



Albert Ellis

Jon Carlson, William Knaus



Albert Ellis:

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, 2016-08-30 CLASSIC SELF HELP FROM A RESPECTED PIONEER OF PSYCHOTHERAPY All of us worry about something big or small every day But much of the emotional misery we feel is an overreaction and it can be significantly reduced using the techniques you ll find in this landmark 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 aspects of your life and face each obstacle 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 shoulds and much more providing all 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

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 **Ask Albert Ellis** Albert Ellis, 2003 The most well known and highly respected psychotherapist of our time responds to reader questions

submitted to the Ask Dr Ellis website The answers present the most concise reader friendly description yet of the author s Rational Emotive Behavior Therapy REBT method Fifty years of psychotherapy experience and wisdom are distilled in this practical guide for the rest of us Healthy thinking healthy emotions and healthy behavior are explained with detailed examples and procedures for building lasting emotional well being **Albert Ellis Live!** Windy Dryden,Albert Ellis,2003-07-18 Seminars by Professor Windy Dryden See the man live and in action To find out more and to book your place go to www.cityminds.com _____ A remarkably useful book for the practitioners of Rational Emotive Behaviour Therapy and other kinds of Cognitive Behaviour Therapy Very clearly and intensively covers what effective therapeutic change is and the therapist s and the client s role in following it and in fighting against relapsing Dryden s and Neenan s book includes many important points that are often omitted from REBT and other therapies Definitive and thoroughgoing Albert Ellis President of Albert Ellis Institute Albert Ellis Live is a collection of five transcripts of therapy sessions conducted by Albert Ellis the founding father of Rational Emotive Behaviour Therapy REBT With commentary by Windy Dryden bestselling author and expert on REBT Albert Ellis Live provides a unique opportunity to listen in on a master therapist carrying out the therapy which he originated Each of the five transcripts presents a counselling session conducted by Ellis himself with a volunteer client Each transcript is accompanied by a commentary in which Windy Dryden explains what Ellis is doing and why Published in celebration of Ellis 90th birthday Albert Ellis Live will be invaluable to students and practitioners of this approach offering them a unique insight into the theory and practice of REBT 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 **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

How To Control Your Anxiety Before It Controls You Albert Ellis,2016-06-28 Learn to manage your anxiety with this classic self help book from a respected pioneer of psychotherapy 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 two hundred 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 No individual not even Freud himself has had a greater impact on modern psychotherapy Psychology Today

Case Studies in Rational Emotive Behavior Therapy with Children and Adolescents Albert Ellis,Jerry Wilde,2002 For undergraduate and graduate courses in Child Therapy and Counseling Preeminent psychologist Dr Albert Ellis combines forces with other renowned therapists to create this rare and inclusive book that captures the realities of counseling with

children Rather than using a traditional case study approach this work features verbatim transcripts that convey real issues ranging from anger management and self esteem to peer pressure and bed wetting

Brief Psychotherapy in Medical and Health Practice Albert Ellis, Eliot Abrahms, 1978 *Albert Ellis: Evolution of a Revolution* James McMahan, Ann Vernon, 2010-09-16 Albert Ellis was an icon of 20th century psychology and a founder of the cognitive behavioral movement In this book a collection of 22 chapters the editors trace the evolution of Ellis philosophy and methodology from its Freudian roots to present day Cognitive Behavior Therapy using Dr Ellis writings including some collaborations with other authors A sampling of the chapters are Conquering Depression Modern Marriage Hotbed of Neurosis The Origins of Rational Emotive Psychotherapy and Guilt Responsibility and Psychotherapy

Overcoming Resistance Albert Ellis PhD, 2007-07-31 With a new foreword by Raymond DiGiuseppe PhD ScD St John s University Albert Ellis has written many books on his 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 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 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 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 about 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 Education Albert Ellis Institute Professor and Chair Department of Psychology St John s University Now available in an affordable paperback this edition takes a look at the underlying causes of resisting cognitive emotional behavioral change and the methods used to overcome them Written in present action language Ellis gives an overview of the basic principles 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 originally published The book also integrates recent therapies into REBT including psychotherapy solution focused therapy and recent findings of experimental psychology

Interview with Dr. Albert Ellis Robert A. Harper, Albert Ellis, 1970*

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

I Am Albert Ellis Dr Anjali Joshi, Dr Albert Ellis is one of the greatest psychologists in the world and an eminent personality from the United States He became immortal in the history of psychology with his Rational Emotive Behaviour Therapy or REBT which he founded in 1955 Today REBT has gained

recognition and is widely followed everywhere In the present world full of stress and strife we all are in pursuit of peace and happiness Based on rational and humanistic life philosophy REBT has helped people from all walks of life in uplifting their lives and is hence extremely popular all over the world This autobiographical novel gives the reader an insight into his thoughts and his dauntless and resolute personality Dr Ellis lived actively and zealously till his death He overcame several hurdles and shortcomings in his long life of 93 years only because of REBT My life is my message he said REBT and Ellis life were synonymous which is proved by his life journey The novel unravels his emotions and puts forth his revolutionary views about sexuality in a forthright but sensitive way It motivates the reader to introspect on his own life philosophy thereby enabling him to tide over his emotional problems and make life more meaningful Readers have found the original Marathi novel first published in 2009 to be a self help guide It enjoys a wide readership and is popular among psychiatrists psychologists counsellors students and celebrities as well and has thus been a consistent best seller till date *The Evolution of Psychotherapy* Jeffrey K. Zeig, 1996 First Published in 1997 Routledge is an imprint of Taylor Francis an informa company Humanistic Psychotherapy Albert Ellis, 1973 *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 *Deviance* Duane L. Dobbert, Thomas X. Mackey, 2015-07-14 Contributors to this unique book explain and compare major theories drawn from several academic fields to uncover the root causes of deviance In this unparalleled exploration of antisocial and aberrant behavior criminologists and other experts examine the theoretical perspectives of 15 classical psychological political science and economics scholars to shed light on the impetus for deviant behaviors Murder mayhem robbery sexual assault and sexual activity with minor children are among the degenerate behaviors cited Each chapter focuses on the effectiveness of a specific theory and considers conundrums such as Does the Darwinian approach explain sexual assault as a drive to procreate Can B F Skinner s theoretical perspective explain pedophilia and Can an individual be incompetent at the time of an offense and competent at the time of the trial The book reveals how the major psychological social and environmental doctrines can explain the behaviors and patterns of a nonconforming mindset The work addresses the theories of well known thinkers like Karl Marx Charles Darwin Travis Hirschi and Sigmund Freud among others "Al Actually" Albert Ellis, 2008-12-01 Follow Al on his life s journey beginning in the Toxteth slums of Liverpool in the 1930s Read how he survives the Liverpool air raids of the 1940s and laugh at his exploits during National Service with the Royal Air Force Peek over his shoulder as he r

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Albert Ellis Introduction

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