



# Albert Ellis

**Joseph Yankura, Windy Dryden**



## **Albert Ellis:**

**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 **The Albert Ellis**

**Reader** Albert Ellis, Shawn Blau, 1998 A collection of 30 of the most popular and controversial articles by Albert Ellis founder of Rational Emotive Behavior Therapy Each piece is updated by Dr Ellis especially for this volume Topics include sex love marriage anger rational living and more **How To Stubbornly Refuse To Make Yourself Miserable About**

**Anything-yes, Anything!**, Albert Ellis, 2012-07-11 No other individual not even Freud himself has had a greater impact on modern psychotherapy Psychology Today All of us worry about something big or small every day But much of the emotional misery we feel is an overreaction and can be significantly reduced using the techniques in this book World renowned therapist Dr Albert Ellis who created Rational Emotive Behavior Therapy REBT believed that anger anxiety and depression are not only unnecessary they're unethical because when we allow ourselves to become emotionally upset we're being unfair and unjust to ourselves Thinking negative thoughts is a choice we can refuse to make Applying the proven time tested principles of REBT is a simple logical way to find true mental health and happiness REBT acknowledges the power of emotions but it also helps us understand which feelings are healthy and which are not This classic book teaches you how to Retrain your brain to focus on the positive and face obstacles without unnecessary despair Control your emotional destiny Refuse to upset yourself about upsetting yourself Solve practical problems as well as emotional problems Conquer the tyranny of should and much more Get the tools you need to take back your life and your happiness If you can refuse to make yourself miserable you're that much closer to making yourself happy every day Shows how to avoid the traps of self harm and find mental health Publishers Weekly *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

**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

*The Evolution Of Psychotherapy* Jeffrey K. Zeig,2019-04-01 A collection of papers from the third Evolution of Psychotherapy Conference The Evolution Conferences are organized by The Milton H Erickson Foundation The Erickson Foundation is a nonprofit educational organization First published in 1997 Routledge is an imprint of Taylor Francis an informa company

**A Dialogue with Albert Ellis** Albert Ellis,Windy Dryden,1991-01 Ellis is now well established and well known as a pioneering sex therapist and writer about sex a pioneering cognitive behavioral therapist and the founder of rational emotive therapy This volume takes the form of an in depth discussion with Ellis to give an overview of his perspectives on and approaches to a range of clinical theoretical professional and personal issues Distributed by Taylor and Francis Annotation copyrighted by Book News Inc Portland OR

**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

**Evolution of a Revolution** Albert Ellis,James McMahon,2010 Evolving in stages the work of Albert Ellis moved from a focus on sexual liberty to the broader issues involved in living with neurotic people He eclipsed Freud in quoted popularity among therapists as his thinking evolved into constructivism while maintaining the basic theoretical constructs of rational emotive behavioral theory Without question Ellis led the way from the psychoanalytic model to an approach in which results were subject to meaningful measurement Ellis championed the idea that there was seldom a thought without a feeling and seldom a feeling without a thought He argued for the cognitive revolution and neuroscience in psychology and psychotherapy as early as 1955 Ellis s books and lectures endeared him not only to the mental health community nationally and internationally but to people from all walks of life first among his fellow New Yorkers then ultimately as a world class self help expert recognized and admired globally He has been called not only the father of Rational Emotive Behavior Therapy REBT but also the grandfather of Cognitive Behavior Therapy CBT The chapters in **Evolution of a Revolution** edited by James McMahon and Ann Vernon were selected to cover approximately fifty years in the life and work of Albert Ellis to illustrate the monumental contributions he made to improving the human condition Book jacket

**Albert Ellis Live!** ,2003 Ellis demonstrates the processes of his Rational Emotive Behavior Therapy through transcripts of five of his therapy sessions The transcripts are presented twice once simply by themselves and once accompanied by commentary by Dryden psychotherapeutic studies Goldsmiths College wherein he describes the processes and principles at work

Rationality and the Pursuit of Happiness Michael E. Bernard,2010-10-26 This book reveals how the principles of rational living identified by Albert Ellis one of the world s most influential and popular psychologists can be used by anyone to achieve lifelong happiness Reveals the 11 principles of rational living that when put into practice can consistently increase levels of personal happiness Includes selected excerpts from Ellis writings revealing the difference between the psychological architectures of emotional unhappiness and human happiness Presents verbatim transcripts of private counseling sessions as well as public lectures and demonstrations with people addressing a wide range of personal issues Offers insights into how rationality can be used by anyone to reduce the intensity of negative emotions to increase the frequency of positive emotions and to promote life satisfaction

**Rational Emotive Behaviour Therapy Integrated** Anjali Joshi,K.M. Phadke,2024-12-30 This book offers a comprehensive overview of rational emotive behaviour therapy REBT a significant cognitive behavioural approach to counselling and psychotherapy originating from the pioneering work of Dr Albert Ellis Within its pages you will find a detailed exploration of REBT s historical evolution the framework of ABC activating event belief system and consequences its theoretical and philosophical foundations and its relationship with

various religions atheism and morality The therapeutic process and techniques are thoroughly covered along with the wide reaching applications in real world scenarios One of the book s highlights is the inclusion of multiple case studies focusing on psychological disturbances representing different categories of irrational beliefs Through these cases readers gain a deeper understanding of psychological disturbances and discover possible remedies Foundational principles such as unconditional self acceptance unconditional acceptance of others and unconditional acceptance of life are vividly explained empowering readers to grasp these concepts and their potential for personal growth Moreover this book serves as a comprehensive reference encompassing major contributions to REBT theory and research both from the past and recent developments The second edition of this book updated and revised presents the latest advancements in the field ensuring that readers are up to date with REBT knowledge It provides a valuable resource for those seeking to explore and understand the intricacies of REBT Whether you are a student practitioner or simply curious about the field of counselling and psychotherapy this book offers a wealth of knowledge and insights into the theory and practice of REBT and its transformative potential in promoting psychological well being and resilience In this latest edition readers discover new age topics like the application of REBT in sports and exercise REBT group therapy the role of low frustration tolerance in addiction and much more

*The Practice of Rational Emotive Behavior Therapy* Albert Ellis, Windy Dryden, 2007-07-31 Reissued with a new foreword by Raymond DiGiuseppe PhD ScD St John s University New trainees often get the theory of psychopathology they struggle to get the case conceptualization and the strategic plan Then they ask themselves What do I do now Going from the abstractions to the actions is not always clear The Practice of Rational Emotive Behavior Therapy represents a compilation of years of theoretical and clinical insights distilled into a specific theory of disturbance and therapy and deductions for specific clinical strategies and techniques The structure of this books focuses on an explication of the theory a chapter on basic practice and a chapter on an in depth case study A detailed chapter follows on the practice of individual psychotherapy Although the book is not broken into sections the next four chapters represent a real treasure The authors focus on using REBT in couples family group and marathons sessions Doing REBT with one person is difficult to learn Once the clinician adds more people to the room with different and sometimes competing agendas things get more complicated These chapters will not only help the novice clinician but also the experienced REBT therapists work better in these types of sessions So consider yourself lucky for having picked up this book Reading it will help many people get better 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 This edition involving a unique collaboration between Albert Ellis and the world s greatest Ellis scholar Windy Dryden modernizes Ellis s pioneering theories The book begins with an explanation of rational emotive behavior therapy as a general treatment model and then addresses different treatment modalities including individual couple family and sex therapy The authors have added material new since the book s original edition on teaching the principles of unconditional

self acceptance in a structured group setting With extensive use of actual case examples to illustrate each of the different settings and a new brand new foreword by Raymond DiGiuseppe that sets the book into its 21st century context     **A**

**Practitioner's Guide to Rational-Emotive Behavior Therapy** Raymond A. DiGiuseppe, Raymond DiGiuseppe, Kristene A. Doyle, Windy Dryden, Wouter Backx, 2013-08-15 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     **Understanding the**

**Entrepreneurial Mind** Alan L. Carsrud, Malin Brännback, 2009-07-30 Interest in the functioning of the human mind can certainly be traced to Plato and Aristotle who often dealt with issues of perceptions and motivations While the Greeks may have contemplated the human condition the modern study of the human mind can be traced back to Sigmund Freud 1900 and the psychoanalytic movement He began the exploration of both conscious and unconscious factors that propelled humans to engage in a variety of behaviors While Freud's focus may have been on repressed sexuality our focus in this volume lies elsewhere We are concerned herein with the expression of the cognitions motivations passions intentions perceptions and emotions associated with entrepreneurial behaviors We are attempting in this volume to expand on the work of why entrepreneurs think differently from other people Baron 1998 2004 During the decade of the 1990s the field of entrepreneurship research seemingly abandoned the study of the entrepreneur This was the result of earlier research not being able to demonstrate some unique entrepreneurial personality trait or characteristic Brockhaus and Horwitz 1986 It was both a naive and simplistic search for the holy grail of what made entrepreneurs the way they are However many of the researchers in this volume have never gave up the belief that a better understanding of the mind of the entrepreneur would give us a better understanding of the processes that lead to the creation of new ventures     **Four Approaches to**

**Counselling and Psychotherapy** Windy Dryden, Jill Mytton, 2016-07-01 Four Approaches to Counselling and Psychotherapy

provides an essential introduction to and overview of the main models of psychotherapy and counselling With a new preface from Windy Dryden this Classic Edition traces the development of counselling and psychotherapy and examines the relationship between the two The authors consider the four main models psychodynamic humanistic integrative and cognitive behavioural before focusing on the most popular approach for each including person centred rational emotive behavioural and multimodal Each approach is clearly examined in terms of its historical context and development its main theoretical concepts and its aims Written clearly and concisely the book will have international appeal as an ideal introductory text for all those embarking on psychotherapy and counselling courses It will also prove invaluable to students requiring a clear introduction to the subject

**Rationality and the Pursuit of Happiness** Michael E. Bernard, 2010-11-15 RATIONALITY AND THE PURSUIT OF HAPPINESS This book is a labor of love Michael Bernard has painstakingly transcribed a number of Albert Ellis's therapy and demonstration sessions as well as a selection of his lectures and has used this material to excellent effect to make Dr Ellis's views on psychological health and happiness come alive A gem of a book on a gem of a man by a gem of an author Professor Windy Dryden Goldsmiths University of London UK Michael Bernard's book reveals the importance of rationality as a positive faculty of mind that enables people to strengthen their resilience and self efficacy in order to not only cope with the inevitable challenges demands and changes characteristic of our post modern age but in addition through the application of different principles of rational living identified by legendary psychologist Albert Ellis to live fulfilled and meaningful professional and personal lives I confidently commend this book Professor Field Rickards Dean Graduate School of Education University of Melbourne Australia Albert Ellis one of the world's most influential psychologists founded Rational Emotive Behavior Therapy REBT in the 1950s Over the years this pioneering form of cognitive behavior therapy has advanced the emotional well being of hundreds of thousands of people around the world Yet while Ellis's innovative approaches for helping people with emotional difficulties are well known his views on the pursuit of personal happiness which have also influenced generations of people both with and without such problems are far more elusive Ellis's powerful arguments in favor of the rational pursuit of happiness are set out for the very first time in this book Rationality and the Pursuit of Happiness presents Ellis's views on how the principles of rational living can be used by anyone to achieve lifelong happiness Transcripts of private counseling sessions and public forums reveal the great power of rationality and the self defeating nature of irrationality Drawing on 50 years of Ellis's writing Michael Bernard shows how the emotional misery that arises from irrational thinking of the human psyche can obstruct our innate potential for self actualization and happiness In doing so he firmly establishes Ellis as a pioneer of positive psychology and a human being whose superior intellect and years of public education and psychotherapy experience offer genuine insights into the eternal question of what makes for a happy life

**Marriage and Family Therapy** Linda Metcalf, 2023-12-23 Learn how to take different models of therapy from theory to real world practice Delivering proven therapeutic strategies that can be used immediately by students of marital and



family therapy this text brings 15 modern and postmodern therapy models to life through guiding templates and interviews with master therapists The text progresses step by step through marriage and family essentials describing in detail the systemic mindset and basic terminology used by the marriage and family therapist Interviews with such master therapists as Albert Ellis David V Keith and Mariana Martinez who each provide commentary on a single case study give readers the opportunity to observe different models in action clarifying theory and practice simultaneously Instructive templates for each model illuminate the nuts and bolts of the therapy process and help instructors bring content to life so students can visualize and practice the process The updated third edition presents new interviews with master therapists a new case study that reflects the modern day client and a section on social justice in each chapter Also featured in the third edition are links to valuable new websites recommended reading for in depth study of each model and an updated Instructor Manual Test Bank and Instructor Chapter PowerPoints Audio and Video content are also available for chapters focusing on therapy models to dive deeper into practical application interviews and role play New to the Third Edition New chapters on social justice teletherapy practices marriage and family therapy in times of crisis including COVID 19 and the advantages of an accredited program New interviews with master therapists who are evolving the systemic mindset including an updated case study that reflects the contemporary client A section on social justice for each therapy model Audio and video content with interviews discussions and role play to enhance learning Key Features Provides a guiding template for each model from assessment through termination Introduces the theory history theoretical assumptions techniques and components of each paradigm Delivers numerous interviews case study commentaries and analyses by prominent master therapists Provides theory and practice on supervision research ethics and self care of the therapist

**The Evolution Of Psychotherapy: The Second Conference** Jeffrey K. Zeig, 2014-05-12 Contains the highlights of a conference that brought together the foremost theoreticians and clinicians of virtually every type of psychotherapy The text includes the presentations discussions and debates of 23 seminal leaders

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

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