



# RATIONAL-EMOTIVE APPROACHES TO THE PROBLEMS OF CHILDHOOD

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EDITED BY ALBERT ELLIS AND MICHAEL E. BERNARD

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# Rational Emotive Approaches To The Problems Of Childhood

**Gary R. Habermas**



## **Rational Emotive Approaches To The Problems Of Childhood:**

*Rational-Emotive Approaches to the Problems of Childhood* A. Ellis, Michael E. Bernard, 1983-11-30      **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      *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

*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

**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

Handbook of Treatment Approaches in Childhood Psychopathology Johnny L. Matson, 2013-03-07 The treatment of psychopathology in children has been a centerpiece of the overall field of problem behaviors in children Therefore a considerable number of data have been

accumulated particularly in recent years These efforts have expanded at such a rate as to result in the publication of several new journals such as the Journal of Clinical Child Psychology and Education and Treatment of Children Similarly many standard general clinical journals have begun to devote more attention to children Despite these efforts few books have emerged that are devoted directly and specifically to treatment in childhood psychopathology This volume's scope is broad in that it reviews not only behavior therapy but also the rapidly expanding efforts in psychopathology and traditional psychotherapy and at an advanced level It is designed to provide an in depth scholarly review of the empirical evidence including an overview and analysis of the available techniques their effectiveness and the limitations and complications arising from the use of these treatment methods with the full range of psychopathology displayed by children Many nationally and internationally recognized experts have agreed to contribute chapters to this book and we hope that what has emerged is an up to date and authoritative volume

Advances in Cognitive—Behavioral Research and Therapy Philip C. Kendall, 2013-10-22 Advances in Cognitive Behavioral Research and Therapy Volume 3 provides information pertinent to the fundamental aspects of cognitive behavioral approaches to psychotherapy This book presents the developments in the study of cognition personality learning development social interaction and behavior therapy Organized into six chapters this volume begins with an overview of attributional processes in dyadic relationships with emphasis on therapeutic and theoretical aspects This text then examines the advanced methodology of multidimensional scaling Other chapters consider the application of cognitive behavioral interventions in educational settings This book discusses as well the social cognitive processes and effective social behavior which are linked within a theoretically rich and empirically supported systems model The final chapter deals with the rational emotive theoretical position to the area of childhood problems This book is a valuable resource for research and applied psychologists Researchers and clinicians struggling with the interplay of behavior cognition and emotion will also find this book useful

*Handbook of Child and Adolescent Treatment Manuals* Craig W. LeCroy, 1994 In the field of child and adolescent therapy there are numerous books describing theories and techniques of treatment Until now there has been no clear presentation of how such theories translate into day to day practice Craig LeCroy offers specific treatment manuals for carrying out particular programs including group treatment for children of divorce for social skills training and for the prevention of drug use as well as treatment of childhood anxiety and depression of academic problems of conduct disorders and for anger management among others Each treatment manual is based on extensive field testing by the author The Handbook of Child and Adolescent Treatment Manuals provides practitioners students and researchers with specific methods and procedures used with children and adolescents Each chapter is a specific treatment guide that has been tested and carefully refined through use presenting concrete step by step instructions for effectively treating various child and adolescent behavior problems The book covers the major clinical disorders and social problems facing children and adolescents as well as new developments and refinements in the treatment of these problems

Experts in the field provide descriptions of treatment approaches for rational emotive therapy with children social skills training anger control training adolescent relapse prevention divorce adjustment groups parent adolescent conflict and more The Handbook of Child and Adolescent Treatment Manuals is designed to be an important reference handbook for practitioners in various child and adolescent settings including schools mental health clinics residential treatment centers group homes family service agencies and juvenile correction centers BOOK JACKET Title Summary field provided by Blackwell North America Inc All Rights Reserved *Current Catalog* National Library of Medicine (U.S.), What Works when with Children and Adolescents Ann Vernon,2002 Designed for counselors school psychologists and others this practical handbook offers creative useful interventions for problems children and adolescents commonly experience **National Library of Medicine Current Catalog** National Library of Medicine (U.S.), **REBT in the Treatment of Anxiety Disorders in Children and Adults** Ioana Alina Cristea,Simona Stefan,Oana David,Cristina Mogoase,Anca Dobrea,2015-08-26 This clinical guide reviews the basics of Rational Emotive Behavior Therapy and presents a quartet of tested protocols for treating anxiety disorders in children and adults Adult applications feature REBT for treating generalized anxiety disorder and a brief REBT virtual reality immersion approach to social anxiety disorder For children and adolescents a REBT and a rational emotive educational program address anxiety with interventions tailored to age and developmental considerations Each protocol suggests measures for screening for suitability and differential diagnosis explains the usefulness of REBT for the problem and includes these features Session by session therapist guide with case formulation and relevant techniques In session evaluation scales Client worksheets and exercises Developmentally appropriate materials for children and adolescents Agendas for parent sessions to supplement children s therapy Recommended readings for clients and reference lists for therapists REBT in the Treatment of Anxiety Disorders in Children and Adults offers a wealth of proven hands on knowledge not only for practitioners using REBT in their work such as therapists clinical psychologists and counselors but also for researchers studying the efficacy of psychotherapy interventions for anxiety disorders Reaching High-Risk Families Elizabeth Tracy,2017-09-29 Focusing on a program Homebuilders that has attracted national attention this book develops implications for family centered curricula in such areas as social policy direct practice program design management practice research theory and prevention **Thinking About the Family** R. D. Ashmore,D. M. Brodzinsky,2014-02-24 First published in 1986 Over the past decade and a half the rising divorce rate coupled with other changes in family life has led some observers to conclude that the traditional nuclear family today is analogous to a species of dinosaur facing an inevitable Ice Age and with it extinction During this recent period of social upheaval in which the American family has undergone considerable change there has been an exciting upswing in research on the family and the introduction of novel perspectives for seeking to understand this most important societal institution This volume brings together the writings of a set of researchers who represent one of these emerging approaches Handbook of

Psychotherapies with Children and Families Sandra W. Russ, Thomas H. Ollendick, 2013-11-11 The aim of this book on psychotherapies with children and families is to present a comprehensive overview of the current array of intervention approaches in the child mental health field There is a focus on the integration of theory research and practice throughout the book The book proceeds from the more global presentations of basic theoretical approaches to applications of these approaches with specific problems and populations It then presents more integrated intervention approaches and overviews of the research literature One of the unique features of this book is its focus on future directions for each approach both in clinical practice and in research A second unique feature is its structured format across diverse approaches with a focus on empirical validation of approaches Another innovation is the presentation of interventions that integrate major components of different theoretical approaches Thus the book reflects the current trends in the field of interventions with specific problems and populations empirical validation of the approach and the integration of treatment approaches There are five major sections in this book Part I consists of four chapters that address a variety of issues related to child psychotherapy Chapter 1 by the editors examines the historical roots of child psychotherapy and explores current trends in the treatment of diverse child disorders It emphasizes the movement to treatments that work and sets the stage for the chapters that follow

**Cultivating Teacher Renewal** Barbara Larrivee, 2012-10-23 Teachers today are more stressed than ever It is crucial that teachers develop the tools necessary to keep from falling prey to the potentially destructive effects of stress and burnout Cultivating Teacher Renewal Guarding Against Stress and Burnout offers the antidote by providing the knowledge skills and practices that will keep teachers from surrendering to burnout Cultivating Teacher Renewal is evidence based presenting an extensive review of the abundant research on stress and burnout specifically applying it to the teaching profession This book adopts a comprehensive approach spanning the fields of education the social sciences and the neurosciences The array of strategies offered will help teachers become stress hardy to stay in a renewal cycle by building up defenses against burnout successfully negotiating the emotional terrain of teaching instilling new ways of thinking and behaving to preserve well being and limiting stress exposure by exercising healthier choices This book will also help you to maintain a work life balance and develop practices to sustain resilience and optimism

**Youth Aggression and Violence** Thomas G. Moeller, 2001-06-01 The rash of school shootings in the late 1990s has generated a tremendous amount of public concern about youth aggression and violence But students trainees and professionals who work with children and adolescents have had no concise or systematic survey of our current knowledge about causes and effective approaches to intervention and prevention on which to draw Youth Aggression and Violence has filled the void Comprehensive and readable it utilizes theory and research from the developmental psychology of normal children and adolescents as well as material on abnormal forms of development such as disruptive behavior disorders and juvenile delinquency situates youthful aggression and violence within the overall framework of children's moral development integrates quantitative research with carefully considered qualitative research

and case studies discusses the genetic and biological underpinnings of youthful aggression as well as family and social factors related to antisocial behavior emphasizes cognitive motivational and emotional processes involved in youth aggression and violence provides in depth coverage of juvenile killers and school violence examines female aggression and violence in a variety of contexts and critically examines a number of questions frequently discussed in conjunction with youth violence such as media violence firearm accessibility and the relationship between self esteem and aggression

*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

DEALING WITH DOUBT Gary R. Habermas, 2022-12-21 Dealing with Doubt is a book written by Gary Habermas a Christian apologist and philosopher In the book Habermas addresses the issue of doubt and how it can affect one's Christian faith He has written extensively on issues related to faith and belief Herein he discusses the various causes of doubt including intellectual and emotional challenges and offers guidance and strategies on how to navigate and overcome doubt while rebuilding one's faith The book is aimed at readers who are struggling with doubts about their faith or who are seeking to strengthen their faith and better understand how to respond to doubt Habermas seeks to help readers understand the nature of doubt identify its sources and find ways to overcome it through a more in depth understanding of Christian teachings and practices Dealing with Doubt is likely to be of interest to those who are struggling with doubt in their own faith or who are seeking to help others who may be dealing with doubt It is written from a Christian perspective and offers a defense of Christian beliefs

Thinking, Feeling, Behaving Ann Vernon, 2006 An essential resource for helping students learn to overcome irrational beliefs negative feelings and the negative consequences that may result This revision is packed with 105 creative and easy to do activities The activities include games stories role plays writing drawing and brainstorming Each activity is identified by grade level



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