



Rational Emotive Behavior Therapy: A Therapist's Guide, 2nd Edition (The Practical Therapist)

By Albert Ellis PhD, Catharine MacLaren MSW

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Updated resource for practicing therapists from the father of 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 systematic integrative approach has grown and matured into a powerful mainstream psychotherapy. Hundreds of thousands of patients have benefited from the active interventions of 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 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; Summary and Conclusions.

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Editorial Review

Review

“...a comprehensive update of the prolific author's systematic and directive approach to therapy in an easy-to-read format.”

—**Ellen Bomm, PhD, BC PSYCHOLOGIST**

“This latest account of REBT is succinct, eminently readable, and neatly ties together philosophical, theoretical and numerous practical considerations. Peruse it, apply its principles and methods, and you and your clients are likely to derive enormous benefits.”

—**Arnold A. Lazarus, PhD, ABPP**, Distinguished Professor of Psychology Emeritus, Rutgers University, author of *Brief But Comprehensive Psychotherapy: The Multimodal Way*, and coauthor of *The 60-Second Shrink*

From the Publisher

Books in THE PRACTICAL THERAPIST SERIES are designed to answer the troubling "what-do-I-do-now-and-how-do-I-do-it?" questions often confronted in the practice of psychotherapy. Written in plain language, technically innovative, theoretically integrative, filled with case examples, THE PRACTICAL THERAPIST SERIES brings the wisdom and experience of expert mentors to the desk of every therapist.

From the Author

Our primary goal with RATIONAL EMOTIVE BEHAVIOR THERAPY: A THERAPIST'S GUIDE is to present you, the mental health professional, with a comprehensive look at Rational Emotive Behavior Therapy (REBT) in an easy-to-read format.

The first portion of the book focuses on answering the questions: How, when, and where did REBT originate? We discuss the philosophically based origins of the theory as well as the core reasons that people become disturbed and stay disturbable.

We have then devoted several chapters to the actual hands-on practice of REBT. We begin with a discussion of the assessment phase of therapy and then describe the variety of specific cognitive, emotive, and behavioral interventions commonly used in this approach. We have also included numerous case examples in order to facilitate your learning process.

Finally, we have included a chapter on integrating REBT with a range of other theoretical frameworks. Whether you are a newcomer to the field or a seasoned professional, we hope that you enjoy this book and use it as a reference guide in the future.

Users Review

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Cathy Spearman:

What do you regarding book? It is not important to you? Or just adding material when you require something

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Daniel Gomez:

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Mike Costello:

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