Reason and Emotion in Psychotherapy

A Comprehensive Method of Treating Human Disturbances Revised and Updated

Dr. Albert Ellis
Founder of Rational-Emotive Therapy

Reason And Emotion In Psychotherapy

Leslie S. Greenberg, Sandra C. Paivio

Reason And Emotion In Psychotherapy:

Reason and Emotion in Psychotherapy Albert Ellis,1994 Today REBT continues to be increasingly popular and effective Reason and Emotion in Psychotherapy Albert Ellis,1962 Reason and Emotion in Psychotherapy A. Ellis,1991 Reason and Emotion in Psychotherapy Albert Ellis,1996-05 When Dr Ellis began practicing this groundbreaking new therapy in 1955 his was a little heard voice This book helped change it all it was a pioneering work in cognitive behavior therapy presenting a powerful brief and effective psychological treatment This revised edition includes all the important original theories and practices as well as changes derived from clinical experience and experiementation

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

Drydon's Handbook of Individual Therapy Windy Drydon 2007 Seminars by Professor Windy

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

Dryden's Handbook of Individual Therapy Windy Dryden,2007 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

This is a book which accepts and even celebrates the diversity of ideas in the field It stimulates interest and informs It stirs up debates and leaves the reader to continue to think about them an important book not to be missed by any serious counselling student or practitioner British Journal of Guidance and Counselling Praise for the Fourth Edition This is a well written comprehensive core textbook that can be recommended not only to counselling psychology and psychotherapy trainees to guide them through their training but also to practising professionals to act as a reference textbook to draw upon when needed Stefania Grbcic Counselling Psychology Review Covering history theory primary client set and strengths and weaknesses for each of thirteen different approaches the book makes an excellent starting point for exploring different schools of thought in more detail Counsellingresource com This is a very well structured text with thorough coverage and interesting material The text links theory to practice and offers invaluable knowledge to all professionals and students of various schools of psychotherapy lecturer A valuable resource for students lecturer At last An informative text with some depth Easily accessible Extremely useful lecturer Dryden's Handbook of Individual Therapy is now a classic text for trainees in counselling and psychotherapy This newly updated fifth edition presents a comprehensive overview of the key approaches to individual therapy practice including three new chapters on narrative therapy solution focused therapy and integrative and eclectic approaches Written by experts in their own therapeutic fields the book introduces the principles and methods of individual therapy concisely and accessibly Following a clearly defined structure each chapter outlines one approach in detail and provides case examples to illustrate how that approach works in practice Each form of therapy is described in terms of its historical context the main theoretical assumptions the mode of practice which clients will benefit most the general strengths and limitations of the approach Further chapters place counselling and psychotherapy in their social context explore training and supervision and relate research to individual therapy practice Dryden's Handbook of Individual Therapy Fifth Edition is designed for those in training in counselling psychotherapy

counselling psychology and other helping professions such as nursing social work and education It will be invaluable for novice therapists looking for an overall picture of individual therapy practice as well as for experienced therapists interested in learning about alternative approaches Windy Dryden currently works at Goldsmiths College where he is Professor of Psychotherapeutic Studies as well as being the programme co ordinator of the MSc in Rational Emotive Cognitive Behaviour Therapy and the Diploma in Cognitive Behaviour Therapy Reason and Emotion in Psychotherapy Windy Dryden,1992

Reason and Emotion in Psychotherapy Frederick Antal,1962 Reason and emotion in psychotherapy Albert Ellis,1971 Reason and Emotion in Psychotherapy, Revised and Updated Albert Ellis,1994 Reason and Emotion in Psychotherapy, Chapter VII, "The Essence of Rational Therapy." Albert Ellis,1962 Emotions in Cultural Context Girishwar Misra, Indiwar Misra, 2024-05-16 This book approaches emotion from a cultural perspective in applied contexts consolidating new research that examines the interface of emotions with various aspects of human life It provides insights into the vibrant and growing field of emotion research by rearticulating the distinction and interrelationships of the trilogy of mind consisting of cognition affection and conation It brings into focus indigenous and culturally relevant conceptualizations of emotion processes Among the topics covered Emotions at work applications of emotional intelligence Indian perspectives on youth compassion and moral well being Parental emotion regulationstrategies Role of emotions in construction of social identities Emotions in Cultural Context offers an up to date exploration of recent work in psychology of emotions

Emotion, Psychotherapy, and Change Jeremy D. Safran, Leslie S. Greenberg, 1991-03-08 EMOTION PSYCHOTHERAPY AND CHANGE represents a systematic attempt to map the various ways emotion influences the change process and to clarify the underlying mechanisms A continuation of the editors pioneering work EMOTION IN PSYCHOTHERAPY this volume makes a significant contribution to the development of a transtheoretical approach to affective change events Viewing emotional experience as an active ingredient in rather than a by product of the change process the book explores the ramifications of this understanding for the conduct of therapy A thorough review of the theory and therapeutic implications of emotion in human functioning precedes chapters by representatives of three different therapeutic traditions cognitive behavioral psychodynamic and experiential Contributors identify and describe the key affective change events important in their respective approaches and then speculate about the underlying processes Included here are detailed descriptions of relevant therapist client interactions as well as clinical transcripts that vividly illustrate the process of change A separate theory oriented commentary section follows in which the theme of emotion in psychotherapy is examined from the perspectives of cognitive psychology and emotion theory A synthesis and critical analysis of affective change processes rounds out the volume EMOTION PSYCHOTHERAPY AND CHANGE satisfies its practical and theoretical objectives by providing detailed descriptions of intervention strategies while explicating how and why these interventions work Its attention to both theory and practice and its synthesis of different theoretical traditions make this volume essential reading

for seasoned psychotherapists researchers and students Working with Emotions in Psychotherapy Leslie S. Greenberg, Sandra C. Paivio, 2003-07-29 In previous books Leslie S Greenberg has demonstrated the importance of integrating emotional work into therapy and has laid out a compelling model of therapeutic change Building on these foundations WORKING WITH EMOTIONS IN PSYCHOTHERAPY sheds new light on the process and technique of intervention with specific emotions Filled with illustrative case examples the book shows clinicians how to identify a given emotion discern its role in a client's self understanding and understand how its expression is furthering or inhibiting the client's progress Of vital importance the authors help readers think more differentially about emotions to distinguish for example between avoided emotional pain and chronic dysfunctional bad feelings between adaptive sadness and maladaptive depression and between overcontrolled anger and underregulated rage A conceptual overview and framework for intervention are delineated and special attention is given throughout to the integration of emotion and cognition in therapeutic work Comprehensive Handbook of Cognitive Therapy Hal Arkowitz, L.E. Beutler, Karen M. Simon, 2013-06-29 In reviewing the Contents of this Handbook edited by Freeman Simon Beutler and Arkowitz I am both impressed and gratified with the enormous strides made by cognitive behavior therapy since the late 1960s A perusal of the Contents reveals that it is used with adults children couples and families it is clinically appropriate for such problems as anxiety depression sexual dysfunctions and addictions and it is employed in conjunction with psy chopharmacological and other psychotherapeutic interventions It was in the mid 1960s when Breger and McGaugh published an article in the Psychological Bulletin taking behavior therapists to task for using only classical and operant principles in devising their therapeutic interventions Breger and McGaugh argued that the field of learning was undergoing a major revolution paying considerably more attention to cognitive processes than had previously been the case In short they criticized the growing behavioral orientation for being limited in its exclusively peripheralistic orientation At the time behavior therapists were initially somewhat resistant to any allusion to cognitive metaphors Indeed my own initial reactions to the Breger and McGaugh article was quite negative Yet in rereading their critique many of their suggestions now seem most appealing No doubt I and my behavior colleagues lacked the appropriate cognitive set for incorporating such contradictory information Nonetheless the clinical evidence for the rele vance of cognitive factors in the behavior change process was simply too compelling to ignore

General Semantics in Psychotherapy Isabel Caro, Charlotte Schuchardt Read, 2002 Facilitating Emotional
Change Laura N. Rice, Robert Elliott, 1996-11-01 Using an experiential therapy framework the authors show how to work
with moment by moment emotional processes to resolve various psychological difficulties Cognitive Behavioural
Therapy Explained Graeme Whitfield, Alan Davidson, 2018-10-08 Panacea or revolution Evidence based medicine and cost
effectiveness have become buzz phrases for a wide variety of initiatives and planning processes which aim to give patients
treatments that will benefit them On the surface this seems a reasonable idea but there are underlying currents which cast

doubt on the process and reveal methodological problems which must be understood if the concepts are to be properly used Assuming no prior knowledge of the field and written in the clear straightforward manner the author uses in the highly successful Health Economics for the Uninitiated this book is a short practical guide on how to use these concepts and how to avoid their pitfalls It will appeal to doctors nurses health service managers patient organizations academics and students of health care It will provide essential support to those working in health care companies and in the pharmaceutical and medical equipment industry Emotions in Asian Thought Joel Marks, Roger T. Ames, Robert C. Solomon, 1995-01-01 Treats the nature and ethical significance of emotions from a comparative cultural perspective emphasizing Asian traditions 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

This book delves into Reason And Emotion In Psychotherapy. Reason And Emotion In Psychotherapy is an essential topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and indepth insights into Reason And Emotion In Psychotherapy, encompassing both the fundamentals and more intricate discussions.

- 1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Reason And Emotion In Psychotherapy
 - Chapter 2: Essential Elements of Reason And Emotion In Psychotherapy
 - Chapter 3: Reason And Emotion In Psychotherapy in Everyday Life
 - Chapter 4: Reason And Emotion In Psychotherapy in Specific Contexts
 - ∘ Chapter 5: Conclusion
- 2. In chapter 1, the author will provide an overview of Reason And Emotion In Psychotherapy. The first chapter will explore what Reason And Emotion In Psychotherapy is, why Reason And Emotion In Psychotherapy is vital, and how to effectively learn about Reason And Emotion In Psychotherapy.
- 3. In chapter 2, the author will delve into the foundational concepts of Reason And Emotion In Psychotherapy. This chapter will elucidate the essential principles that must be understood to grasp Reason And Emotion In Psychotherapy in its entirety.
- 4. In chapter 3, this book will examine the practical applications of Reason And Emotion In Psychotherapy in daily life. The third chapter will showcase real-world examples of how Reason And Emotion In Psychotherapy can be effectively utilized in everyday scenarios.
- 5. In chapter 4, the author will scrutinize the relevance of Reason And Emotion In Psychotherapy in specific contexts. The fourth chapter will explore how Reason And Emotion In Psychotherapy is applied in specialized fields, such as education, business, and technology.
- 6. In chapter 5, this book will draw a conclusion about Reason And Emotion In Psychotherapy. The final chapter will summarize the key points that have been discussed throughout the book.
 - This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Reason And Emotion In Psychotherapy.

https://pinsupreme.com/About/scholarship/HomePages/Pastel Painting Techniques.pdf

Table of Contents Reason And Emotion In Psychotherapy

- 1. Understanding the eBook Reason And Emotion In Psychotherapy
 - The Rise of Digital Reading Reason And Emotion In Psychotherapy
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Reason And Emotion In Psychotherapy
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Reason And Emotion In Psychotherapy
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Reason And Emotion In Psychotherapy
 - Personalized Recommendations
 - Reason And Emotion In Psychotherapy User Reviews and Ratings
 - Reason And Emotion In Psychotherapy and Bestseller Lists
- 5. Accessing Reason And Emotion In Psychotherapy Free and Paid eBooks
 - Reason And Emotion In Psychotherapy Public Domain eBooks
 - Reason And Emotion In Psychotherapy eBook Subscription Services
 - Reason And Emotion In Psychotherapy Budget-Friendly Options
- 6. Navigating Reason And Emotion In Psychotherapy eBook Formats
 - ePub, PDF, MOBI, and More
 - Reason And Emotion In Psychotherapy Compatibility with Devices
 - Reason And Emotion In Psychotherapy Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Reason And Emotion In Psychotherapy
 - Highlighting and Note-Taking Reason And Emotion In Psychotherapy
 - Interactive Elements Reason And Emotion In Psychotherapy

- 8. Staying Engaged with Reason And Emotion In Psychotherapy
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Reason And Emotion In Psychotherapy
- 9. Balancing eBooks and Physical Books Reason And Emotion In Psychotherapy
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Reason And Emotion In Psychotherapy
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Reason And Emotion In Psychotherapy
 - Setting Reading Goals Reason And Emotion In Psychotherapy
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Reason And Emotion In Psychotherapy
 - Fact-Checking eBook Content of Reason And Emotion In Psychotherapy
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Reason And Emotion In Psychotherapy Introduction

Reason And Emotion In Psychotherapy Offers over 60,000 free eBooks, including many classics that are in the public domain. Open Library: Provides access to over 1 million free eBooks, including classic literature and contemporary works. Reason And Emotion In Psychotherapy Offers a vast collection of books, some of which are available for free as PDF downloads, particularly older books in the public domain. Reason And Emotion In Psychotherapy: This website hosts a vast collection of scientific articles, books, and textbooks. While it operates in a legal gray area due to copyright issues, its a popular resource

for finding various publications. Internet Archive for Reason And Emotion In Psychotherapy: Has an extensive collection of digital content, including books, articles, videos, and more. It has a massive library of free downloadable books. Free-eBooks Reason And Emotion In Psychotherapy Offers a diverse range of free eBooks across various genres. Reason And Emotion In Psychotherapy Focuses mainly on educational books, textbooks, and business books. It offers free PDF downloads for educational purposes. Reason And Emotion In Psychotherapy Provides a large selection of free eBooks in different genres, which are available for download in various formats, including PDF. Finding specific Reason And Emotion In Psychotherapy, especially related to Reason And Emotion In Psychotherapy, might be challenging as theyre often artistic creations rather than practical blueprints. However, you can explore the following steps to search for or create your own Online Searches: Look for websites, forums, or blogs dedicated to Reason And Emotion In Psychotherapy, Sometimes enthusiasts share their designs or concepts in PDF format. Books and Magazines Some Reason And Emotion In Psychotherapy books or magazines might include. Look for these in online stores or libraries. Remember that while Reason And Emotion In Psychotherapy, sharing copyrighted material without permission is not legal. Always ensure your either creating your own or obtaining them from legitimate sources that allow sharing and downloading. Library Check if your local library offers eBook lending services. Many libraries have digital catalogs where you can borrow Reason And Emotion In Psychotherapy eBooks for free, including popular titles. Online Retailers: Websites like Amazon, Google Books, or Apple Books often sell eBooks. Sometimes, authors or publishers offer promotions or free periods for certain books. Authors Website Occasionally, authors provide excerpts or short stories for free on their websites. While this might not be the Reason And Emotion In Psychotherapy full book, it can give you a taste of the authors writing style. Subscription Services Platforms like Kindle Unlimited or Scribd offer subscription-based access to a wide range of Reason And Emotion In Psychotherapy eBooks, including some popular titles.

FAQs About Reason And Emotion In Psychotherapy Books

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer web-based readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities,

enhancing the reader engagement and providing a more immersive learning experience. Reason And Emotion In Psychotherapy is one of the best book in our library for free trial. We provide copy of Reason And Emotion In Psychotherapy in digital format, so the resources that you find are reliable. There are also many Ebooks of related with Reason And Emotion In Psychotherapy. Where to download Reason And Emotion In Psychotherapy online for free? Are you looking for Reason And Emotion In Psychotherapy PDF? This is definitely going to save you time and cash in something you should think about.

Find Reason And Emotion In Psychotherapy:

pastel painting techniques
pastoral letters as composite documents
path to victory the mediterranean theate
passive solar homes

passion narrative of st luke path to power the years of lyndon johnson

pastor-evangelist preacher model and mobilizer for church growth past life regrebion guidebook how our past lives influence us now patchclamp applications and protocols pasã por aquã the western frontier library passion for treason path to a larger life pascal boyd & fraser computer science series

party lines competition partisanship and congressional redistricting

Reason And Emotion In Psychotherapy:

pathblazers eight people who made a diff

The Restaurant Manager's Handbook: How to Set Up ... It helps you looks at all the different aspects of a restaurant. It goes over the basics of buying or leasing a restaurant, creating a successful business plan, ... The Restaurant Manager's Handbook: How to Set Up ... The multiple award-winning Restaurant Manager's Handbook is the best-selling book on running a successful food service operation. The Restaurant Manager's Handbook: How to Set Up ... Shows how to set up, operate, and manage a financially successful food-service operation. This book cover the process of a restaurant start-up and ongoing ...

The Restaurant Manager's Handbook: How... book by ... This comprehensive manual will show you step-by-step how to set up, operate, and manage a financially successful foodservice operation. Charts. Forms. The Restaurant Manager's Handbook This comprehensive 1,044 page Restaurant Manger's Handbook will show you step-by-step how to set up, operate, and manage a financially successful foodservice ... The Restaurant Manager's Handbook: How to Set Up ... This new, comprehensive 800-page book will show you step-by-step how to set up, operate, and manage a financially successful food service operation. The author ... The Restaurant Manager's Handbook: How to Set Up ... The multiple award-winning Restaurant Manager's Handbook is the best-selling book on running a successful food service operation. Now in the 4th completely ... The Restaurant Manager's Handbook - Brown | PDF | Menu Chapter 1 Grooming Standards General standards of image and grooming apply to both "Front of House" and Kitchen Staff. Excellent standards of ... The restaurant manager's handbook: how to set up, ... "The multiple award-winning Restaurant Manager's Handbook is the best-selling book on running a successful food service operation. The Restaurant Manager's Handbook: How to Set Up ... Dec 15, 2018 — The multiple award-winning Restaurant Manager's Handbook is the best-selling book on running a successful food service operation. The Icebound Land (Ranger's Apprentice, Book 3) Kidnapped and taken to a frozen land after the fierce battle with Lord Morgarath, Will and Evanlyn are bound for Skandia as captives aboard a fearsome ... The Icebound Land The Icebound Land is the third book in the Ranger's Apprentice book series written by Australian author John Flanagan. The book was released on 30 November ... The Icebound Land (Ranger's Apprentice, #3) ... Kidnapped after the fierce battle with Lord Morgarath, Will and Evanlyn are bound for Skandia as captives aboard a fearsome wolfship. The Icebound Land | Flanagan Wiki - Fandom Kidnapped and taken to a frozen land after the fierce battle with Lord Morgarath, Will and Evanlyn are bound for Skandia as captives. The Icebound Land — "Ranger's Apprentice" - Books A dark knight captures two friends and their friends try to make a daring rescue. The Icebound Land - Flip PDF Looking for The Icebound Land? Just check 579 flip PDFs. Like The Icebound Land? Share and download The Icebound Land for free. Ranger's Apprentice #03, The Icebound Land - PB Kidnapped after the fierce battle with Lord Morgarath, Will and Evanlyn are bound for Skandia as captives aboard a fearsome wolfship. Ages 12 and up. The Icebound Land (Ranger's Apprentice #3): John Flanagan The icebound land follows on from the burning bridge with Will and Evanlyn taken by the Skandians and across the ocean to Skandia where they will be turned into ... The Icebound Land: John Flanagan Kidnapped after the fierce battle with Lord Morgarath, Will and Evanlyn are bound for Skandia as captives aboard a fearsome wolfship. Halt has sworn to rescue ... Rangers Apprentice - Book 3: The Icebound Land - Chapter 1 capism rehearsal guiz Flashcards Study with Quizlet and memorize flashcards containing terms like Reposition a product, Marketing a product, Scheduling promotion and more. Capsim Rehearsal Quiz Flashcards Study with Quizlet and memorize flashcards containing terms like Reposition a product, Marketing a product, Scheduling promotion and more. CAPSIM REHEARSAL QUIZ.docx CAPSIM REHEARSAL QUIZ Reposition a product : a)Research

current customer buying criteria in the FastTrack b)Display the R&D worksheet c)Adjust Performance, ... Capsim Rehearsal Tutorial Quiz Answers.docx from STUDENT OL317 at Southern New Hampshire University. 1-5 Rehearsal Tutorial and Quiz in Capsim ... CAPSIM Tutorial 2: Rehearsal Tutorial - YouTube (DOCX) CAPSIM Rehearsal Quiz Tactics Action Steps Reposition a product Research current customer buying criteria in the Courier Display the R&D worksheet Adjust Performance, Size, ... Introduction The quiz will ask you to match each basic tactic with a set of action steps. To complete the. Rehearsal, you must get 100% on the quiz, but you can take it as ... W01 Quiz - Capsim Rehearsal Rounds Self-Assessment On Studocu you find all the lecture notes, summaries and study guides you need to pass your exams with better grades. Cap Sim Quiz Online - Capsim Tutorials Introductory ... 1. Products are invented and revised by which department? · 2. What is the industry newsletter called? · 3. Which of these investments is not a function of the ... Introduction to Capsim Capstone Simulation - Practice Round 1