troubles will seem less mysterious and less powerful. If you take the trouble to learn the techniques explained in Three Minute Therapy, think about them, and apply them to your problems, you will be able to tackle difficulties that may have seemed impossible. Some of your worst fears and anxieties can diminish or dissolve away, and you will become more effective at pursuing your chosen life goals. The techniques used in Three Minute Therapy show you, clearly and simply, how you needlessly upset yourself, and it gives you many thinking, feeling, and action methods of reducing your disturbances while still retaining your main goals, values, and preferences. Three Minute Therapy can add years of healthier and happier living to your life. This book will show you how to change your thinking and change your life! Rational Emotive Behaviour Therapy (REBT) is one of the most widely used counselling approaches in the world and is one of the original forms of Cognitive Behavior Therapy (CBT). Rational Emotive Behavior Therapy in Sport and Exercise is the first and only book to date to examine the use of REBT in sport and exercise. It brings together leading international experts and practitioners to reflect on the use of REBT in sport and exercise, and examine the techniques used. Each chapter contains a case study, contextualising theory into practice, giving a rare and detailed insight into the use of REBT across a diverse range of issues. Some of the topics covered include: • the theory and practice of REBT • REBT intervention for competition anxiety • the use of REBT interventions in Paralympic soccer • the use of REBT in managing injury and loss • using REBT to address symptoms of exercise dependence • REBT intervention to improve low frustration tolerance Offering an invaluable insight into the practical application of REBT, this book is essential reading for undergraduates, postgraduates, trainee and qualified sport and exercise psychologists, and counsellors wishing to move into sport and exercise.

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.

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 (REBT) is one of the most widely used counselling approaches in the world and is one of the original forms of Cognitive Behavior Therapy (CBT). Rational Emotive Behavior Therapy in Sport and Exercise is the first and only book to date to examine the use of REBT in sport and exercise. It brings together leading international experts and practitioners to reflect on the use of REBT in sport and exercise, and examine the techniques used. Each chapter contains a case study, contextualising theory into practice, giving a rare and detailed insight into the use of REBT across a diverse range of issues. Some of the topics covered include: - the theory and practice of REBT - REBT in-

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