

Using  
**REBT**  
with **Common**  
**Psychological**  
**Problems**

A Therapist's Casebook

Joseph VanKura, PhD  
Windy Dryden, PhD  
Editors



Springer Publishing Company

# Using Rebt With Common Psychological Problems A Therapists Casebook

**James O. Prochaska, John C. . Norcross**

## **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 *Counseling and Psychotherapy* David Capuzzi,Mark D. Stauffer,2016-03-24 Featuring important theories and trends not covered in other foundational texts this book is designed to equip the next generation of counselors with the tools they need for understanding the core dimensions of the helping relationship Topical experts provide contemporary information and insight on the following theories psychoanalytic Jungian Adlerian existential person centered Gestalt cognitive behavior dialectical behavior rational emotive behavior reality therapy choice theory family feminist transpersonal and new to this edition solution focused and narrative therapies as well as creative approaches to counseling Each theory is discussed from the perspective of historical background human nature major constructs applications the change process traditional and brief intervention strategies cross cultural considerations and limitations The use of a consistent case study across chapters reinforces the differences between theories Requests for digital versions from the ACA can be found on wiley com To request print copies please visit the ACA website here Reproduction requests for material from books published by ACA should be directed to permissions counseling org

**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

**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

**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

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

**Subject Guide to Books in Print**, 1991

**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

**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

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 **Dealing with Emotional Problems Using Rational Emotive Behaviour Therapy (REBT)** Windy Dryden, 2023-11-28 In this practical companion to the client manual Windy Dryden draws on Rational Emotive Behaviour Therapy REBT an approach that focuses on identifying examining and changing the rigid extreme attitudes that largely determine emotional and behavioural issues to encourage people to deal with their emotional problems Including all of the information presented in the Client s Guide with the addition of helpful hints and tips for the therapist the Practitioner s Guide is straightforward to use in the consulting room with no need for further references It allows the therapist to work through and help the client learn to deal with their problems from an REBT perspective covering anxiety depression guilt shame hurt unhealthy anger unhealthy jealousy unhealthy envy and a new chapter on unhealthy regret This practical guide presents each emotion in a similar way allowing the reader to compare and contrast common and distinctive features of each problem With new REBT research and updated accessible terminology this new edition will remain essential reading for any professional using REBT with their client

## **Using Rebt With Common Psychological Problems A Therapists Casebook** Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Using Rebt With Common Psychological Problems A Therapists Casebook**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve to the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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