

ALBERT ELLIS

_____ Passionate Skeptic

DANIEL N. WIENER

Albert Ellis Passionate Skeptic



Albert Ellis

Albert Ellis Passionate Skeptic:

Albert Ellis Daniel N. Wiener, 1988-02-23 A psychotherapist and long time acquaintance of Albert Ellis presents a biography of one of the leading contributors to the theory and practice of modern psychotherapy Ellis a prodigious writer has been a center of controversy for his writings on sex and for his development and advocacy of rational emotive therapy Wiener provides good insights into how ideas are shaped by a scientist's personal characteristics Choice The volume is fascinating Ellis is and has been outspoken and intellectually stimulating to listeners on his favorite topic how to live well Psychological Reports This fascinating study portrays Ellis as a living model of his own therapy The author details how Albert Ellis arrived his theories through his need to find a way of handling his own psychologically neglected childhood and adolescence Drawing upon the recollections of Ellis brother childhood friends Ellis himself his associates and companions former students and patients and Ellis autobiographical notes and correspondence Wiener presents an account of the man who during the mid fifties revolutionized psychotherapy with a more direct active style of treatment Ellis maintained that a person gains nothing by considering and treating himself as if he had been victimized Rather the person needs immediately to start changing himself by adopting a different more objective attitude toward his problem This alternative to psychoanalysis is termed RET or Rational Emotive Therapy and is a direct forerunner of the behavioral cognitive therapy approach **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 with 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 *Rational Emotive Behaviour Therapy Integrated*

Anjali Joshi, K. M. Phadke, 2018-02-12 A comprehensive presentation of Rational Emotive Behavioural Therapy REBT one of the most significant cognitive behavioural approaches to counselling and psychotherapy **Better, Deeper And More**

Enduring Brief Therapy Albert Ellis, 2013-06-17 In Better Deeper and More Enduring Brief Therapy Albert Ellis the founder of Rational Emotive Behavior Therapy describes how REBT can help clients significantly improve in a short period of time and effect a profound philosophical emotional behavioral change more often than can be achieved with other popular forms of therapy In a comprehensive accessible format Dr Ellis offers his theories practices verbatim sessions and other materials that help describe how REBT can be a valuable asset in psychotherapeutic treatment [The Psychological and Social Impact of](#)

[Disability](#) Robert P. Marinelli, 1999 Marinelli and Dell Orto continue the premise of their earlier editions of this widely

adopted text and present a realistic perspective on disability Carefully selected articles and personal narratives capture the unique aspects of the psychological and social effects of disability Formatted to include thought provoking study questions and disability awareness exercises this text is recommended for students in rehabilitation counseling and physical therapy education programs as well as professionals in rehabilitation psychology and social work *The Hidden Genius of Emotion* Carol Magai, Jeannette Haviland-Jones, 2002-09-26 This thoughtful and beautifully written book demonstrates compellingly that emotions are central to personality development across the lifespan Carol Magai and Jeannette Haviland Jones draw on a wealth of textual and film material to forge an original empirical and theoretical analysis of the dynamics of emotion in human development For its content the work examines the lives of three mid century psychologists Carl Rogers Albert Ellis and Fritz Perls Each man adopted a unique stance on the question of emotion in personality and in therapeutic interventions and tellingly the therapeutic methods they developed necessarily reflected their own emotional dynamics Drawing on the most important research in clinical social and personality psychology the authors reveal the pervasive influence of emotional organization in the lives of these individuals Having presented a new approach to personology autobiography autobiography narrative studies psychotherapy and the theory of emotions on its publication in 2002 this book is essential reading

Atheist Personality Disorder John J. Pasquini, 2009-06 Fr Pasquini s work puts to death the intellectual hopes for atheism and brings to light the mental disorder behind the atheist mindset With the advances in molecular biology cosmic mathematics and the psychology of atheism atheism has lost its intellectual validity being more the product of a psychological disorder whose origins are found in childhood development *The Psychological and Social Impact of Illness and Disability* Arthur E. Dell Orto, Paul W. Power, 2007-04-02 The newest edition of *The Psychological and Social Impact of Illness and Disability* continues the tradition of presenting a realistic perspective on life with disabilities and then improves upon its predecessors with the inclusion of illness as a major influence on client care needs Articles included represent the best of developing concepts theory research and intervention approaches Classic articles kept from previous editions round out a diversity of viewpoints that will enrich student understanding of what is important in beginning rehabilitation practice Further broadening the scope of this edition is the inclusion of personal perspectives and stories from those living with illness or disabilities These stories offer a glimpse into what it is like to cope day to day with these issues and direct examples of how effective current care models and rehabilitation theories can be Relevant expert articles plus insightful narratives combine to offer a bridge between theory and reality and guide students and professionals in rehabilitation practice closer to their goal of enhancing the quality of life for all individuals **Albert Ellis** Joseph Yankura, Windy Dryden, 1994-11-11 Albert Ellis founded and has spent a lifetime practising and teaching rational emotive behaviour therapy REBT previously RET is important not only in its own terms as an effective therapeutic approach to emotional disturbance but also as the precursor of the cognitive behavioural therapy movement which now exerts such an influence on the mental health field Joseph

Yankura and Windy Dryden present a lucid overview of the life and contributions of Albert Ellis Using excerpts from Ellis s own writings to clarify the discussion they look in particular at the famous ABC analysis which enables people to understand and deal with their problems the key concepts of ego disturbance and discomfort disturbance and Ellis s view **Make Love, Not War** David Allyn,2016-05-23 When Helen Gurley Brown s Sex and the Single Girl hit bookstores in 1962 the sexual revolution was launched and there was no turning back Soon came the pill the end of censorship the advent of feminism and the rise of commercial pornography Our daily lives changed in an unprecedented time of sexual openness and experimentation Make Love Not War is the first serious treatment of the complicated events ideas and personalities that drove the sexual revolution forward Based on first hand accounts diaries interviews and period research it traces changes in private lives and public discourse from the fearful fifties to the first tremors of rebellion in the early sixties to the heady heyday of the revolution Bringing a fresh perspective to the turbulence of these decades David Allyn argues that the sexual revolutionaries of the 60s and 70s by telling the truth about their own histories and desires forced all Americans to re examine the very meaning of freedom Written with a historian s attention to nuance and a novelist s narrative drive Make Love Not War is a provocative vivid and thoughtful account of one of the most captivating episodes in American history Also includes an 8 page insert **Female Circumcision and Clitoridectomy in the United States** Sarah B. Rodriguez,2014 In Female Circumcision and Clitoridectomy in the United States Sarah Rodriguez presents an engaging and surprising history of surgeries on the clitoris revealing how medical views of the female body and female sexuality have changed and in some cases not changed throughout the last century and a half The Essential Albert Ellis Albert Ellis,1990 Essays van de grondlegger van de rationeel emotieve therapie voorzien van korte inleidingen The Psychological and Social Impact of Illness and Disability Mark A. Stebnicki,Irmo Marini,2012-02-24 This edition adds an important international perspective on illness and disability The personal narratives help bring the real world of people who are suffering to the forefront of the scientific discourse Doody s Medical Reviews Now in its sixth edition this best selling textbook continues to be the most comprehensive and diverse text available on the psychosocial aspects of disability It examines current thought and treatment approaches to working with individuals with disabilities through the contributions of expert thinkers and practitioners in the disability field Abundant and insightful narratives by disabled individuals offer a bridge between theory and practice for students in rehabilitation psychology and counseling courses In addition to completely updated and reorganized material this edition contains insightful new section introductions empirically based research articles and the contributions of international researchers presenting a more global and richer perspective on the psychosocial aspects of disability and illness It also contains an increased focus on the negative impact of societal attitudes and treatment of disabled individuals on their psychological adjustment to disability The addition of objectives at the beginning of each chapter and review questions and personal perspectives at the end of each chapter further facilitate in depth learning Key Features Presents the

most comprehensive and diverse coverage of psychosocial aspects of disability topics of any textbook available Examines contemporary thinking and treatment approaches in working with individuals with disabilities Provides a bridge between theory and practice through the narratives of individuals with disabilities Establishes a historical understanding of societal attitudes toward disability and treatment past and present of persons with disabilities Analyzes barriers to enabling persons with disabilities and improving social consciousness and quality of life for this population Facilitates course planning through inclusion of objectives and review questions personal perspectives in each chapter An Introduction To Counselling McLeod, John,2013-08-01 This bestseller provides a comprehensive introduction to the theory and practice of counselling and psychotherapy How to Control Your Anxiety Albert Ellis,2019-01-10 From social anxiety to phobias to post traumatic stress disorder sources of anxiety in daily life are numerous and can have a powerful impact on your future By following the rules of Rational Emotive Behavior Therapy REBT created by world renowned therapist Dr Albert Ellis you can stop anxiety in its tracks if you will admit this important fact Things and people do not make you anxious You do Your unrealistic expectations produce your needless anxiety Yet not all anxiety is needless Healthy anxiety can ward off dangers and make you aware of negative things that you can change Unhealthy anxiety inhibits you from enjoying everyday activities and relationships causes you to perform poorly and blocks your creativity Using the easy to master proven precepts of REBT this classic book not only helps you distinguish between healthy and unhealthy anxiety but teaches you how to Understand and dispute the irrational beliefs that make you anxious Use a variety of exercises including rational coping self statements reframing problem solving methods and Unconditional Self Acceptance USA to control your anxiety Apply over 200 maxims to control your anxious thinking as well as your bodily reactions to anxiety and much more including examples from dozens of cases Dr Ellis treated successfully Now you can overcome the crippling effects of anxiety and increase your prospects for success pleasure and happiness at home and in the workplace **How to Control Your Anger** Albert Ellis,Raymond Chip Tafrate,2019-01-10 Anger is universal Unchecked it can cause lasting damage in our lives wrecked relationships lost jobs even serious disease Yet in these increasingly stressful times all of us have acted in anger and often wished we hadn t Is there a way that really works to solve problems and assert ourselves without being angry The answer is a resounding yes if you follow the breakthrough steps of Rational Emotive Behavior Therapy REBT This proven approach developed by world renowned psychotherapist Dr Albert Ellis has withstood the test of time helping countless people deal effectively with emotional problems Using easy to master instructions and exercises this classic book will show you how to apply REBT techniques to understand the roots and nature of your anger and take control of and reduce angry reactions Here you will discover The rational and irrational aspects of anger Special insights into your self angering beliefs How to think feel and act your way out of anger How to relax How to accept yourself with your anger and much more that will help you challenge and eliminate the anger that can frustrate success and happiness at home at work anywhere **Rational Emotive Behaviour**

Therapy Windy Dryden,1995-02-01 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

L'autoterapia razionale emotiva. Come pensare in modo psicologicamente efficace Albert Ellis,2015-07-23 Come possibile affrontare lo stress il disagio psicologico l'ansia e la rabbia Come si possono risolvere i pi comuni problemi emotivi e comportamentali La Terapia Razionale Emotiva Comportamentale REBT una teoria e una prassi psicoterapeutica che negli ultimi decenni ha avuto un notevole influsso sulla psicologia clinica La REBT ha alla base principi semplici straordinariamente efficaci e facilmente trasmissibili Il presupposto da cui parte Albert Ellis uno dei pi autorevoli psicoterapeuti del Novecento che se noi riusciamo a pensare in modo razionale cio funzionale al nostro benessere la forza traumatica di qualunque evento si svuota del suo potenziale ansiogeno Varie forme di disagio psicologico ed emotivo infatti non vengono determinate dalle caratteristiche dell'evento attivante in s ma dai pensieri spesso distorti e irrazionali per mezzo dei quali lo interpretiamo e gli assegniamo un significato esageratamente ostacolante Il volume offre una serie di esercizi pratici e semplici da eseguire oltre a numerosi consigli per liberarsi dal panico e dall'ansia eccessiva superare i problemi emotivi essere consapevoli dei propri sentimenti cambiare convinzioni e comportamenti irrazionali *Faith of the Fatherless* Paul C. Vitz,2013-09-10 In this updated expanded edition starting with Freud's projection theory of religion that belief in God is merely a product of man's desire for security Professor Vitz argues that psychoanalysis actually provides a more satisfying explanation for atheism Disappointment in one's earthly father whether through death absence or mistreatment frequently leads to a rejection of God A biographical survey of influential atheists of the past four centuries shows that this defective father hypothesis provides a consistent explanation of the intense atheism of these thinkers A survey of the leading defenders of Christianity over the same period confirms the hypothesis finding few defective fathers Vitz concludes with an intriguing comparison of male and female atheists and a consideration of other psychological factors that can contribute to atheism Professor Vitz does not argue that atheism is psychologically determined Each man whatever his experiences ultimately chooses to accept God or reject him Yet the cavalier attribution of religious faith to irrational psychological needs is so prevalent that an exposition of the psychological factors predisposing one to atheism is necessary

Cum să-ți controlezi furia înainte de a te controla ea pe tine Albert Ellis,Raymond Chip Tafrate,2017-05-23 Cnd explodezi de furie gesturile necugetate pot avea consecin e pe care s le regre i o via ntreg ajungi s i strici rela iile cu cei mai buni prieteni i periclitezi situa ia de la serviciu sau chiar te mboln ve ti grav Reac ia pasiv de tipul Rbd i ntoarce i cel lalt

obraz dar i exprimarea brut a furiei prin lovirea unor perne de exemplu sunt ambele solu ii la fel de nes n toase Dar cum altfel s faci fa stresului i nedrept ilor i cum s i aperi punctul de vedere f r s pari agresiv Influential terapeut american Albert Ellis te ajut s i n elegi mai bine credin ele care i provoac furia s i exprimi n moduri asertive dar neviolente opiniile n fa a celor care te au m niat dar i s aplici metode de relaxare i de control cognitiv comportamental al reac iilor afective exacerbate i al g ndurilor ira ionale disfunc ionale Miza c r ii nu const n a i reprima sau ascunde furia ci n a o accepta i a o modula n forme s n toase care te pot ajuta s fii mai asertiv i mai echilibrat

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