

**SPRINGER BRIEFS IN PSYCHOLOGY**  
BEST PRACTICES IN COGNITIVE-BEHAVIORAL PSYCHOTHERAPY

Oana A. David  
Raymond DiGiuseppe

# The Rational Positive Parenting Program

# Rational Parenting

**Susan Himmelweit**



## **Rational Parenting:**

**The Rational Positive Parenting Program** Oana A. David, Raymond DiGiuseppe, 2015-10-01 This brief but potent reference combines cognitive behavioral and rational emotive theory and techniques in an effective group program for parents of children with externalizing disorders The Rational Positive Parenting Program rPPP addresses irrational emotions and their underlying beliefs that contribute to ineffective parenting while modeling skills for improved parent child relationships and management of children s problem behaviors The book reviews the full length brief and online protocols for rPPP with session content objectives therapeutic techniques activities and assignments Also included are a digest of the evidence base for the program and a kit of parent handouts targeting emotion regulation skills This highly practical volume Overviews externalizing disorders in children and their treatment Examines parenting practices as an etiological factor for child psychopathology Situates the Rational Positive Parenting Program in CBT and REBT theory Presents empirical support for rPPP Details the full length brief and online protocols for rPPP Includes rPPP forms worksheets and measures The Rational Positive Parenting Program is a ready resource for practitioners working in REBT including therapists clinical psychologists and counselors as well as for researchers addressing externalizing disorders in children in clinical practice

The Strength of Self-Acceptance Michael E. Bernard, 2014-07-08 Self acceptance is recognized in diverse schools of Christian and Eastern theology as well as in various schools of counseling and psychotherapy e g Humanistic Rational Emotive Behavior Therapy Cognitive Behavior Therapy Acceptance Commitment Therapy as a major contributor to mental health life satisfaction and wellness A review of the professional literature reveals there is no text that spells out how different theologies theories of personality and approaches to counseling and therapy conceptualize self acceptance and how this concept is interrelated to other aspects and constructs of spirituality and psychological functioning e g flexibility mindfulness Additionally the field of positive psychology which studies the character strengths and virtues that help individuals to experience well being and to flourish has largely ignored the concept of self acceptance

**Parenting Teenagers** Lois Jean Davitz, Joel Robert Davitz, 2003 Being a parent to teenagers can often be an overwhelming job Longtime psychologists educators and parents Lois and Joel Davitz offer sound and reassuring advice in this easy to read book that focuses on some of the major concerns parents have today Their questions come from a survey of real life situations that parents face relationships communication sadness mood swings conflict and crisis money bad influences Their answers encourage parents to think through their particular circumstances and recognize that parents can best determine what is right for their families The issues are unflinchingly honest The responses are not simple But both questions and answers are right on the mark Book jacket

**Rationality** Klaus Grobys, 2022-08-15 About this book Inspired by Nassim N Taleb s works The Black Swan Antifragile and Skin in the Game Klaus Grobys explores how rationality and irrationality are manifested in human behavior across various domains of human life The stories discussed in this book are based on real life observations

This work deals with political incorrectness the presence of concentration in virtually all domains of human life the carelessness of industries manifested in profit maximizing at the expense of simple folks and various other issues that many authors typically avoid The objective of this book is first to acquaint the reader with a new perspective concerning the concept of rationality and second to equip the reader to identify traps set up by profit maximizing industries and self serving lobbies

**Parenting** Loredana Benedetto, Massimo Ingrassia, 2021-01-27 Along with development parents and children are involved in reciprocal exchanges within which both co adapt their emerging relationships With this transactional assumption the eco cultural approach stimulates researchers to study parenting from a complex perspective and to consider multiple influences shaping children s and families lives This book offers a wide concrete eco cultural perspective on parenting addressing current issues such as wellbeing and emotional security sibling relationships vulnerable children family school partnerships digital parenting adolescence and risks resilience in adversity and immigration and cultural diversity Written by researchers from all over the world the twelve chapters in this volume testify to the strength of the plurality method for approaching parenting

**Superparenting!** Amber Elliott, 2021-07-21 Tried nagging shouting taking away screen time but with no success Dr Amber Elliott explains why children who have experienced early trauma need something different therapeutic parenting a kind of everyday superparenting which champions empathy over punishment Trying to parent children who have trauma triggered behaviours is tough and none of us are perfect Taking this as a starting point Dr Elliott provides you with a ten step process to transform your parenting From developing self acceptance and ideas for building motivation through to creative ways to think about structure and routine the book combines principles with practical advice and exercises you can try out at home Working together you and your child can discover the secrets of superparenting and overcome trauma triggered behaviours

**Indirect Parenting Interventions, Neuroscience and the Parent-Child Relationship** Thomas W. Roberts, 2024-10-21 This volume explores indirect parenting behavior that changes the structure of the parent child relationship examining the ecological dimension of parenting in addition to nurturance and control Drawing on neuroscientific research in parenting it provides a model for how children learn implicitly and how parents can relate to children through indirect means Roberts argues that first order parenting techniques teaching specific behaviors to reduce unwanted child behaviors are overused He examines and offers guidance on how indirect interventions that place emphasis on the interactional components of the parent child relationship such as modelling storytelling reframing humor and paradox can support parents and children in developing positive relationships Addresses the latest brain research and its application to parent child interactions Introduces the student to aspects of the parent child relationship that are not covered in most courses Useful to clinicians who work directly with parents Offers a perspective on parenting that differs from most parenting models Facilitates awareness of how unconscious and nonverbal communication affects parenting Serves to deepen the relationship with the child and curb unwanted behavior Indirect Parenting Interventions Neuroscience and the

Parent Child Relationship will be thought provoking reading for students and scholars of parenting and family systems as well as clinicians who work directly with parents giving them a broader perspective in dealing with parent child interactions

**Through my eyes** Aadithya Shree, Growing up every child was nurtured and loved At the same time they were hurt by the words and actions of their parents Indian parents are one great example for their authoritative parenting methods We are always expected to be the best at everything we do We are often pressurized into doing things that we are not interested in Society always has a say in our life This book is a collection of emotions from children who want to convey a tiny message to their parents *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 **Raise Your Kids Without Raising Your Voice**

Sarah Chana Radcliffe,2007-09 Radcliffe shows parents how to eliminate yelling criticism and other unpleasant communications and foster a family wide atmosphere of cooperation closeness love and respect **Cognitive Behavioral Therapy in a Global Context** Mark D. Terjesen,Kristene A. Doyle,2022-10-25 This book presents a new approach to understanding the history and practice of cognitive behavior therapy by presenting country profiles in 38 countries located around the world The objectives of this edited volume are to provide a broad understanding of the practice of CBT

internationally as well as country specific practices that will provide researchers and practitioners with important information for consideration in the application of CBT The book begins with an introductory chapter by the editors that discusses the history of CBT and the efforts to globalize and disseminate the science and practice of CBT as well as the unique cultural and international variables The subsequent chapters offer detailed country profiles of the history and practice of CBT from around the globe More specifically chapters will provide an overview of the country a history of psychotherapy in the country current regulations regarding psychotherapy provision professional and cognitive behavior therapy organizations training opportunities programs in CBT populations most frequently worked with using CBT in the country the use and adaptation of CBT the research on CBT in the country and CBT with special populations children immigrants HIV etc Many of the nations represented are the most populous and influential ones in their respective regions where CBT has been incorporated into psychotherapy training and practice Taken as a whole the countries are quite diverse in terms of sociocultural economic and political conditions and the impact of these variables on the practice of CBT in the country will be discussed The final chapter of the volume offers a summary of the patterns of practice integrating the main findings and challenges and discussing them within a global context A discussion of the vision for next steps in the globalization of CBT concludes the book

*Advances in Emotion Regulation: From Neuroscience to Psychotherapy* Alessandro Grecucci, Remo Job, Jon J. Frederickson, 2017-08-24 Emotions are the gift nature gave us to help us connect with others Emotions do not come from out of nowhere Rather they are constantly generated usually by stimuli in our interpersonal world They bond us to others guide us in navigating our social interactions and help us care for each other Paraphrasing Shakespeare Our relationships are such stuff as emotions are made of Emotions express our needs and desires When problems happen in our relationships emotions arise to help us fixing those problems However when emotions can become dysregulated pathology begins Almost all forms of psychopathology are associated with dysregulated emotions or dysregulatory mechanisms These dysregulated emotions can become regulated when the therapist helps clients express face and regulate their emotions and channel them into healthy actions This research topic gathers contributions from affective neuroscientists and psychotherapists to illustrate how our emotions become dysregulated in life and can become regulated through psychotherapy

Advances in REBT Michael E. Bernard, Windy Dryden, 2019-03-13 This authoritative volume commemorates six decades of Rational Emotive Behavior Therapy by assembling its current state of theory practice and research Bedrock chapters on defining features assessment and measurement and empirical findings place REBT squarely in the cognitive behavioral landscape reinforcing its status as a significant therapeutic approach The book's palette of applications shows the flexibility and effectiveness of REBT in school workplace and other settings with worried parents and stuck athletes and as a foundation for brief interventions And the survey of guiding principles and the evolution of the method by REBT founder Albert Ellis is a testament to its enduring clinical value Included in the coverage A comparison of

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

**REBT in the Treatment of Anxiety Disorders in Children and Adults** Ioana Alina Cristea, Simona Stefan, Oana David, Cristina Mogoase, Anca Dobrean, 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

**Parenting: Selected Writings of Marc H. Bornstein** Marc H. Bornstein, 2022-04-11 In the World Library of Psychologists series international experts present career long collections of what they judge to be their most interesting publications extracts from books key articles research findings and practical and theoretical contributions Marc H Bornstein has published widely in experimental methodological comparative developmental and cultural science as well as neuroscience pediatrics and aesthetics In this volume he has collected an integrated series of his papers on parenting Many disciplines over many centuries have expounded on parenting but theory and opinion have prevailed Bornstein initiated efforts to make parenting an evidence based field of study through his journal Parenting Science and Practice the Handbook of Parenting and two monograph series Monographs in Parenting and Studies in Parenting In addition Bornstein has undertaken empirical studies that address the determinants nature scope and consequences of parenting The writings selected for this collection symbolize the development of an empirical parenting science and the meaning and importance of parenting for the lives and well being of children parents and society Including a specially written introduction in which Marc Bornstein reflects on the importance of parenting and contextualizes both the field and the evolution of his wide ranging career this collection will serve as a valuable resource for students and researchers of parenting developmental science and

all disciplines from anthropology to zoology concerned with nurturing socializing and educating the next generation

**Power and Parenting** K. Bonner,1998-09-14 The power to act is two sided in that it refers to the parent s ability to initiate having children or responding to their actions and to the ability to suffer consequences irreversibility and unpredictability The book argues that the best way of responding to these essential limits is for the parent to develop the interrelation between wisdom ethicality and self mastery that is practical wisdom *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 healthpractitioners including school psychologists school counselors school social workers behavior therapists and family therapists and educators involved in helping young people overcome behavioral disorders Carl Semmelroth, Ph.D.,Donald E. P. Smith,2000 Gain a sense of control without anger and learn a common solution to the problems of family discord anxiety depression and loneliness 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      *The Limits of Rational Choice Or why Do Economists Become Parents?* Susan Himmelweit,1999

## Reviewing **Rational Parenting**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Rational Parenting**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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### **Rational Parenting Introduction**

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