

**BETTER, DEEPER,
and
MORE ENDURING
BRIEF THERAPY**



**The
Rational
Emotive
Behavior
Therapy
Approach**

Albert Ellis, Ph.D.

Better Deeper And More Enduring Brief Therapy

Reginald W. Holt, Regina R. Moro



Better Deeper And More Enduring Brief Therapy:

Better, Deeper, and More Enduring Brief Therapy Albert Ellis, 1996 First Published in 1996 Routledge is an imprint of Taylor Francis an informa company **Better, Deeper and More Enduring Brief Therapy** Albert Ellis, 2015-06-12 First published in 1996 Routledge is an imprint of Taylor Francis an informa company *Better, Deeper, and More Enduring Brief Therapy* Albert Ellis, 1996 *Better, Deeper And More Enduring Brief Therapy* Albert Ellis, 2013 First published in 1996 Routledge is an imprint of Taylor Francis an informa company 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 Albert Ellis Revisited Jon Carlson, William Knaus, 2013-10-15 Albert Ellis was one of the most influential psychotherapists of all time revolutionizing the field through his writings teachings research and supervision for more than half a century He was a pioneer whose ideas known as Rational Emotive Behavior Therapy REBT formed the basis of what has now become known as Cognitive Behavior Therapy CBT the most widely accepted psychotherapeutic approach in the world This book contains some of Ellis most influential writings on a variety of subjects including human sexuality personality disorders and religion with introductions by some of today's contemporary experts in the psychotherapy field The 20 articles included capture Ellis wit humor and breadth of knowledge and will be a valuable resource for any mental health professional for understanding the key ingredients needed to help others solve problems and live life fully *Mastering the Art of Solution-Focused Counseling* Jeffrey T. Guterman, 2014-12-08 The most current trends in solution focused counseling are explored in the latest edition of this updated and expanded text Dr Guterman provides a comprehensive and straightforward discussion of solution focused theory and describes how the model can be used throughout the therapeutic process Clinical techniques and detailed case studies illustrate counseling with clients experiencing a range of problems including depression substance abuse grief morbid jealousy and trichotillomania New chapters and sections in this edition address anxiety eating disorders migraine headache psychosis spiritual and religious problems self injurious behavior and suicide Additional features include excerpts of dialogue from actual counseling sessions sample forms and supplementary materials and troubleshooting tips for getting unstuck in difficult cases 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 **Favorite Counseling and Therapy Techniques** Howard G. Rosenthal, 2011-01-19 In the new edition of this highly popular book Howard Rosenthal once again brings together a group of prominent therapists who share their insightful pioneering and favorite therapeutic techniques These

therapists include such well known figures as Albert Ellis Arnold Lazarus William Glasser Raymond Corsini and Allen E Ivey Many of the classic entries in the previous edition are once again included some unaltered and others updated while several new chapters have been added to reflect the newest advancements in the counseling field For practitioners wondering what methods to use when working with clients and what they can prescribe for them between sessions or for those who simply are interested in gaining insight into the thoughts and minds of such eminent therapists the more than 50 entries in this text are sure to be both highly useful and exciting reads Practicum and Internship Experiences in Counseling Bradley T. Erford, 2023-03-24 This ready to use resource provides the practical information and hands on skills interns and practicum students need to successfully complete their clinical experiences and join the counseling profession with confidence Designed to accompany students as they advance through practicum and internship Practicum and Internship Experiences in Counseling helps bridge the gap from theory to practice It covers the day to day elements of practice in agencies and schools that are often missing from the theory based courses Chapters are packed with case examples activities voices from the field and self assessments including tools for assessing and addressing ethnocentrism intersectionality and bias in counseling practice This resource orients clinical students to the field while providing them with the day to day skills they need to thrive Special focus on Expectations and how to get the most out of the supervision process Assessment and intervention with clients in danger and crisis Wellness and developing healthy work and personal habits to carry through one's entire career Readers see clearly how to Apply the laws and ethics in everyday clinical practice Work with special issues neuropsych and psychopharmacology and populations Market and position oneself in the job market with an eye toward growing marketing a counseling practice after graduation Included in each chapter Several self assessment activities encouraging self reflection and self assessment on the concepts of the chapter Voices from the field features providing firsthand in the trenches perspectives from counselors who have been there and done that Realistic case examples challenging readers to apply knowledge and skills to realistic cases they are likely to encounter in the field Included are separate chapters on Relationship building Goal setting Record keeping The integration of theory into practice Overcoming Resistance Albert Ellis, 2002-08-23 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 **Stress Counselling** Albert Ellis, Jack Gordon, Michael Neenan, 2003-08-23 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 *Cognitive Behavioural Coaching in Practice* Michael Neenan, Stephen Palmer, 2021-12-08 This fully updated second edition of Cognitive Behavioural Coaching in Practice explores various aspects of coaching from within a cognitive behavioural framework In response to the continued growth in the popularity and scope of coaching and cognitive behavioural therapy Michael Neenan and Stephen Palmer again bring together experts in the field to discuss topics including procrastination stress coaching alliance motivational interviewing goal selection and self esteem The book is illustrated throughout with coach coachee dialogues that include a commentary of the aims of the coach during the session This second edition is fully updated and includes three new chapters on single session coaching health and wellbeing coaching and coaching supervision Part of the Essential Coaching Skills and Knowledge series this comprehensive volume will be essential reading for coaches as well as therapists counsellors and psychologists **Client Assessment** Stephen Palmer, Gladeana McMahon, 1997-03-18 This chunky little book is packed with interesting approaches to the currently fashionable area of client assessment This is a book for any counsellor or counsellor trainee s shelf a necessary reference for the sound professional Counselling News The comprehensive series of essays is a timely contribution This book is about being professional and effective a valuable multimodal life inventory for use with clients is provided Counselling The Journal of The British Association for Counselling What information will help you assess the therapeutic needs of a client Could you identify a suicidal client How can you tell whether or not you are working with appropriate clients Answering these and other questions this book sheds light on a crucial but often neglected area of

counselling The authors provide clear guidelines backed up by practice points which clarify the assessment monitoring and evaluation of clients The book adopts a broad approach transcending specific counselling theories and covering the main issues involved at key stages in the client counsellor relationship from the initial contact through monitoring of the therapeutic programme to ending the counselling process Areas examined include assessing the best type of therapy for each client identifying the client's therapeutic goals history taking referral and evaluating goal achievement Gladeanna McMahon is presenter of the ITV programme Dial A Mum

PERSONAL COUNSELING SKILLS Kathryn Geldard, David Geldard, 2012-09-01 This revised first edition is a comprehensive easy to read introduction to personal counseling written for professional and volunteer counselors and those who train them A major new addition to the book making it particularly attractive to those who train counselors is the inclusion of training group exercises for all skills chapters After reading a particular chapter the exercises relating to that chapter in part VI of the book can be used by trainers to greatly enhance the learning process These exercises have been found to be popular with both students and those teaching them The chapters describing basic and more advanced counseling skills are arranged in a sequence that is particularly suitable when teaching student counselors to learn and practice using these skills for the first time The authors adopt an integrative approach that allows the reader to learn understand and use skills taken from major counseling approaches and to integrate these into a sequential process that maximizes the possibility of facilitating change in clients Of considerable value for new counselors are those sections of the book that describe the fundamental principles of the counseling relationship and explain the theories of change applicable to the various approaches to counseling Unique features include a highly practical integrative approach discussion of the specific skills required for success practical suggestions on ways to learn and develop new skills an understanding of the role of a counselor's supervisor information on practical issues such as keeping records arrangement of the counseling room and ways to look after yourself as a counselor plus practical information on issues of confidentiality and professional ethics The text will serve as a valuable resource for workers in a wide variety of helping professions where counseling skills are useful such as psychology social work welfare work medicine nursing human services and education

Which Psychotherapy? Colin Feltham, 1997-04-07 This controversial book argues that 20th century psychotherapy has been fundamentally characterized by serious disagreement on views of human nature treatment rationales and goals Focusing on the differences rather than the commonalities in therapy eight eminent practitioners demonstrate the diversities in therapies and why for the most part it is not possible to tolerate or integrate with other approaches The book awakened me to understanding more about how a core belief or orientation can result in polarised attitudes towards the person At the same time in some cases there is fundamental common ground which could potentially lead to genuine integration

ac Eisteach The Journal of the Irish Association for Counselling and Therapy Eight distinguished practitioners address twelve different questions aimed at identifying the distinctive qualities of their own approach and demonstrating how it has been

arrived at The result is a book that will allow both experienced practitioners and trainees to become familiar with and compare the current thinking of these well known people the very passion of these opposing and sometimes exclusive convictions may be the well spring for the efficacy and achievements of these eminent practitioners and trainers Self what criticisms of the approach they consider to be valid which approaches they consider to be ineffective misleading or dangerous and conversely more promising or effective why their approach is more effective or comprehensive and why it may be more suited to certain clients or client problems and how they account for research which suggests that no one approach seems more effective than any other **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

Social Workers' Desk Reference Lisa Rapp-McCall,Al Roberts,2022 The Social Worker s Desk Reference fourth edition remains the definitive resource for social work students and professionals Expanded sections on current hot topics such as white nationalism gaming disorder substance abuse LGBTQ populations suicide sexual violence in the military and vulnerable populations make the fourth edition a fully updated and essential reference Counseling Individuals With Co-Occurring Addictive and Mental Disorders Reginald W. Holt,Regina R. Moro,2023-04-03 The premier text on co occurring mental and substance use disorders Written by professional counselors for counselors this lucid text delivers comprehensive information for those who work with individuals suffering from these complex maladies It is distinguished by its grounding in the holistic wellness orientation of the counseling profession and a segment dedicated to specific populations such as military LGBTQ multicultural and those that are gender or age related Contributing authors from diverse backgrounds comprised mostly of counselors provide an orientation that is distinct from that of the medical community Written for masters and doctoral level students in counselor education programs the text provides the most current information available and is aligned with DSM 5 and CACREP standards It offers a step by step approach to understanding COD concepts guiding principles for working with

such clients treatment approaches and diagnostic considerations and the neuroscience of addiction and mental health It includes a breakdown of specific co occurring disorders and describes special population considerations Clinical case illustrations bring content to life and discussion questions reinforce information A robust instructor s package includes an Instructor Manual Test Banks and Instructor Chapter PowerPoints Key Features Written by professional counselors for counselors Grounded in a holistic wellness orientation Offers a dedicated special populations section with considerations for age gender military and LGBTQ groups Discusses diagnosis and treatment of specific co occurring disorders Provides clinical case illustrations from the perspective of a practicing counselor Includes chapter learning objectives and discussion questions to foster critical thinking Aligned with DSM 5 and CACREP standards **Pressure Proofing** Sam

Klarreich,2012-01-26 Do you feel uneasy when you try to relax Are you overwhelmed by the deadlines you have to meet Do you get rattled when things don t go your way Are you impatient with people who work more slowly than you Do you often get angry Do you feel things are hopeless Do you feel like not getting out of bed instead pulling the covers over your head More and more people have these reactions in spite of the fact that we know more about pressure anxiety anger and depression and in spite of the fact that computers are supposed to make our lives and jobs easier For the individual these unhealthy reactions can lead to deteriorating health and a variety of social problems For an organization it often means low employee morale and declining productivity In Pressure Proofing Dr Klarreich tackles the many people problems in the workplace and anywhere else for that matter He shows how to identify the thoughts that bring on unhealthy reactions and how to turn those thoughts around by debunking Drawing on years of experience as a clinical psychologist Dr Klarreich then shows us using quizzes case histories and practical programs how these reactions can be conquered so that we can regain our health productivity and personal effectiveness Pressure Proofing provides an inspiring empowering and engaging approach to addressing these issues **Marriage and Family Therapy** Linda Metcalf,2011-06-23

There are many different models of marriage and family therapy the challenge for students and beginning practitioners is deciding which one best suits their individual purposes This highly practical volume elucidates the defining characteristics of 14 contemporary models including their history views of change views of family and the role of the therapist and methods of assessing family dynamics goal setting facilitating change and knowing when to terminate Each chapter also includes a template for implementing therapy models and realistic case studies many drawn from actual practice to illustrate how each model would address common issues In addition the volume includes extensive interviews with master therapists such as Albert Ellis Insoo Kim Berg Sue Johnson Susan McDaniel Derald Wing Sue and many others They share their ideas of the ways in which change occurs how they set goals and how they perform therapy For further clarification each therapist illustrates how he she would proceed via the same case study Learning how to perform effective family therapy can be an arduous process of trial and error yet this resource will ease the way for students and currently practicing family therapists who need to revisit the basics Modalities

Included Bowen Family Systems Theory Contextual Family Therapy Cognitive Behavioral Family Therapy Models Rational Emotive Behavior Therapy Symbolic Experiential Family Therapy Satir Human Validation Process Model Milan Systemic Family Therapy Structural Family Therapy Strategic Family Therapy Solution Focused Brief Therapy with Families Narrative Therapy with Families Emotionally Focused Therapy Medical Family Therapy Family Psychoeducation Key Features Introduces the theory history theoretical assumptions techniques and components of each model Includes a template for using each model from the initial meeting through assessment intervention and termination Provides numerous interviews with master therapists Includes case study commentary and analysis by master therapists Suggests questions therapeutic strategies and or comments to consider for each therapeutic phase Includes a personality inventory to help readers select the most effective modality

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