

Using
REBT
with **Common**
Psychological
Problems

A Therapist's Casebook

Joseph VanKura, PhD
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Editors



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Using Rebt With Common Psychological Problems A Therapists Casebook

Windy Dryden



Using Rebt With Common Psychological Problems A Therapists Casebook:

Using REBT with Common Psychological Problems Joseph Yankura,1997 This practical guide leads the reader through case examples illustrating how practitioners can help their clients overcome common psychological problems by using REBT Topics include generalized anxiety disorder depression ADHD panic disorder anger and hostility and obsessive compulsive disorder Contributions by Albert Ellis Windy Dryden Ray DiGiuseppe Joe Yankura and others **CBT Case Formulation as Therapeutic Process** Giovanni Maria Ruggiero,Gabriele Caselli,Sandra Sassaroli,2021-04-09 This book reasserts the importance of case formulation as the first step in implementing effective cognitive behavioral therapies CBT centering it as the main operative tool of CBT approaches by which the therapist handles the whole psychotherapeutic process Chapters discuss specific CBT interventions and components of the treatment aspecific factors including therapeutic alliance and relationship and theoretical and historical background of CBT practices In addition the book assumes that in CBTs the case formulation is a procedure which is continuously shared and reevaluated between patient and therapist throughout the course of treatment This aspect is increasingly becoming the distinguishing feature of CBT approaches as it embodies CBT s basic tenets and implies full confidence in patients conscious agreement transparent cooperation and explicit commitment with CBT s model of clinical change Counseling Theory Richard D. Parsons,Naijian Zhang,2014-01-16 Organized around the latest CACREP standards Counseling Theory Guiding Reflective Practice by Richard D Parsons and Naijian Zhang presents theory as an essential component to both counselor identity formation and professional practice Drawing on the contributions of current practitioners the text uses both classical and cutting edge theoretical models of change as lenses for processing client information and developing case conceptualizations and intervention plans Each chapter provides a snapshot of a particular theory approach and the major thinkers associated with each theory as well as case illustrations and guided practice exercises to help readers internalize the content presented and apply it to their own development as counselors **Counseling and Psychotherapy** David Capuzzi,Douglas R. Gross,2014-11-04 This student friendly and well designed introductory text provides a thorough overview of 14 widely used theories Experts examine each theory from the perspective of its historical background major constructs goals cross cultural considerations and limitations Traditional and brief interventions integrate theory with specific counseling strategies giving students further insight into the counseling process and guidance in developing their personal counseling style A consistent case study across chapters reinforces the differences between theories and illustrates assessment of client concerns and treatment planning Introductory chapters explore core dimensions and brief approaches to the helping relationship and how to best deliver counseling and advocacy services to diverse client groups A complimentary test manual and PowerPoints for instructors use are available by request on university letterhead Requests for digital versions from the ACA can be found on wiley com To request print copies please visit the ACA website here http://isgweb.counseling.org/ISGweb/Purchase/ProductDetail.aspx?Product_code=78118

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Fundamentals of Abnormal Psychology Ronald J. Comer, 2011 Ronald J. Comer clearly integrates theoretical models, research findings, clinical experiences, therapies, and controversies within the context of social and cultural influences in this study of abnormal psychology. *Special Applications of REBT* Joseph Yankura, Windy Dryden, 1997 **Systems of**

Psychotherapy James O. Prochaska, John C. Norcross, 1998-08 *Abnormal Psychology* Ronald J. Comer, 2010-07-27

Taking a look at the field of abnormal psychology including major theoretical models of abnormality, research directions, clinical experiences, therapies, and controversies, this book covers personality disorders, the psychodynamic perspective, neuroscience, the empirically based treatment movement, and more. *Counseling and Psychotherapy* Douglas R. Gross, 2003

This is the ideal book for readers who are just beginning their study of counseling and psychotherapy. From it, they will secure a solid foundation in the major theories of counseling and psychotherapy from twenty-three authors who are experienced in the theory they discuss. Because each theory is presented using a standard format and bolstered by a running case study, readers will also come away from this text with the cross-theory comparisons they need to decide on their own course of specialized study and determine a personal perspective on counseling. Coverage includes Eastern theories, feminist theories, body-centered, and Rational Emotive Behavioral Theory. For anyone interested in pursuing a career in counseling and psychotherapy. *Subject Guide to Books in Print*, 1991 *Applied Law in the Behavioral Health Professions* Andrew B.

Israel, 2002 Making effective decisions in the behavioral health professions requires an understanding of essential legal principles governing practice. The technical manner in which these principles are often presented in law treatises makes it difficult for the decision maker to prioritize and apply them in a practical manner. *Applied Law in the Behavioral Health Professions* addresses this significant problem by presenting social workers, counselors, psychologists, and students with an understandable and efficient strategy for applying the law in daily practice. Through the book's multidisciplinary approach, practitioners are assured of making informed, thorough, and sensitive professional choices. The decision-making framework introduced stresses a ranked consideration of fundamental legal, ethical, cultural, and regional factors that influence practice. The usefulness of the framework in addressing diversity issues in behavioral health is highlighted using examples focusing on the Hispanic and Native American populations of New Mexico and the southwestern United States. **American Book Publishing Record**, 1997-09 *The Cumulative Book Index*, 1998 A world list of books in the English language.

Theories of Counseling and Psychotherapy Nancy L. Murdock, 2004 Based on a deeply held belief that theory does matter in effective helper-client interactions, this text examines with clarity and wit fourteen theories of counseling and psychotherapy. At the beginning of each chapter, readers meet a new client through a case example. The author then presents the theory's basic philosophical assumptions, its beliefs about what motivates human behavior, its central constructs, its picture of how humans develop, its ideas about what constitutes mental health and dysfunction, its perspective on how our

relationships with those around us impact our functioning and its view of how our behavior thoughts and emotion impact our functioning Throughout each chapter the author immediately illustrates the application of a construct or process by showing how it relates to the client case described at the beginning of the chapter demonstrating the translation of each theory into practice

BOOK JACKET Rational Emotive Behavior Therapy Albert Ellis, 2010-03-19 Albert Ellis the renowned creator of one of the most successful forms of psychotherapy Rational Emotive Behavior Therapy REBT offers this candid self assessment which reveals how he overcame his own mental and physical problems using the techniques of REBT Part memoir and part self help guide this very personal story traces the private struggles that Ellis faced from early childhood to well into his adult life Whether you are already familiar with Ellis s many best selling psychology books or are discovering his work for the first time you will gain many insights into how to deal with your problems by seeing how Ellis learned to cope with his own serious challenges In his early life Ellis was faced with a major physical disability chronic nephritis which plagued him from age five to nine and led to hospitalization This experience then caused the emotional reaction of separation anxiety At this time he also suffered from severe migraine like headaches which persisted into his forties Later in life he realized that some of his emotional upset was the result of initially taking parental neglect too seriously Active and energetic by nature he gradually learned that the best way to cope with any problem physical or emotional was to stop catastrophizing and to do something to correct it As Ellis points out in all of his work when faced with adversity we must realize that we have a real choice either to think rationally about the problem or to react irrationally The first choice leads to healthy consequences normal emotions such as sorrow regret frustration or annoyance which are justifiable reactions to troubling situations The second choice leads to the unhealthy consequences of anxiety depression rage and low self esteem When we recognize irrational beliefs as such we must then use our reason to dispute their validity Ellis goes on to describe how these techniques helped him to cope with many other adult emotional problems including failure in love affairs shame anger distress over his parents divorce stress from others reactions to his atheistic convictions and upset due to his attitudes about academic and professional setbacks Honest and unflinching yet always positive and forward looking Ellis demonstrates how to gain and grow from trying experiences through rational thinking

The ABCs of REBT Revisited Windy Dryden, 2012-11-09 The cornerstone of Rational Emotive Behavior Therapy is its ABC framework which helps therapists make sense of clients problems As it turns out however this model is often misunderstood by both clients and professionals Research investigation on this misunderstanding forms the basis of this book It addresses the doubts reservations and objections clients had to the ABC framework in a research study of an REBT based program in a psychiatric hospital Additionally errors and confusions on the part of those writing about the therapy is reviewed Further study was made on the accuracy of REBT therapists themselves in teaching this therapy to students Also included is an analysis of how Albert Ellis himself has explicated the ABC s This book is the first to systematically study how different groups conceptualise the ABCs of

REBT and the errors that are commonly made in interpreting and putting them into practice It will be of value to students and practitioners of REBT and those teaching REBT in academic settings

REBT with Diverse Client Problems and Populations Windy Dryden, Michael E. Bernard, 2019-02-26 This practice focused resource demonstrates effective uses of Rational Emotive Behavior Therapy methods and techniques in treating clients across various conditions settings and subgroups Client problems featured include both those often associated with REBT e.g anxiety depression anger and others noted for complex presentations difficulties with engagement and impasses e.g addictions suicidality psychosis Challenging treatment populations are covered as well including women couples families elder and pediatric clients clients with disabilities and sexual minorities These stimulating cases show how well the diversity of clients and their concerns is matched by the flexibility of techniques and applications within REBT In each chapter expert therapists Identify concepts in REBT especially suited to approaching the problem or population Outline best REBT practices in assessment and treatment of the client s Survey evidence based non REBT approaches most useful in complementing REBT Provide a brief case example representing appropriate REBT in action Assess their use of REBT in treating the problem or members of the population A bedrock text for REBT scholar practitioners REBT with Diverse Populations and Problems is a testimony to the continuing usefulness of the therapy and its adaptability as client populations emerge and as the contexts of client problems evolve in response to a demanding world

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

Working with Resistance in Rational Emotive Behaviour Therapy Windy Dryden, Michael Neenan, 2012-03-12 Productive therapeutic change is facilitated when the therapist and client have a good therapeutic relationship share views on salient therapeutic matters agree on goals

to enhance client well being and understand what they each have to do to achieve the goals of therapy In this book Windy Dryden and Michael Neenan address the difficulties that both client and therapist bring to rational emotive behaviour therapy REBT when either party is resistant to change Divided into two parts Client Resistance and Therapist Resistance Working with Resistance in Rational Emotive Behaviour Therapy tackles the challenges experienced by both client and clinician when using REBT Addressing issues of resistance enables both the client and practitioner to move beyond problems in the consulting room and build a more productive relationship resulting in more effective sessions and assisting in the resolution of underlying problems for which the client has sought help Working with Resistance in Rational Emotive Behaviour Therapy is essential reading for any practitioner hoping to use REBT more effectively in their day to day practice

Fundamentals of Rational Emotive Behaviour Therapy Windy Dryden, Rhena Branch, 2008-07-31 A complete introduction to REBT an approach to CBT which argues that at the core of emotional disturbance lies a set of irrational beliefs that people hold about themselves and others Essential for counsellors who are beginning to use REBT with clients recreates the feel of a training course and alerts trainees to difficulties they may experience when using REBT in practice Covers all the basic theoretical and practical information that trainees need to begin using REBT with special attention paid to disputing irrational beliefs and helping clients set goals Windy Dryden is the world s best known and most prolific name in REBT after its founder the late Albert Ellis and there is no direct competition to this unique handbook

Enjoying the Tune of Term: An Emotional Symphony within **Using Rebt With Common Psychological Problems A Therapists Casebook**

In a world eaten by screens and the ceaseless chatter of instantaneous interaction, the melodic splendor and psychological symphony developed by the written word usually fade into the background, eclipsed by the persistent sound and interruptions that permeate our lives. But, nestled within the pages of **Using Rebt With Common Psychological Problems A Therapists Casebook** a charming fictional prize filled with organic thoughts, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, this interesting masterpiece conducts readers on an emotional journey, well unraveling the hidden songs and profound affect resonating within each carefully crafted phrase. Within the depths of this poignant examination, we can examine the book is main harmonies, analyze their enthralling writing model, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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