

SPECIAL APPLICATIONS OF REBT

A Therapist's Casebook

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Editors



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Special Applications Of Rebt A Therapists Casebook

Arthur Freeman, Tammie Ronen



Special Applications Of Rebt A Therapists Casebook:

Special Applications of REBT Joseph Yankura, Windy Dryden, 1997 **A Practitioner's Guide to Rational Emotive Behavior Therapy** Raymond A. DiGiuseppe, Kristene A. Doyle, Windy Dryden, Wouter Backx, 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

Handbook of Cognitive-Behavior Group Therapy with Children and Adolescents Ray W. Christner, Christy A. Mulligan, 2007-05-07 This Handbook offers a much needed resource of theoretical knowledge evidence based interventions and practical guidelines for professionals providing group psychotherapy to youth clients Written by leading professionals in the field of child and adolescent cognitive behavioral therapy this comprehensive volume offers readers a collection of innovative and well established approaches for group interventions with youth in a variety of treatment settings It addresses a wide range of issues not limited to assessment group member selection and specific protocols and strategies that readers can implement in their own practice Integrating theoretical and practical aspects leading experts offer their experience through case examples and vignettes suggesting guidelines for overcoming inherent treatment obstacles This Handbook provides not only a framework for delivering effective group therapy but also highlights specific problem areas and it is an invaluable reference for professionals providing therapeutic intervention to children and adolescents **Advances in REBT** Michael E. Bernard, Windy Dryden, 2019-03-13 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

Rational Emotive Behavioral Approaches to Childhood Disorders Albert Ellis, Michael E. Bernard, 2006-05-11 Since the groundbreaking first edition of Rational Emotive Approaches to the Problems of Childhood by Albert Ellis and Michael Bernard two decades ago our understanding of the nature and treatment of children's problems has grown considerably Now in a completely new volume Albert Ellis and children's REBT specialist Professor Michael Bernard have revised and updated this pioneering volume to reflect both the latest in clinical practice and research Fourteen expert contributors including many from the original share with the editors a deep commitment to integrating REBT with other cognitive behavioral methods and to providing young people with developmentally appropriate care Together they give readers a practical framework for conducting assessment treatment and prevention with individuals clients and groups as well as in family and school settings Key features of this new edition include Developmental considerations in using REBT with children and adolescents Specific chapters devoted to major disorders aggression phobias anxiety depression academic underachievement and ADHD Latest strategies for challenging and changing the irrational beliefs of young people Techniques for building key REBT skills emotional resilience and frustration tolerance Extensive research findings on the efficacy of REBT with young people Brand new material on special issues involving parents conducting group sessions and working with exceptional children An overview of Rational Emotive Education and You Can Do It Education school based applications of REBT With coverage this thorough Ellis Bernard and collaborators have created a resource of immediate value to child and adolescent mental health practitioners including school psychologists school counselors school social workers behavior therapists and family therapists and educators involved in helping young people overcome behavioral disorders

Theoretical Models of Counseling and Psychotherapy Kevin A. Fall, Janice Miner Holden, Andre Marquis, 2011-01-19 This text provides a comprehensive overview of a variety of major counseling theories and focuses on the integration of different theoretical models Appropriate for advanced undergraduates and graduate students it offers a detailed description of the philosophical basis for each theory along with historical context and a biography of the founder Each chapter follows a similar format and explores the main features of the theory including its approach to and ideas on personality development human nature the role of environment the change process in therapy and contributions and limitations to the mental health field Theory specific information on diagnosis psychopharmacology

multicultural issues spirituality and gender issues is also discussed These features will provide students with a deeper and more complete understanding of counseling theory than is available in any single resource and allow them to easily bridge classroom study to their future practice This second edition of the text has been completely updated and includes more case examples as well as a new chapter on Constructivist approaches An online instructor's manual with student resources is available and offers material to enhance the pedagogical features of the text

Rational Emotive Behaviour Therapy

Windy Dryden,2004-06-02 Rational Emotive Behaviour Therapy Theoretical Developments is a cutting edge examination of the theory behind this popular approach within the cognitive behavioural tradition Distinguished practitioners and authors discuss the relevance of cross disciplinary factors affecting REBT REBT as an intentional therapy differentiating preferential from exaggerated and musturbatory beliefs in REBT irrational beliefs as schemata Thought provoking presentation of case studies and the latest theory revision give Rational Emotive Behaviour Therapy Theoretical Developments a distinctive slant a challenging discussion of the approach's openness to revision from within and outside the ranks of REBT and its implications for the future

Counseling Theories and Techniques for Rehabilitation and Mental Health Professionals, Second Edition

Fong Chan,2015-02-18 The only text about counseling theories and techniques developed specifically for upper level rehabilitation counseling students and practitioners this book is now fully updated with a focus on evidence based practice It reflects the great strides made in incorporating research based knowledge into counseling therapy interventions since the first edition's publication nearly 10 years ago The book disseminates the expertise of many of the most esteemed leaders and academic scholars in rehabilitation counseling These authors emphasize state of the art scientific evidence that supports the effectiveness of various counseling approaches and techniques for people with and without disabilities

Overcoming

Destructive Beliefs, Feelings, and Behaviors Albert Ellis,2010-05-01 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

Rational-Emotive and

Cognitive-Behavioral Approaches to Child and Adolescent Mental Health: Theory, Practice, Research,

Applications. Michael Bernard,Mark D. Terjesen,2021-01-04 This book is a newly revised version of the highly influential

text Rational Emotive Behavioral Approaches to Childhood Disorders Theory Practice and Research based on an earlier volume by Bernard and Ellis The revised edition incorporates recent significant advances in applying this approach to younger populations updates best practice guidelines and discusses the burgeoning use of technology to deliver mental health services Featuring content from experts across a variety of areas the book provides clinical guidance to a range of professionals working with children including counselors social workers clinical and school psychologists It also offers extensive illustrated material self test questions and other useful resources to aid with use as a graduate level text or training reference Among the topics addressed Developing therapeutic skillsets for working with children and adolescents Promoting self acceptance in youth Building resilience in youth Parent counselling and education Teacher stress management Cognitive Behavioral Rational Emotive Treatment of Childhood Problems highlights the potential for evidence based services to reach and positively influence child and adolescent populations that remain underserved by today s clinical and educational systems

What Works when with Children and Adolescents Ann Vernon,2002 Designed for counselors school psychologists and others this practical handbook offers creative useful interventions for problems children and adolescents commonly experience

Brief Therapy with Individuals and Couples Jon Carlson,Len Sperry,2000 TABLE OF CONTENTS 1 Brief integrative behavior therapy with individuals and couples 2 Cognitive behavioral strategies 3 Rational emotive family therapy 4 Multimodal strategies with adults 5 Short term therapy for character change 6 Depth oriented brief therapy Accelerated accessing of the coherent unconscious 7 Object relations brief therapy 8 Adlerian brief therapy Strategies and tactics 9 Efficient adlerian therapy with individuals and couples 10 Brief reality therapy 11 Stage Appropriate change oriented brief therapy strategies 12 The satir system Brief therapy strategies 13 Imago strategies 14 Psychoeducational strategies 15 Solution focused brief counseling strategies 16 EMDR and resource installation principales and prodecures 17 Biopsychosocial therapy Essential strategies and tactics

Cognitive Behavior Therapies Ann Vernon,Kristene Anne Doyle,2017-08-31 This comprehensive book showcases different approaches to cognitive behavior therapy CBT and focuses on the implementation of these various theories in real world practice Following an overview of cognitive therapy practitioners and scholars discuss behavior therapy cognitive therapy rational emotive behavior therapy multimodal therapy acceptance and commitment therapy dialectical behavior therapy and mindfulness Each theory highlighted includes a profile of the theorist s an overview of the theory a discussion of the therapeutic process an array of targeted interventions a verbatim case transcript an analysis of the limitations of the theory and reflective sidebars to facilitate learning The final chapter presents a single case study discussed from the perspective of each particular theory Requests for digital versions from ACA can be found on www.wiley.com To purchase print copies please visit the ACA website Reproduction requests for material from books published by ACA should be directed to publications@counseling.org

Cognitive Behavior Therapy in Clinical Social Work Practice Arthur Freeman,Tammie Ronen,2006-11-07 Edited by a leading social work authority and

a master CBT clinician this first of its kind handbook provides the foundations and training that social workers need to master cognitive behavior therapy From traditional techniques to new techniques such as mindfulness meditation and the use of DBT the contributors ensure a thorough and up to date presentation of CBT Covered are the most common disorders encountered when working with adults children families and couples including Anxiety disorders Depression Personality disorder Sexual and physical abuse Substance misuse Grief and bereavement Eating disorders Written by social workers for social workers this new focus on the foundations and applications of cognitive behavior therapy will help individuals families and groups lead happier fulfilled and more productive lives

Encyclopedia of Behavior Modification and Cognitive Behavior Therapy Michel Hersen, 2005-01-25 The three volume Encyclopedia of Behavior Modification and Cognitive Behavior Therapy provides a thorough examination of the components of behavior modification behavior therapy cognitive behavior therapy and applied behavior analysis for both child and adult populations in a variety of settings Although the focus is on technical applications entries also provide the historical context in which behavior therapists have worked including research issues and strategies Entries on assessment ethical concerns theoretical differences and the unique contributions of key figures in the movement including B F Skinner Joseph Wolpe Aaron T Beck and many others are also included No other reference source provides such comprehensive treatment of behavior modification history biography theory and application Thematic Coverage The first of the thematic volumes covers Adult Clinical Applications Adults are the most common population encountered by researchers clinicians and students and therefore more than 150 entries were needed to cover all necessary methods The second volume covers Child Clinical Applications in 140 entries One especially useful aspect of this volume will be the complications sections addressing what can go wrong in working with children This is an area often overlooked in journal articles on the subject Volume III Educational Applications addresses a range of strategies and principles of applied behavior analysis positive behavior support and behavior modification and therapy These entries focus on classroom and school contexts in which the instructional and behavioral interactions between teachers and their learners are emphasized Unique Easy to Follow Format Each of the volumes entries address a full range of mental health conditions and their respective treatments with the aim of providing systematic and scientific evaluation of clinical interventions in a fashion which will lend itself to the particular style of treatment common to behavior modification Major entries for specific strategies follow a similar format 1 Description of the Strategy 2 Research Basis 3 Relevant Target Populations and Exceptions 4 Complications 5 Case Illustration 6 Suggested Readings 7 Key Words Biographical sketches include the following 1 Birthplace and Date 2 Early Influences 3 Education History 4 Professional Models 5 Major Contributions to the Field 6 Current Work and Views 7 Future Plans Readership This encyclopedia was designed to enhance the resources available to students scholars practitioners and other interested social science readers The use of in text citations jargon and descriptions of research designs and statistics has been minimized making this an accessible

comprehensive resource for students and scholars alike Academic and research librarians in the social sciences health and medicine will all find this an invaluable addition to their collections Key Features Three thematic volumes and over 430 total entries Five anchor articles in each volume provide context on major issues within the field Key words and lists of suggested readings follow each entry Contributions by internationally renowned authors from England Germany Canada Australia New Zealand and the United States Volume Editors Volume I Adult Clinical Applications Michel Hersen Johan Rosqvist Pacific University Volume II Child Clinical Applications Alan M Gross Ronald S Drabman University of Mississippi Volume III Educational Applications George Sugai Robert Horner University of Oregon Advisory Board Thomas M Achenbach Ph D Department of Psychiatry University of Vermont Stewart W Agras M D Department of Psychiatry Behavioral Science Stanford University School of Medicine David H Barlow Ph D ABPP Center of Anxiety and Related Disorders Boston University Alan S Bellack Ph D ABPP Department of Psychiatry University of Maryland School of Medicine Edward B Blanchard Ph D Department of Psychology University of Albany SUNY James E Carr Ph D Department of Psychology Western Michigan University Anthony J Cuvo Ph D Rehabilitation Institute Southern Illinois University Gerald C Davison Ph D Department of Psychology University of Southern California Eric F Dubow Ph D Psychology Department Bowling Green State University Rex L Forehand Ph D Psychology Department University of Vermont Arnold A Lazarus Ph D ABPP Center for Multimodal Psychological Services Robert P Liberman M D Department of Psychiatry West Louisiana VA Medical Center Scott O Lilienfeld Ph D Department of Psychology Emory University Marsha M Linehan Ph D ABPP Department of Psychology University of Washington Nathaniel McConaghy DSc M D School of Psychiatry University of N S W Australia Rosemary O Nelson Gray Ph D Department of Psychology University of North Carolina Greensboro Lars G ran st Ph D Department of Psychology Stockholms Universitet Sweden Alan D Poling Ph D Department of Psychology Western Michigan University Wendy K Silverman Ph D Department of Psychology Florida International University Gail Steketee Ph D School of Social Work Boston University Douglas W Woods Ph D Department of Psychology University of Wisconsin Milwaukee

Counseling Theories and Techniques for Rehabilitation Health Professionals Fong Chan, 2004-02-17 This text provides a state of the art treatment of the dominant theories and techniques of counseling and psychotherapy from a rehabilitation perspective Written by recognized experts in their content areas the book focuses on several knowledge domains underlying the practice of counseling in rehabilitation settings These domains are presented within the framework of the major theoretical approaches to counseling and applications are explained as they relate specifically to people with disabilities Case examples are used throughout the text Basic techniques and selected professional issues related to practice are also presented This collection will be useful for practitioners as well as for upper level undergraduates and graduate students in rehabilitation counseling psychology and other rehabilitation health care disciplines such as nursing occupational therapy and physical therapy *Psychologists' Desk Reference* Gerald P. Koocher, John C. Norcross, Beverly A. Greene, 2013-09-19

This resource for mental health practitioners presents a variety of information required in daily practice in one easy to use resource. Covering the entire spectrum of practice issues from diagnostic codes practice guidelines treatment principles and report checklists to insight and advice from today's most respected clinicians this reference gives access to the whole range of current knowledge.

Group Work Bradley T. Erford, 2018-04-17 The overriding theme of *Group Work Processes and Applications* is a focus on the specialized group work that counselors perform from a systemic perspective in a multicultural context. This text briefly covers traditional theoretical approaches focusing more on the techniques and applications of the approaches but the core of the text involves the systemic approach to group work preparing group leaders to facilitate the systemic group process from planning the group through the four stages of group work forming and orienting transition working and termination. The content is aligned with 2016 CACREP standards. Numerous other techniques covered are linked with specific theoretical orientations. PowerPoints and Instructor's manual are on the way and should be available in the next 2-3 months.

Group Work in Schools Bradley T. Erford, 2015-08-14 School counselors are often the only employees in school settings with any formal education in group work and yet their training is typically a general course on how to run groups. *Group Work in Schools* provides an alternative training model one that presents exactly what counselors need to know in order to successfully implement task driven psychoeducational and counseling psychotherapy groups in any educational setting. Additions to this newly updated second edition include discussion topics activities case examples integrated CACREP standards and learning outcomes as well as an overall update to reflect the most recent research and knowledge.

Counseling Children and Adolescents Ann Vernon, 1999

Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **Special Applications Of Rebt A Therapists Casebook**

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