



Albert Ellis

BM King



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 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 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 **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 book 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

How to Stop Destroying Your Relationships Albert Ellis,Robert Allan Harper,2001 Advises readers on finding suitable companions for creating a loving and happy relationship with or without marriage *Brief Psychotherapy in Medical and Health Practice* Albert Ellis,Eliot Abrahms,1978 **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

Overcoming Resistance Albert Ellis, 2002-08-23 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

[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

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 *Humanistic Psychotherapy* Albert Ellis, 1973

Albert Ellis: Evolution of a Revolution James McMahon, 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

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

The Evolution of Psychotherapy Jeffrey K. Zeig, 1996 First Published in 1997 Routledge is an imprint of Taylor Francis an informa company

"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

Rational Emotive Behaviour Therapy Integrated Anjali Joshi, K.M. Phadke, 2024-12-30 This book offers a comprehensive overview of rational emotive behaviour therapy REBT a significant cognitive behavioural approach to counselling and psychotherapy originating from the pioneering work of Dr Albert Ellis Within its pages you will find a detailed exploration of REBT s historical evolution the framework of ABC activating event belief system and consequences its theoretical and philosophical foundations and its relationship with various religions atheism and morality The therapeutic process and techniques are thoroughly covered along with the wide reaching applications in real world scenarios One of the book s highlights is the inclusion of multiple case studies focusing on psychological disturbances representing different categories of irrational beliefs Through these cases readers gain a deeper understanding of psychological disturbances and discover possible remedies Foundational principles such as unconditional self acceptance unconditional acceptance of others and unconditional acceptance of life are vividly explained empowering readers to grasp these concepts and their potential for personal growth Moreover this book serves as a comprehensive reference encompassing major contributions to REBT theory and research both from the past and recent developments The second edition of this book updated and revised presents the latest advancements in the field ensuring that readers are up to date with REBT knowledge It provides a valuable resource for those seeking to explore and understand the intricacies of REBT Whether you are a student practitioner or simply curious about the field of counselling and psychotherapy this book

offers a wealth of knowledge and insights into the theory and practice of REBT and its transformative potential in promoting psychological well being and resilience In this latest edition readers discover new age topics like the application of REBT in sports and exercise REBT group therapy the role of low frustration tolerance in addiction and much more

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Albert Ellis Introduction

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