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Primer On

**A Primer**

**On**

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**Behavior**

**Therapy**

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**on rational**  
**emotive behavior**

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Rational Emotive  
Behavior  
Therapy: Tools,  
Techniques and

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~~Primer~~ What is  
~~Rational~~ Rational Emotive  
~~Emotive~~ Behavior Therapy  
~~Behavior~~ (REBT)? Albert

Ellis and Gloria  
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Animation **How to  
Do Rational**

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## **Rational Behavior Therapy (REBT) : Role Play**

*Rational Emotive  
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~~Introduction to  
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How Albert Ellis

Created Rational

Emotive Behavior

Therapy (REBT)

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*Laymen, Episode*

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Allowed DVD w/

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~~What Is Three~~

~~Minute~~

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~~Emotive Behavior  
Therapy (REBT)?~~

~~How to  
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1 Albert Ellis  
— On Guilt and  
Shame — RARE  
1960 recording  
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*Accepting  
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Rational Emotive  
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Ellis -- On  
Guilt and Shame  
-- RARE 1960  
recording (part  
3) **Albert  
Ellis's Rational  
Emotive Behavior**

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## **Therapy (REBT)**

---

Rational Emotive  
Behavior Therapy  
(REBT) Role-Play  
- Complicated  
Grief

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for Love, Albert  
Ellis *21 Ways to  
Stop Worrying by  
Dr Albert Ellis,  
1991* **Rational  
Emotive Behavior  
Therapy, Part**

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Debbie Joffe**

**Ellis** What is  
~~Rational Emotive~~  
~~Behavior Therapy~~  
(REBT)? Rational  
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~~Behavioural~~  
~~Therapy~~ REBT  
~~Albert Ellis~~ **How**  
**REBT can change**  
**emotion** *Rational*  
*Emotive Behavior*

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on Rational

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They discuss  
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ABC framework,  
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musts that  
interfere with  
rational  
thinking and  
behavior, two  
basic biological

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tendencies, two  
fundamental  
human  
disturbances,  
and the theory  
of change in  
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## Therapy

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The book begins  
with an  
explanation of  
rational emotive  
behavior therapy

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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

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book's original  
edition on  
teaching the  
principles of  
unconditional  
self-acceptance  
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concise and  
systematic guide  
to the basics of

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Rational Emotive  
Behavior Therapy  
(REBT). The  
authors discuss  
rational versus  
irrational  
thinking, the  
ABC framework,  
the three basic  
"musts" that  
interfere with  
rational  
thinking and  
behavior, two

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basic biological  
tendencies, two  
fundamental  
human

disturbances,  
and the theory  
of change in  
REBT. A detailed  
case example,  
including  
verbatim  
dialogue between  
therapist and  
client,

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illustrates a  
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overview of the  
central  
principles of  
Rational Emotive  
Therapy (RET).



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The book  
discusses  
rational versus  
irrational  
thinking, the  
ABC framework,  
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basic human  
biological

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tendencies, and  
the theory of  
change in RET. A  
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includes  
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therapist and  
client  
illustrates the  
13-step RET  
process. An  
appendix by

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Albert Ellis  
examines the  
special features  
of RET that set  
it apart from  
other therapies.

Extensively  
updated to  
include clinical  
findings over  
the last two  
decades, this  
third edition of

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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

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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

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seasoned  
professionals,  
this practical  
treatment manual  
and guide  
introduces the  
basic principles  
of rational-  
emotive behavior  
therapy,  
explains general  
therapeutic  
strategies, and  
offers many

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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

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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



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therapeutic  
alliance and the  
use of  
cognitive,  
emotive,  
evocative,  
imaginal, and  
behavioral  
interventions  
serves as the  
unifying theme  
of the approach.  
Intervention  
models are

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presented for  
the treatment of  
anxiety,  
depression,  
trauma, anger,  
personality  
disorders, and  
addictions.

Psychologists,  
clinical social  
workers, mental  
health  
counselors, psyc  
hotherapists,

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and students and  
trainees in  
these areas will  
find this book  
useful in  
learning to  
apply rational-  
emotive behavior  
therapy in  
practice.

This  
straightforward  
guide introduces

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the newcomer to  
the core  
theoretical  
principles and  
therapeutic  
strategies of  
Rational Emotive  
Behaviour  
Therapy (REBT).  
Starting with  
the ABC model of  
emotion  
popularized by  
Albert Ellis

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from the outset  
when he  
developed his  
approach to CBT,  
the guide then  
shows how REBT  
distinguishes  
between  
unhealthy and  
healthy negative  
emotions. From  
there it  
outlines the  
four irrational

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Rational  
Emotive  
Behavior  
Therapy

attitudes  
theorized to be  
at the core of  
emotional and  
behavioural  
disturbance.  
Finally, the  
newcomer to REBT  
will develop an  
appreciation for  
how REBT  
inoculates  
clients against  
future problems

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and teaches them  
to maintain and  
extend their  
treatment gains.

This Newcomer's  
Guide will be a  
useful  
contribution to  
counsellors and  
psychotherapists  
in training,  
either in  
Rational Emotive  
Behaviour

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Rational or  
another cognitiv  
e-behavioural  
approach.

## Therapy

With a new  
foreword by

Raymond

DiGiuseppe, PhD,

ScD, St. John's

University

"Albert Ellis

has written many

books on his



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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

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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

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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

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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

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Rational 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

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Rational,  
Albert Ellis  
Emotive  
Institute;  
Behavior  
Professor and  
Chair,  
Therapy  
Department of  
Psychology, St.  
John's  
University Now  
available in an  
affordable  
paperback, this  
edition takes a  
look at the

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underlying  
causes of  
resisting cognit  
ive-emotional-  
behavioral  
change and the  
methods used to  
overcome them.

Written in  
present-action  
language, Ellis  
gives an  
overview of the  
basic principles

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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



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originally  
published. The  
book also  
integrates  
recent therapies  
into REBT,  
including  
psychotherapy,  
solution-focused  
therapy, and  
recent findings  
of experimental  
psychology.

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This straightforward guide introduces the newcomer to the core theoretical principles and therapeutic strategies of Rational Emotive Behaviour Therapy (REBT). Starting with the ABC model of

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emotional  
popularized by  
Albert Ellis  
from the outset  
when he  
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approach to CBT,  
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between  
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healthy negative  
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another cognitiv  
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approach.

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for practicing  
therapists from  
the father of

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rational  
therapy. Modern  
cognitive-  
behavioral  
therapy has its  
roots in the  
rational  
approach created  
by Ellis in the  
1950s. Now known  
as Rational  
Emotive Behavior  
Therapy (REBT),  
Ellis s

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systematic  
integrative  
approach has  
grown and  
matured into a  
powerful  
mainstream  
psychotherapy.  
Hundreds of  
thousands of  
patients have  
benefited from  
the active  
interventions of



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therapists using REBT. Includes a thorough description of REBT theory and procedures, case examples, exercises. Major themes include:  
The Theory of Rational Emotive Behavior Therapy; The Practice of

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REBT; The Main  
Cognitive  
Techniques of  
REBT; The Main  
Emotive and  
Experiential  
Techniques of  
REBT; The Main  
Behavioral  
Techniques of  
REBT; The  
Integration of  
REBT with Other  
Psychotherapies;

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Summary and  
Conclusions."

Understanding  
Emotional  
Problems  
provides an  
accurate  
understanding of  
the REBT  
perspective on  
eight major  
emotional  
problems for

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which help is  
sought: anxiety,  
depression,  
shame, guilt,  
unhealthy anger,  
hurt, unhealthy  
jealousy, and  
unhealthy envy.  
Rather than  
discussing  
treatment  
methods, Windy  
Dryden  
encourages the

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reader to accurately understand these problems and suggests that a clear, correct understanding of each disorder will provide a firm foundation for effective treatment.

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