

# **Rational-Emotive Consultation in Applied Settings**

edited by  
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# Rational Emotive Consultation In Applied Settings

**Michael E. Bernard**



## **Rational Emotive Consultation In Applied Settings:**

**Rational-emotive Consultation in Applied Settings** Raymond DiGiuseppe, Michael L. Bernard, 2013-06-17 For the past 20 years rational emotive therapy RET has been employed by consultants to help bring about changes not only in the way parents and teachers manage mental health and educational problems of school age children but also within organizations and families This is the first book devoted exclusively to the applications of RET in consultation For the first time international experts reveal the ways that RET can be applied at different levels of consultation client centered consultee centered systemic centered to help identify and overcome obstacles to effective consultation This volume reveals the missing link to effective consultation namely the emotional problems consultees bring with them to the practical problems with which they are faced Rational emotive consultation methods are ideally suited to help give consultees empowerment over their emotional problems In addition RET is an ideal adjunct to be included along with behavioral and organizational consultation methods already in use Written largely for school psychologists and consultants who work in educational and mental health settings this book demonstrates the variety of ways that RET can be used to conduct in service and professional personal development programs for teachers parents school administrators and other professional groups It is also a unique resource for practitioners working with the emotional behavioral and learning problems of school age children and looking for new and effective ways of incorporating caregivers in the treatment of these children

Rational-emotive Consultation in Applied Settings Raymond DiGiuseppe, Michael L. Bernard, 2013-06-17 For the past 20 years rational emotive therapy RET has been employed by consultants to help bring about changes not only in the way parents and teachers manage mental health and educational problems of school age children but also within organizations and families This is the first book devoted exclusively to the applications of RET in consultation For the first time international experts reveal the ways that RET can be applied at different levels of consultation client centered consultee centered systemic centered to help identify and overcome obstacles to effective consultation This volume reveals the missing link to effective consultation namely the emotional problems consultees bring with them to the practical problems with which they are faced Rational emotive consultation methods are ideally suited to help give consultees empowerment over their emotional problems In addition RET is an ideal adjunct to be included along with behavioral and organizational consultation methods already in use Written largely for school psychologists and consultants who work in educational and mental health settings this book demonstrates the variety of ways that RET can be used to conduct in service and professional personal development programs for teachers parents school administrators and other professional groups It is also a unique resource for practitioners working with the emotional behavioral and learning problems of school age children and looking for new and effective ways of incorporating caregivers in the treatment of these children Rational-emotive Consultation in Applied Settings Raymond DiGiuseppe, 2013 For the past 20 years rational emotive therapy RET has been employed by

consultants to help bring about changes not only in the way parents and teachers manage mental health and educational problems of school age children but also within organizations and families This is the first book devoted exclusively to the applications of RET in consultation For the first time international experts reveal the ways that RET can be applied at different levels of consultation client centered consultee centered systemic centered to help identify and overcome obstacles to effective consultation This volume reveals the missing link to effective consultation namely the emotional problems consultees bring with them to the practical problems with which they are faced Rational emotive consultation methods are ideally suited to help give consultees empowerment over their emotional problems In addition RET is an ideal adjunct to be included along with behavioral and organizational consultation methods already in use Written largely for school psychologists and consultants who work in educational and mental health settings this book demonstrates the variety of ways that RET can be used to conduct in service and professional personal development programs for teachers parents school administrators and other professional groups It is also a unique resource for practitioners working with the emotional behavioral and learning problems of school age children and looking for new and effective ways of incorporating caregivers in the treatment of these children

**Using Rational-Emotive Therapy Effectively** Michael E. Bernard, 2013-11-21 The initial conceptualization of this book was much more narrow than the final product that has emerged I started out believing that it would be enlightening to have a group of acknowledged rational emotive therapy RET expert practitioners with well established literary credentials write about how they approach the problem of modifying client irrationality Many RET practitioners of all levels of experience are on the one hand enamored of the economy the precision and the accuracy of psychological insight that RET theory offers but they are on the other hand equally frustrated by their own inability to persuade or otherwise change some of the clients they work with more quickly or even at all Indeed clients themselves frequently express the view that RET is illuminating yet they find themselves at the same time puzzled and perplexed by their inability to make the substantial changes that RET invites It became dearer as I discussed the project with many of the contributors that to practice RET effectively requires more than just innovative and persistent assessment and intervention techniques For example Russell Grieger expressed the view that more prerequisite work needs to be done on the value and philosophical systems of clients including personal responsibility and the philosophy of happiness before many clients can show significant shifts in their thinking Susan Walen raised the general issues of how effective RET can be in the treatment of biologically driven affective disorders

*Rational-Emotive and Cognitive-Behavioral Approaches to Child and Adolescent Mental Health: Theory, Practice, Research, Applications.* Michael Bernard, Mark D. Terjesen, 2021-01-04 This book is a newly revised version of the highly influential text *Rational Emotive Behavioral Approaches to Childhood Disorders Theory Practice and Research* based on an earlier volume by Bernard and Ellis The revised edition incorporates recent significant advances in applying this approach to younger populations updates best practice guidelines and discusses the burgeoning use of

technology to deliver mental health services Featuring content from experts across a variety of areas the book provides clinical guidance to a range of professionals working with children including counselors social workers clinical and school psychologists It also offers extensive illustrated material self test questions and other useful resources to aid with use as a graduate level text or training reference Among the topics addressed Developing therapeutic skillsets for working with children and adolescents Promoting self acceptance in youth Building resilience in youth Parent counselling and education Teacher stress management Cognitive Behavioral Rational Emotive Treatment of Childhood Problems highlights the potential for evidence based services to reach and positively influence child and adolescent populations that remain underserved by today s clinical and educational systems      *Counseling and Psychotherapy with Children and Adolescents* H. Thompson Prout,Alicia L. Fedewa,2015-01-27 A comprehensive theory based approach to working with young clients in both school and clinical settings Counseling and Psychotherapy with Children and Adolescents Fifth Edition provides mental health professionals and students with state of the art theory and practical guidance for major contemporary psychotherapeutic schools of thought Children and adolescents are not just small adults they have their own needs requirements and desires on top of the issues presented by still developing brains and limited life perspective Providing care for young clients requires a deep understanding of the interventions and approaches that work alongside growing brains and the practical skill to change course to align with evolving personalities The thoroughly revised fifth edition is a comprehensive reference complete with expert insight Organized around theory this book covers both clinical and school settings in the fields of psychology counseling and social work Coverage of the latest thinking and practice includes Cognitive Behavioral Rational Emotive Reality Therapy Solution Focused Family Systems and Play Therapy providing a complete resource for any mental health expert who works with young people Understand the major approaches to counseling and psychotherapeutic interventions Discover the ethical and legal implications of working with children and adolescents Learn how to employ culturally responsive counseling with younger clients Examine interventions for children and adolescents with disabilities and health care needs This updated edition includes a stronger emphasis on the clinical application of theory to specific disorders of childhood and adolescence and new coverage of the legal and ethical issues related to social media Chapters include a case studies and online resources that make it ideal for classroom use and new chapters on Solution Focused Therapy and Play Therapy enhance usefulness to practicing therapists Expert guidance covers techniques for working with individuals groups and parents and explores the efficacy of the theories under discussion      *Rationality and the Pursuit of Happiness* Michael E. Bernard,2010-11-15 RATIONALITY AND THE PURSUIT OF HAPPINESS This book is a labor of love Michael Bernard has painstakingly transcribed a number of Albert Ellis s therapy and demonstration sessions as well as a selection of his lectures and has used this material to excellent effect to make Dr Ellis s views on psychological health and happiness come alive A gem of a book on a gem of a man by a gem of an author Professor Windy Dryden Goldsmiths University of London UK

Michael Bernard's book reveals the importance of rationality as a positive faculty of mind that enables people to strengthen their resilience and self efficacy in order to not only cope with the inevitable challenges demands and changes characteristic of our post modern age but in addition through the application of different principles of rational living identified by legendary psychologist Albert Ellis to live fulfilled and meaningful professional and personal lives I confidently commend this book

Professor Field Rickards Dean Graduate School of Education University of Melbourne Australia Albert Ellis one of the world's most influential psychologists founded Rational Emotive Behavior Therapy REBT in the 1950s Over the years this pioneering form of cognitive behavior therapy has advanced the emotional well being of hundreds of thousands of people around the world Yet while Ellis's innovative approaches for helping people with emotional difficulties are well known his views on the pursuit of personal happiness which have also influenced generations of people both with and without such problems are far more elusive Ellis's powerful arguments in favor of the rational pursuit of happiness are set out for the very first time in this book Rationality and the Pursuit of Happiness presents Ellis's views on how the principles of rational living can be used by anyone to achieve lifelong happiness Transcripts of private counseling sessions and public forums reveal the great power of rationality and the self defeating nature of irrationality Drawing on 50 years of Ellis's writing Michael Bernard shows how the emotional misery that arises from irrational thinking of the human psyche can obstruct our innate potential for self actualization and happiness In doing so he firmly establishes Ellis as a pioneer of positive psychology and a human being whose superior intellect and years of public education and psychotherapy experience offer genuine insights into the eternal question of what makes for a happy life

**School-Based Mental Health** Ray W. Christner, Rosemary B. Mennuti, 2008-12-22

This volume provides school based practitioners with a comprehensive and comparative guide to the strategic interventions therapeutic modalities and treatment approaches that are most commonly and effectively used in educational settings Three main sections of the text present a foundation of universal interventions targeted interventions and alternative interventions appropriate for use in schools Unifying the chapters are two central case examples allowing the reader to see and evaluate the strengths and potential challenges of each technique in a familiar situation This emphasis on case examples and the comparative structure of the volume will provide a level of hands on and practical learning that is helpful for both students and mental health practitioners working in schools for the first time and as a resource for more seasoned professionals who need to expand the tools at their disposal

**Career Barriers** Manuel London, 2014-02-25

This volume's goal is to help readers understand how people react to career barriers and how people develop constructive ways of coping with them Drawing on original cases and data from interviews with people who faced different types of career barriers the author describes how people react to and make sense of unfortunate events in their lives and career barriers when they occur He considers how and why some people cope constructively while others don't and explores how resilience and support from others help get us through tough times and emerge with a sense of renewal and career growth He suggests

how we can manage career barriers and prepare for or even prevent career barriers through foresight planning and education. These methods also suggest what managers and organizations should do to help their employees who are or may soon be facing career barriers. People can learn while facing the stress and self-questioning that accompany career barriers, but this is not an easy process. Learning requires considerable self-understanding and environmental support. The organization can play a vital role in limiting people's pain and creating opportunities. However, despite generous severance packages and outplacement services, many organizations have been little help to people who lose their jobs, suffer job stress, face unreasonably demanding bosses, or suffer from physical handicaps or chronic illnesses. Most of the burden falls on individuals and their families. Assistance can and should come from employers, government agencies, educational institutions, and religious organizations. While the book focuses on the perspectives of people who have been or may be affected by career barriers, the material should be of interest to a broad range of readers, in particular academics who study careers, practitioners in the fields of training and development, and government officials who set public policy that affects displaced workers.

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.

**Rational Emotive Behavioral Approaches to Childhood Disorders** Albert Ellis, Michael E. Bernard, 2006-05-11. Since the groundbreaking first edition of *Rational Emotive Approaches to the Problems of Childhood* by Albert Ellis and Michael Bernard two decades ago, our understanding of the nature and treatment of children's problems has grown considerably. Now in a completely new volume, Albert Ellis and children's REBT specialist Professor Michael Bernard have revised and updated this pioneering volume to reflect both the latest in clinical practice and research. Fourteen expert contributors, including many from the original share with the editors a deep commitment to integrating REBT with other cognitive behavioral methods and to providing young people with developmentally appropriate care. Together they give readers a practical framework for conducting assessment, treatment, and prevention with individuals, clients, and groups, as well as in family and school settings. Key features of this new edition include: Developmental considerations in using REBT with children and adolescents; Specific chapters devoted to major disorders: aggression, phobias, anxiety, depression, academic underachievement, and ADHD; Latest strategies for challenging and changing the irrational beliefs of young people; Techniques for building key REBT skills: emotional resilience and frustration tolerance; Extensive research findings on the efficacy of REBT with young people; Brand new material on special issues involving parents, conducting group sessions, and working with exceptional children; An overview of Rational Emotive Education and You Can Do It Education: school-based applications of REBT. With coverage this thorough, Ellis, Bernard, and collaborators have created a resource of immediate value to child and adolescent mental health practitioners, including school psychologists, school counselors, school social workers, behavior therapists, and family therapists, and educators involved in

helping young people overcome behavioral disorders      **Coach Yourself** Anthony Grant, Jane Greene, 2010-04-08 Life coaching empowers people to make lasting positive inspirational change in their working life and life outside work As such coaching is a proven highly successful management technique Many people seek coaches from within their organisation or visit a professional life coach But many more still feel uncomfortable asking another person to fulfil this role or don't have access to the right kind of person with the right kind of time or simply don't have the disposable income to employ a professional Imagine the cost effectiveness and convenience of having your life coach on tap 24/7 There whenever you need them You can it's you Based on scientifically validated and tested psychological techniques this highly practical book will teach you how to make lasting positive inspirational change in your life It will help you to identify goals and to reach them You will learn how to be your own solution focussed life coach      **Coaching for Rational Living** Michael E. Bernard, Oana A. David, 2018-06-11 This eminently useful guide presents an up to date framework for Rational Emotive Cognitive Behavioral Coaching RE CBC from basic concepts techniques and applications to evidence of how and why this versatile method works It details how RE CBC synthesizes the rational thinking cognitive disputing and semantic training traditions of RE and CB therapies into coaching strategies for solving problems or furthering personal development The book's sections on process and techniques demonstrate the flexibility of the method as used in a variety of settings toward a gamut of purposes illustrating Albert Ellis central goal of long term happiness through rational living And specialized chapters offer applications of RE CBC to familiar coaching domains life health family motivation as well as to the complex worlds of business and organizations Included in the coverage Coaching for rational living rational emotive cognitive behavioral perspectives Psychological blockers to successful coaching outcomes Enhancing positive psychology coaching practice Assessment case formulation and intervention models A step based framework for coaching practice Plus applications of Rational Emotive Cognitive Behavioral Coaching including motivational parent family workplace stress management organizational change school success and sports performance Coaching for Rational Living is a robust practice building resource for coaches psychologists counselors and health professionals particularly mental health practitioners who use rational emotive and cognitive behavioral therapy and coaching      **Advances in REBT** Michael E. Bernard, Windy Dryden, 2019-03-13 This authoritative volume commemorates six decades of Rational Emotive Behavior Therapy by assembling its current state of theory practice and research Bedrock chapters on defining features assessment and measurement and empirical findings place REBT squarely in the cognitive behavioral landscape reinforcing its status as a significant therapeutic approach The book's palette of applications shows the flexibility and effectiveness of REBT in school workplace and other settings with worried parents and stuck athletes and as a foundation for brief interventions And the survey of guiding principles and the evolution of the method by REBT founder Albert Ellis is a testament to its enduring clinical value Included in the coverage A comparison of REBT with other cognitive behavior therapies The measurement of irrationality and rationality Empirical



Research in REBT theory and practice Rational Emotive Behavior Therapy and the working alliance Brief interventions in Rational Emotive Behavior Therapy REBT and positive psychology Rational emotive behavior education in schools Advances in REBT will be welcomed as a definitive reference across the REBT community frontline clinicians novices trainees students and researchers Seasoned practitioners looking to incorporate REBT into their repertoires will find it immensely helpful

*Handbook of Psychotherapy with Children and Adolescents* Thomas R. Kratochwill, Richard J. Morris, 1993 Intended to be a resource for individuals who are working directly with children and adolescents in diverse applied and clinical settings The first section contains perspectives on the field The second section contains an overview of assessment issues in child and adolescent psychotherapy The third section offers a state of the art overview of major therapeutic approaches that represent current practice in child and adolescent psychotherapy The last section includes chapters that are related to major assessment and therapeutic practices A Longwood Professional Book      **Towards Rational Education** Demetris Katsikis, 2021-02-21 Towards Rational Education explores how education can become rational by serving character building rational thinking and the common good It uses evidence based psychology philosophy sociology and political science to support transforming education and provides a brand new framework for effective universal education This book endorses Rational Emotive Behavior Theory REBT and rational education philosophy theories as main vehicles paving a viable set of rational education values and practices Collective wisdom rational living freedom mental health altruism solidarity equality and fraternity are seen as the foundational values for shaping already existing schools of the world become more rational and in establishing Rational Education Communities REC and Rational Schools RS Calling for a philosophical and socio political shift in education values and practices the book cites principles tools and practices that rational educators philosophers psychologists other related scientists practitioners and people have offered us as a legacy for building a more rational and positive education for all people universally without sacrificing cultural sensitivity and expressivity This book will be of great interest for the general audience and a special interest for academics researchers and post graduate students in the fields of the philosophy of education positive psychology educational psychology and educational policy      Handbook of Clinical Behavior Therapy with the Elderly Client Patricia A. Wisocki, 2013-11-21 Although we speak of the elderly as if there were one body of people with common characteristics older adults are more heterogeneous than any other population People over the age of 65 are also the fastest growing segment of the population in the United States currently numbering 25 million The majority of older adults reside in their communities a small fraction of them are cared for in institutions Most may expect to experience some kind of physical impairment Approximately a quarter of the population may expect to suffer a mental health impairment While traditional therapies have not been especially effective for older adults behavior therapy has shown exceptional promise as a treatment modality This book presents a comprehensive explication of the relatively new field of behavioral gerontology It was written for the clinician interested in the interaction of medical environmental and

psychological variables and their effects on treatment of elderly clients and for the researcher who will be looking to extend knowledge about interventions with this population It will be useful for the graduate student in clinical psychology as well as the experienced clinician who will want to include the elderly in his or her therapeutic population     Ethnic Validity, Ecology, and Psychotherapy Forrest B. Tyler, Deborah Ridley Brome, Janice E. Williams, 2013-11-21 This book has grown out of our individual experiences as well as our shared ones out of our differences as well as our commonalities and out of our conflicts as well as our convergences Among us there are differences in gender in individual family community and racial histories in life experiences identities and career paths and even in reasons for writing this book Of course there are also commonalities We enjoy one another's company we enjoy working together and we feel enriched from our collaboration We have written this book out of our complete selves not just our professional selves The original objective of our book was to present to practitioners of psychotherapy trainers of psychotherapists and psychotherapy students a model of conducting psychotherapy that actively acknowledges and builds upon the ethnic and racial heritage of both therapist and client We have found that to fulfill that objective we need also to acknowledge and build upon the psychological ecology of the therapist and client and we also need to outline the kind of research necessary if we are to develop and evaluate the perspectives presented here Those perspectives are embodied in what we have come to call the ethnic validity model EVM of psychotherapy     Clinical Psychology C. Eugene Walker, 2013-11-21 The purpose of this book is to provide the reader with a survey of some of the major areas of clinical psychology No attempt has been made to include every area relevant to clinical psychology the choices are selective but represent the wide range of areas touched by clinical psychologists For some years I have felt the need for a book that provides students with more of a historical introduction and context from which to view current clinical psychology than is included in most textbooks The issues and problems of clinical psychology have been with us since the beginning of time however most psychological literature is written with the bias that anything older than five or ten years is not relevant Those who attempt to take a long range view of clinical psychology are sometimes able to recall the early development of the field in the 1930s and 1940s In this text I asked the authors to begin with a brief survey of ancient and medieval history to set the stage for a discussion of current research and developments in the field I hope that a presentation of this sort will provide the reader whether advanced undergraduate graduate or professional with a sense of perspective and context from which to view and understand clinical psychology     **Activity Measurement in Psychology and Medicine** Warren W. Tryon, 2013-11-22 In his treatment of activity measurement in the fields of medicine and psychology Tryon gives us a book that clearly accomplishes the three purposes set out in its preface The reader is definitely encouraged to wrestle with the concepts of behavior and activity in terms of dynamic physical quantities Moreover the reader cannot help but become familiarized with the technology available for performing activity measurements Motivation to use some of this technology is enhanced by the very extensive summary of other people's uses of it provided throughout the book

Readers may find the book provocative on a number of levels. It is conceptually provocative to those of us struggling with understanding basic issues in the assessment and measurement of behavior. It is practically provocative to those of us working with various forms of behavioral difference especially in clinical populations. The book provokes because it is essentially an unfinished exploration opening us to numerous pathways that when traveled reveal still more paths to explore. In this sense the book should be heuristically useful both in the more traditional empirical sense and in terms of its stimulation of conceptual discussion.

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