



# A Practitioner's Guide to Rational Emotive Behavior Therapy

By Raymond A. DiGiuseppe, Kristene A. Doyle, Windy Dryden, Wouter Backx

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**A Practitioner's Guide to Rational Emotive Behavior Therapy** By Raymond A. DiGiuseppe, Kristene A. Doyle, Windy Dryden, Wouter Backx

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.

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- Sales Rank: #508080 in Books
- Brand: Brand: Oxford University Press
- Published on: 2013-08-07
- Released on: 2013-07-08
- Original language: English
- Number of items: 1
- Dimensions: 6.10" h x 1.10" w x 9.10" l, 1.20 pounds
- Binding: Paperback
- 416 pages

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## **Editorial Review**

### **Review**

"Albert Ellis's legacy of his Rational Emotive Behavior Therapy has been left in good hands. With the third edition of this seminal work, Ellis's voice continues to educate, stimulate, and provide a core system for understanding and practicing REBT/CBT. Ray, Kristene, Windy, and Wouter continue to grow and develop the model for the next generation of clinicians to treat the next generations of patients." -- Arthur Freeman, EdD, ABPP, Executive Director, Clinical Psychology Programs, Midwestern University, Downers Grove, IL and Glendale, AZ

"This book is really a gem, putting rational-emotive and cognitive-behavior theory and therapy in the context of modern psychological sciences. It has all the ingredients needed for a reference book in the field: an updated and clearly presented theory and really excellent practical parts. It is a must-read for practitioners, researchers, and students in the fields of clinical psychology, counseling, and psychotherapy." -- Daniel David, PhD, Professor, Babes-Bolyai University; Adjunct Professor, Mount Sinai School of Medicine; and President, International Institute for the Advanced Study of Psychotherapy and Applied Mental Health

"The authors are among the world's leading researchers and practitioners of REBT. Their scholarship informs a clear, incisive description of the concepts underlying REBT and the empirical evidence bearing on these concepts. Of greatest importance for clinicians and trainees, they are able to translate these concepts into specific, practical recommendations for implementing the treatment. Their vast clinical experience and expertise shine through in the numerous clinical vignettes used to illustrate how to manage some of our thorniest therapeutic challenges." -- David Haaga, PhD, Professor of Psychology, American University

"This is an excellent update of a very important book. I would highly recommend it to therapists of any orientation and it is MUST for cognitive behavior therapists." -- Louis H. Primavera, PhD, Dean, School of Health Sciences, Touro College and University System

"With its step-by-step approach and many clinical examples, this excellent book is extremely practical, providing clinicians with many therapeutic tools. It should be in the libraries of practitioners interested in cognitive-behavioral type therapies." -- *Doody's*

### **About the Author**

**Raymond A. DiGiuseppe, PhD**, is Professor and Chair of Psychology at St. John's University in New York City. He is also on the professional training faculty at the Albert Ellis Institute and is President-Elect of the Division of Psychotherapy of the American Psychological Association.

**Kristene A. Doyle, PhD**, is the Director of the Albert Ellis Institute in New York City and an Adjunct Professor of Psychology at St. John's University.

**Windy Dryden, PhD**, is Professor of Psychotherapeutic Studies at Goldsmiths, University of London.

**Wouter Backx, drs Psych**, is Founder and Director of the Dutch Institute for REBT in The Netherlands.

## **Users Review**

### **From reader reviews:**

#### **Alice Ybarra:**

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#### **Pandora Rice:**

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