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Display 1-39 out of 39 This product is out of stock and cannot be ordered online at this time. To place an order or for more information about the order, please call the ordering department at 1-800-374-2721. Created in the 1950s by the legendary Albert Ellis, rational emotional behavioral therapy (REBT) teaches clients to challenge their irrational thinking. REBT is based on the simple idea that it is not external circumstances that make a person happy or unhappy, but internal thoughts about events or of themselves. Thinking, feeling and behavior are seen as related and influencing each other. Because changing one's thinking is usually the simplest tactic in a given situation, it is usually the focus of therapy, along with the humanistic core philosophy of REBT's unconditional self-acceptance, unconditional other acceptance, and unconditional acceptance of life. This important primer, illustrated by examples of cases involving different clients, is ideal for graduate students studying therapy and counseling theories, as well as for experienced practitioners interested in understanding how this approach has evolved and how it can be used in their practice. This second edition includes updated clinical studies as well as a thorough study of important differences between REBT and cognitive behavioral approaches. How to use the Theory of Psychotherapy Series® in conjunction with the APA Video Series Foreword How to Use This Book with APA Psychotherapy Video Confessions Introduction Theory Of History Process Therapy: Primary Mechanisms of Change Assessment of Future Events Summary of Glossary Key Terms Proposed Reading and Video Links Index about authors of the series Editor Albert Ellis, PhD, received a Master's and PhD in Clinical Psychology. Dr. Ellis was chief psychologist at New Jersey and an associate professor at Rutgers and other universities. For more than 65 years, he has been engaged in psychotherapy, marriage and family counseling, and sex therapy. He was the founder of Rational Emotional Behavioral Therapy (REBT), the first cognitive behavioral therapy, and the Albert Ellis Institute in New York. Albert Ellis died on July 24, 2007. Debbie Joffe Ellis is a licensed psychologist (Australia) and a licensed mental health consultant (New York). She is an adjunct professor at Columbia University College of Education in the Department of Clinical and Consultative Psychology. She holds a doctorate in alternative medicine from the Indian Council of Alternative Medicines in membership with the World Health Organization. She works in private practice and conducts lectures, seminars and seminars throughout the United States and around the world. Debbie lives in New York. Visit Dr. Debbie Ioffe Ellis and follow @drjoffeellis. Rational emotional Therapy (REBT) is a grandparent of cognitive behavioral therapy and remains the most philosophical and humanistic. This gorgeous gorgeous includes transcripts, case studies and anecdotes for those not familiar with REBT, and a colorful account of its history for those who think they know it all. -Stanley Crippner, PhD Saybrook University, San Francisco, Ca. Rational Emotional Behavior Therapy Over time in Rational Emotional Behavioral Therapy Over Time, Ann Vernon demonstrates this influential approach that seeks to help people change doomed to fail thoughts so they can feel and behave in a more effective way. Contact APA Books Review Table Content Author Bios Reviews and Awards Rational Emotional Behavior Therapy gives an introduction to the theory, history, research and practice of this influential approach. Created in the 1950s by co-author Albert Ellis, Rational Emotional Behavioral Therapy (REBT) was an innovative cognitive behavioral therapy. In fact, REBT helps clients learn to challenge their own irrational thinking and develop the habit of thinking in useful and rational ways. This shift allows customers to behave more effectively and ultimately experience healthy emotions. REBT is based on the simple idea that it is not external circumstances that make a person happy or unhappy, but internal thoughts about events or themselves. Thinking, feeling and behavior are seen as related and influencing each other. Because changing thinking is usually the simplest tactic in a given situation, it is usually the focus of therapy, along with the encouragement to adopt the humanistic basic philosophy of REBT's unconditional self-acceptance, unconditional other acceptance, and unconditional acceptance of life. Ellis and Ioffe Ellis present and explore this influential, practical and compassionate approach, its theory, history, therapy process, mechanisms of primary change, and the empirical basis for its effectiveness. They also study events that have perfected the theory and expanded how it can be practiced. This important primer, illustrated by examples of cases involving different clients, is ideal for graduate students studying therapy and counseling theories, as well as for experienced practitioners interested in understanding how this approach has evolved and how it can be used in their practice. How to use the Theory of Psychotherapy Series® in conjunction with the APA Video Series Foreword How to Use This Book with APA Psychotherapy Video Confessions Introduction Theory History Process Therapy: Primary Mechanisms of Change Assessment of Future Events Summary of Glossary Key Terms Proposed Reading Links Index About Series Editors Albert Ellis, Ph.D. born in Pittsburgh on September 27, 1913, and grew up in Pittsburgh on September 27, 1913. He holds a master's and Ph.D. in Clinical Psychology from Columbia University in New York. Dr. Ellis has held many important psychological positions, including New Jersey state and adjunct professors at Rutgers and other universities. He practiced counselling on marriage and family issues, as well as sex therapy for more than 65 years. He was the founder of Rational Emotional Behavioral Therapy (REBT), the first cognitive behavioral therapy. In 1959 he founded the Albert Ellis Institute, and he was dedicated to his work and growth. However, in the last years of his life he felt that the directors of the institute did not fulfill his vision of his role. Dr. Ellis served as President of the Consulting Psychology Division of the American Psychological Association and the Society for sexual Research. He has also served as an officer in several professional societies, including the American Family and Family Therapy Association; American Academy of Psychotherapists; and the American Association of Sex Educators, Consultants and Therapists. He was a diplomat in clinical psychology at the American Council of Professional Psychology and a number of other professional councils. Professional societies that have given Dr. Ellis their highest professional and clinical awards include APA, the Association for the Advancement of Behavioral Therapy, the American Counseling Association, and the American Psychopathological Association. He was recognized as one of the most influential psychologists by both American and Canadian psychologists and consultants. He has worked as a consultant or deputy editor of many scientific journals and has published more than 80 books and monographs, including a number of best-selling popular and professional volumes. Some of his most famous books include How to Live With Neurotic Art and the Science of Love Guide to Rational Mind Life and Emotions in Psychotherapy How stubbornly refuse to make yourself unhappy about anything- Yes, all overcoming procrastination Overcoming Resistance Resistance Practice Rational Emotional Behavior Therapy How to Make Yourself Happy and Surprisingly Less Restless Feeling Better, How Better By Staying Better Overcoming Destructive Beliefs, Feelings and Behaviors Anger : How to Live With and Without It Ask Albert Ellis Sex Without Guilt in the Twenty-First Century Making Intimate Relationships Rational Emotional Behavior Therapy: It Works for Me, It Can Work For You The Path to Tolerance Myth of Self-Esteem His autobiography, All Out, was released in 2010 to follow other books he wrote, Dr. Debbie Ioffe Ellis. Albert Ellis died on July 24, 2007. Debbie Ioffe Ellis, born and raised in Melbourne, Australia, is a licensed psychologist (Australia) and a licensed mental health consultant (New York). It is associated with several major psychological associations, including APA, the American Association of Group Therapy and the Australian Psychological Society. She holds a doctorate in alternative medicine from the Indian Council of Alternative Medicines in the World Health Organization, from which she also received a gold medal (1993) in recognition of its service in the field of alternative alternatives. In Australia, she worked in her busy private practice; taught courses at the College on Rational Emotional Behavioral Therapy (REBT), Counseling and Personal Development; and gave public and professional seminars and presentations. In the United States, she worked with her husband, Albert Ellis, giving public presentations and professional training on REBT and collaborating on writing and research projects until her death in 2007. Dedicated, she continues to represent, practice and write about her brilliant, innovative approach. She currently has a private practice in New York and she lectures, seminars and seminars throughout the United States and around the world. Visit her website. Read a review of this title and related DVD from the PsycCRITU 'S database (PDF, 35KB) This is an outstanding, user-friendly guide to help readers understand the uniqueness of this innovative and highly relevant methodology that inspired Aaron Beck's cognitive therapy. The monograph discusses the multimodal effectiveness of REBT: unconditional self-reporting and acceptance of life, excellent rational technique of emotional images, shameful attacking exercises, group therapy, marriage and relationships, general semantics, debates about rigid thinking and the use of a rational philosophy of survival... This is the final guide to learning the basics of REBT and should be read for all students and practitioners of psychology and counseling. -CBT Today Contact APA Books Books

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