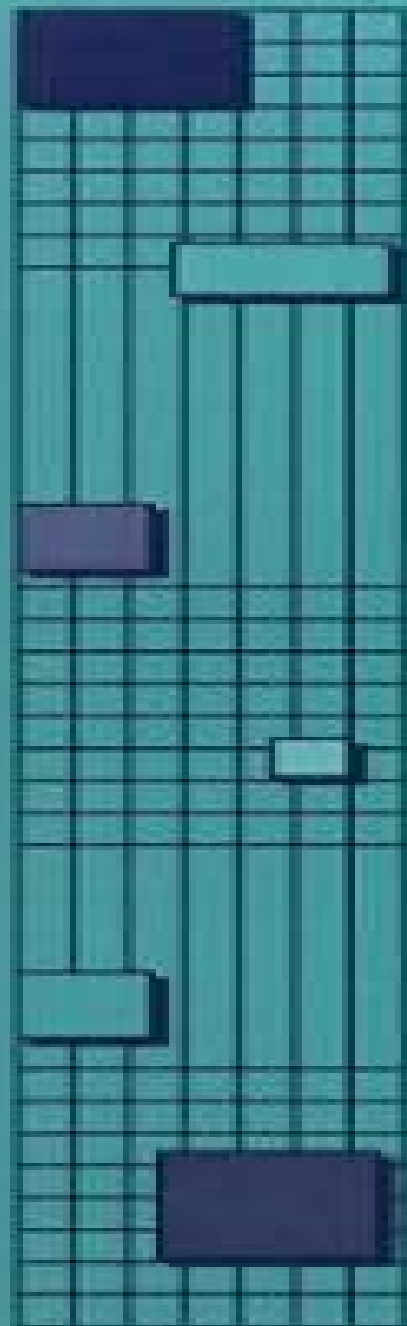


Rational Counseling with School-Aged Populations: *A Practical Guide*

Jerry Wilde

Foreword by Albert Ellis



Rational Counseling With Schoolaged Populations A Practical Guide

Ann Vernon



Rational Counseling With Schoolaged Populations A Practical Guide:

Rational Counseling with School-aged Populations Jerry Wilde, 1992 First published in 1992 Routledge is an imprint of Taylor Francis an informa company

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

Handbook of Cognitive-Behavior Group Therapy with Children and Adolescents Ray W. Christner, Christy A. Mulligan, 2007-05-07 This Handbook offers a much needed resource of theoretical knowledge evidence based interventions and practical guidelines for professionals providing group psychotherapy to youth clients Written by leading professionals in the field of child and adolescent cognitive behavioral therapy this comprehensive volume offers readers a collection of innovative and well established approaches for group interventions with youth in a variety of treatment settings It addresses a wide range of issues not limited to assessment group member selection and specific protocols and strategies that readers can implement in their own practice Integrating theoretical and practical aspects leading experts offer their experience through case examples and vignettes suggesting guidelines for overcoming inherent treatment obstacles This Handbook provides not only a framework for delivering effective group therapy but also highlights specific problem areas and it is an invaluable reference for professionals providing therapeutic intervention to children and adolescents

Different Views of Anxiety Disorders Salih Selek, 2011-09-12 Anxiety whether an illness or emotion is a term

with historical roots even in the Bible but it was not popular until the modern age Today we can group diagnose and treat several anxiety disorders to an extent but the assessment of symptoms and severity dealing with resistant conditions new treatment modalities and specific patient population such as children are still the challenging aspects of anxiety disorders This book intends to present anxiety disorders from a different view and discuss a wide variety of topics in anxiety from a multidimensional approach This Open Access book addresses not only psychiatrists but also a broad range of specialists including psychologists neuroscientists and other mental health professionals

An Educators Guide to Difficult Parents Jerry Wilde, 2000 Knowing how to deal with difficult parents is essential if one plans on having a career in education Difficult parents can be broken down into two subtypes and this book examines the similarities differences and motivations of each in turn There is also an analysis of special education and Section 504 laws as well as a general overview of the federal laws Techniques for dealing with parent advocates are also examined The components of successful parent conferences are discussed along with an analysis of parental ownership What should be the school s responsibility and what should stay with the parents That s a very important question and often it isn t given enough attention A hazard in this profession job burnout is also covered The physical emotional and psychological warning signs are discussed along with measures that can be taken to prevent burnout Finally techniques to understand and cope with anger and anxiety are provided

REBT with Diverse Client Problems and Populations Windy Dryden, Michael E. Bernard, 2019-02-26 This practice focused resource demonstrates effective uses of Rational Emotive Behavior Therapy methods and techniques in treating clients across various conditions settings and subgroups Client problems featured include both those often associated with REBT e g anxiety depression anger and others noted for complex presentations difficulties with engagement and impasses e g addictions suicidality psychosis Challenging treatment populations are covered as well including women couples families elder and pediatric clients clients with disabilities and sexual minorities These stimulating cases show how well the diversity of clients and their concerns is matched by the flexibility of techniques and applications within REBT In each chapter expert therapists Identify concepts in REBT especially suited to approaching the problem or population Outline best REBT practices in assessment and treatment of the client s Survey evidence based non REBT approaches most useful in complementing REBT Provide a brief case example representing appropriate REBT in action Assess their use of REBT in treating the problem or members of the population A bedrock text for REBT scholar practitioners REBT with Diverse Populations and Problems is a testimony to the continuing usefulness of the therapy and its adaptability as client populations emerge and as the contexts of client problems evolve in response to a demanding world

Counseling Techniques Rosemary Thompson, 2003 First Published in 2003 Routledge is an imprint of Taylor Francis an informa company

Overcoming Resistance Albert Ellis PhD, 2007-07-31 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 *Treating Anger, Anxiety, And Depression In Children And Adolescents* Jerry Wilde,2013-08-21 Nearly all childhood problems fall somewhere within the big three anger anxiety and depression claims Jerry Wilde PhD author of this new guide to treating the most prevalent problems facing children and Adolescents Today Way Of Rational Emotive Behaviour Therapy REBT Wilde applies a cognitive behavioural perspective to the big three when working with young people in both individual or group and school or private settings He teaches novice and seasoned practitioners the requisite techniques for turning cognitive behavioural theory into actual REBT progress in the lives of children and adolescents For each of the big three the book examines causes and effective treatments interventions and supplies a six to eight week group counselling guide plus verbatim transcripts of sessions with clients Also provided is an extensive overview of REBT As young people learn that they are not disturbed by events but by views they take of events they acquire skills for a lifetime of self control over anger anxiety and depression in the classroom workplace and home The techniques detailed in this guide should make that goal more accessible *Favorite Counseling and Therapy Techniques* Howard G. Rosenthal,2011-01-19 In the new edition of this highly popular book Howard Rosenthal once again brings together a group of prominent therapists who share their insightful pioneering and favorite therapeutic techniques These therapists include such well known figures as Albert Ellis Arnold Lazarus William Glasser Raymond Corsini and Allen E Ivey Many of the classic entries in the previous edition are once again included some unaltered and others updated while several new chapters have been added to reflect the newest advancements in the counseling field For practitioners wondering what methods to use when working with clients and what they can prescribe for them between sessions or for those who simply are interested in gaining insight into the thoughts and minds of such eminent therapists the more than 50 entries in this text

are sure to be both highly useful and exciting reads *Counseling Techniques* Rosemary A. Thompson, 2015-08-27 The third edition of *Counseling Techniques* follows in its predecessors steps presenting the art and science of counseling in a clear and common sense manner that makes it accessible for counseling students and seasoned practitioners alike New to this edition are chapters on play therapy and a host of other updates that illustrate ways to use different techniques in different situations *Counseling Techniques* stresses the need to recognize and treat the client within the context of culture ethnicity interpersonal resources and systemic support and it shows students how to meet these needs using more than five hundred treatment techniques each of which is accompanied by step by step procedures and evaluation methods **Favorite**

Counseling and Therapy Homework Assignments Howard G. Rosenthal, 2011-01-19 This companion to *Favorite Counseling and Therapy Techniques* contains more than fifty handouts and homework assignments used by some of the finest and most renowned therapists in the world such as Albert Ellis William Glasser Richard B Bolles Allen E Ivey Marianne Schneider Corey Gerald Corey Maxie C Maultsby Jr and Peter R Breggin Several new entries have been added to reflect the newest advancements in the counseling field This is sure to be a highly useful and insightful read for any practitioner wishing to learn new techniques to benefit their practice and patients *Counseling Children and Adolescents* Ann Vernon, 1999

Thinking, Feeling, Behaving Ann Vernon, 2006 For grades 1-6 An essential resource for helping students learn to overcome irrational beliefs negative feelings and the negative consequences that may result This 2006 revision is packed with 105 creative and easy to do activities 15 are new to this edition The activities include games stories role plays writing drawing and brainstorming Each activity is identified by grade level and categorized into one of five important topic areas Self Acceptance Feelings Beliefs and Behavior Problem Solving and Decision Making and Interpersonal Relationships *Thinking Feeling Behaving* is an emotional education curriculum based on the principles of Rational Emotive Behavior Therapy It can be used in classroom or small group settings **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 **Counseling Children & Adolescents** Ann Vernon, 2004 Offers a plan for designing a developmental counseling curriculum from primary grades through high school This book presents empirically based strategies and shows how to assess needs and design helpful interventions It also includes play therapy rational emotional therapy small group counseling working with at risk youth and more *The Complete Directory for People with Learning Disabilities*, 1997 Leslie Mackenzie, 1997-10 Special Applications of REBT Joseph Yankura, Windy Dryden, 1997 **A**

Guide to Practicum and Internship for School Counselors-in-Training Aaron H. Oberman, Jeannine R.

Studer,2020-09-28 The ideal resource for school counseling field experiences the updated and expanded third edition of A Guide to Practicum and Internship for School Counselors in Training covers all aspects of the practicum and internship experience from the initial contact with supervisors to detailed descriptions of students different roles Readers will gain an awareness of school culture and the understanding needed to develop an individualized philosophy of school counseling Each chapter contains activities case studies worksheets and images to facilitate understanding and all material is consistent with both the Council for Accreditation of Counseling and Related Educational Programs CACREP 2016 Common Core and School Counselor Entry Level Specialty Areas and the school counselor standards identified by the American School Counselor Association ASCA Specific focus is given to strategies for implementing the ASCA National Model 4th edition as a part of clinical experiences This text can be used by faculty students and supervisors alike to support and enhance the school counseling knowledge base used to meet the needs of all students *The Complete Learning Disabilities Directory* Grey House Publishing,1997-08

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Rational Counseling With Schoolaged Populations A Practical Guide Introduction

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