

Rational Emotive Therapy With Children and Adolescents: A Meta-Analysis

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ANITA SAUNDERS, ANN GALLOWAY, AND CRAIG S. SHWERY

Evidence has shown that almost 70% of youth receiving mental health services do so only at school, making the education system the *de facto* system of service delivery for children and youth with mental health concerns (Farmer, Burns, Phillips, Angold, & Costello, 2003). As the number of students needing mental health and academic support services and the range of academic and mental health problems increase, the demand for evidence-based interventions (EBI) in the schools has increased as well (Stoiber & Kratochwill, 2000). Over the last decade, a convergent and cumulative evidence base of empirical findings for childhood and adolescent interventions, especially psychotherapies, has suggested the effects are positive, of a reasonable magnitude, and comparable to effects found in adult outcome literature (Department of Health and Human Services, 2000; Weisz, Huey, & Weersing, 1998). Four broad-based meta-analyses with diverse child and adolescent populations covering a range of problems have shown the effects of psychotherapy to be positive, with mean effect sizes ranging from .54 (Weisz, Weiss, Han, Granger, & Morton, 1995) to .88 (Kazdin & Bass, 1990). More focused meta-analyses (i.e.,

This article systematically reviews the available research on rational emotive behavioral therapy (REBT) with children and adolescents. Meta-analytic procedures were applied to 19 studies that met inclusion criteria. The overall mean weighted effect of REBT was positive and significant. Weighted z , effect sizes were also computed for five outcome categories: anxiety, disruptive behaviors, irrationality, self-concept, and grade point average. In terms of magnitude, the largest positive mean effect of REBT was on disruptive behaviors. Analyses also revealed the following noteworthy findings: (a) there was no statistical difference between studies identified low or high in internal validity; (b) REBT appeared equally effective for children and adolescents presenting with and without identified problems; (c) non-mental health professionals produced REBT effects of greater magnitude than their mental health counterparts; (d) the longer the duration of REBT sessions, the greater the impact, and (e) children benefited more from REBT than adolescents. The findings are discussed in terms of several important limitations along with suggestions for future research.

specific subsets of treatment studies) have shown positive treatment effects as well. For example, Durlak, Fuhrman, and Lampman (1991) found an overall effect size of .92 for cognitive behavior therapy (CBT) for maladaptive children and adolescents in the formal operational level of cognitive functioning. In the context of child and adolescent psychotherapy, rational emotive behavior therapy (REBT; see Note) has emerged as a popular form of therapy with many applications for mental and nonmental health professionals.

REBT comes from a family of therapies subsumed under the CBT umbrella.

These therapies cover a variety of techniques in which children and adolescents are taught to use cognitive mediational strategies as a means of guiding their behavior, with the ultimate goal of positive behavioral and mental adjustment (Durlak et al., 1991). The basic premise underlying REBT is that emotional disturbances emerge from faulty thinking about events rather than the events themselves. According to REBT, at the core of faulty thinking are rigid and absolute beliefs (e.g., "musts," "oughts") and their derivatives (e.g., "awfulizing"). The faulty thinking is thought to be irrational be-

Rational Emotive Therapy With Children And Adolescents

Michael E. Bernard, Marie R. Joyce



Rational Emotive Therapy With Children And Adolescents:

Rational-emotive therapy with children and adolescents Michael Edwin Bernard, 1990 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 *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 Therapy with Children and Adolescents** Michael E. Bernard, Marie R. Joyce, 1984-05-10 This definitive state of the art volume discusses the use of rational emotive therapy RET with school age children Provides the first comprehensive review of important work over the past 20 years and compares RET with other cognitive behavioral procedures Offers a compendium of materials activities and techniques useful in education and developmental counseling with children as young as five years of age **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 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

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

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

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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 More what Works when with Children and Adolescents Ann Vernon, 2009 Presents approximately eighty activities for counseling children and adolescents which address such issues as anxiety depression stress grief low frustration tolerance anger bullying and acting out Counseling Children and Adolescents Sondra Smith-Adcock, Catherine Tucker, 2016-03-29 The integration of CACREP Standards school counseling strategies and specific developmental issues make this a great text for teaching child and adolescent counseling courses Janet Froeschle Texas Tech University Counseling Children and Adolescents Connecting Theory Development and Diversity reviews the most relevant theoretical approaches for counseling children and focuses on connecting key theories to application using case studies The book's approach is broad addressing a range of ages approaches and interventions that are applicable to varied settings Sondra Smith Adcock and Catherine Tucker have laid out an integrated framework that focuses on development and diversity In addition a unique aspect of this text is its focus on neuroscience the developing brain and the impact of early childhood trauma on development Each chapter in the text includes a set of case illustrations guided activities for the student to apply independently and in the classroom and a list of resources in print on the web and on film Counseling Children and Adolescents Connecting Theory Development and Diversity is part of the SAGE Counseling and Professional Identity Series which targets specific competencies identified by CACREP Council for Accreditation of Counseling and Related Programs

Clinical Handbook of Adolescent Addiction Richard Rosner, 2012-11-19 Since 1960 the burden of adolescent illness has shifted from the traditional causes of disease to the more behavior related problems such as drinking smoking and drug abuse nearly half of American adolescents have used an illicit drug sometime during their life Instilling in adolescents the knowledge skills and values that foster physical and mental health will require substantial changes in the way health professionals work and the way they connect with families schools and community organizations At the same time the major textbooks on addiction medicine and addiction psychiatry devote relatively little attention to the special problems of diagnosing and treating adolescent addicts Similarly the major textbooks on general and child and adolescent psychiatry direct relatively little attention to the issues surrounding adolescent addiction The *Clinical Handbook of Adolescent Addiction* is one response to the challenge of meeting the mental health needs and behavior related problems of addicted teenagers The work has been edited as an independent project by members of the American Society for Adolescent Psychiatry the oldest professional organization of psychiatrists devoted solely to the mental health care and treatment of teenagers in the USA The forensic psychiatry perspective permeates the entire book It will help to produce health providers with a deep and

sensitive understanding of the developmental needs and behavior related problems of adolescents The Clinical Handbook of Adolescent Addiction is a practical tool for all those who help adolescents practitioners of family medicine general psychiatrists child adolescent psychiatrists adolescent psychiatrists addiction psychiatrists non psychiatric physicians specializing in addiction medicine forensic psychiatrists psychologists clinical social workers mental health administrators Court Probation Parole Correctional health workers The book is organized in a user friendly format so that readers can easily locate the chapters that provide the information that is required In some instances topics of special importance deliberately have been addressed in more than one chapter to illuminate the topics from a variety of vantage points One aim of the editors is to move the topic from being a specialist area to a generalist one by providing tools for generalist to use

Handbook of Psychotherapies with Children and Families Sandra W. Russ, Thomas H. Ollendick, 1999-10-31 This handbook presents a comprehensive overview of the current array of intervention approaches in the child mental health field Its coverage reflects current trends of intervention with specific problems and populations empirical support of the approach and the integration of treatment approaches proceeding from global presentations of basic theoretical approaches to applications with specific problems and populations Unique features are its focus on future directions for research and clinical practice a structured format across diverse interventions with a focus on empirical validation and interventions that integrate different theoretical components 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 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

Handbook of Clinical Psychology, Volume 2 Michel Hersen, Alan M. Gross, 2008-02-13 Handbook of Clinical Psychology Volume 2 Children and Adolescents provides comprehensive coverage of the fundamentals of clinical psychological practice for the young from assessment through treatment including the innovations of the past decade in ethics cross cultural psychology psychoneuroimmunology cognitive behavioral treatment psychopharmacology and pediatric psychology Encyclopedia of Clinical Child and Pediatric Psychology Thomas H. Ollendick, Carolyn S. Schroeder, 2012-12-06 The Encyclopedia of Clinical Child and Pediatric children adolescents and their families with a focus on Psychology is intended to be an authoritative and comprehensive understanding preventing diagnosing and treating psychological cognitive emotional developmental comprehensive resource that provides up to date information on a broad array of problems

and issues related to behavioral and family problems of children. Of particular importance to clinical child psychologists is an understanding of the basic psychological needs of children and the social contexts that influence child development and adjustment. Thus, typical and atypical graduate students in training as well as diverse medical and mental health professionals who live with and/or concern for the clinical child psychologist work with young persons but who have limited information on a particular topic. Inasmuch as the scope of child psychology is interested in the psychological needs, clinical child and pediatric psychology is extensive as to children but the focus is on the psychosocial aspects. A range of topics is included that cover typical and atypical illness. Counseling Children and Adolescents in Schools Robyn S. Hess, Sandy Magnuson, Linda Beeler, 2012. Counseling Children and Adolescents in Schools is a text and workbook designed to help aspiring school practitioners, school psychologists, counsellors and social workers gain the necessary theoretical background and skill set to work effectively with youths in schools.

What Works with Children, Adolescents, and Adults? Alan Carr, 2008-08-18. *What Works with Children, Adolescents and Adults* provides an up to date review of research on the effectiveness of psychotherapy and psychological interventions with children, adolescents, adults, people in later life and people with intellectual and pervasive developmental disabilities. Drawing on recent meta-analyses, systematic reviews and key research studies in psychotherapy, this volume presents evidence for the overall effectiveness and cost effectiveness of psychotherapy, the contribution of common factors to the outcome of successful psychotherapy, the effectiveness of specific psychotherapy protocols for particular problems. This comprehensive user friendly guide will inform clinical practice, service development and policy. It will be invaluable to psychotherapists, service managers, policymakers and researchers. *What Works with Children, Adolescents and Adults* offers a review of the evidence base for three Handbooks published by Routledge: *The Handbook of Child and Adolescent Clinical Psychology* Carr 2006, *The Handbook of Adult Clinical Psychology* Carr McNulty 2006 and *The Handbook of Intellectual Disability and Clinical Psychology Practice* O'Reilly Carr Walsh McEvoy 2007. *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

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