

Albert Ellis  
Michael E. Bernard

EDITORS

# **RATIONAL EMOTIVE BEHAVIORAL APPROACHES TO CHILDHOOD DISORDERS**

*Theory, Practice and Research*

# Rational Emotive Behavioral Approaches To Childhood Disorders Theory Practice And Research

**H. Thompson Prout,Alicia L. Fedewa**



## **Rational Emotive Behavioral Approaches To Childhood Disorders Theory Practice And Research:**

**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. *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 **Cognitive Behavior Therapies** Ann

Vernon, Kristene Anne Doyle, 2017-09-06 This comprehensive book showcases different approaches to cognitive behavior therapy CBT and focuses on the implementation of these various theories in real world practice Following an overview of cognitive therapy practitioners and scholars discuss behavior therapy cognitive therapy rational emotive behavior therapy multimodal therapy acceptance and commitment therapy dialectical behavior therapy and mindfulness Each theory highlighted includes a profile of the theorist's an overview of the theory a discussion of the therapeutic process an array of targeted interventions a verbatim case transcript an analysis of the limitations of the theory and reflective sidebars to facilitate learning The final chapter presents a single case study discussed from the perspective of each particular theory Requests for digital versions from ACA can be found on [www.wiley.com](http://www.wiley.com) To purchase print copies please visit the ACA website Reproduction requests for material from books published by ACA should be directed to [publications@counseling.org](mailto:publications@counseling.org) REBT

in the Treatment of Anxiety Disorders in Children and Adults Ioana Alina Cristea, Simona Stefan, Oana David, Cristina Mogoase, Anca Doborean, 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 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 Cognitive Behavioral Approaches for Counselors Diane Shea, 2014-12-31 Written from the common factors perspective this scholarly yet engaging book introduces the historical development process evaluation and application methods of Albert Ellis Rational Emotive Behavior Therapy REBT and Aaron Beck s Cognitive Behavioral Therapy CBT To help counselors in training apply cognitive behavioral theories to practice the book offers specific suggestions for how a culturally competent contemporary proponent of REBT CBT could integrate multicultural adaptations into his or her counseling practice provides transcripts of actual client sessions and presents a case study that uses REBT and CBT in treatment Cognitive Behavioral Approaches for Counselors is part of the SAGE Theories for Counselors Series that includes Psychoanalytic Approaches for Counselors by Frederick Redekop and Person Centered Approaches for Counselors by Jeffrey H D Cornelius White **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 *Cognitive and Rational-Emotive Behavior Therapy with Couples* Ann Vernon, 2012-12-09 The book addresses the problems that couples experience through the life cycle Each chapter includes an up to date review of the literature pertinent to the topic with a focus on practical interventions which are generally based upon but not limited to cognitive and rational emotive behavioral principles Case studies or vignettes further illustrate application of principles Worksheets checklists or other resources that would be useful in working with couples are also included where relevant This book presents interventions based upon research theory and most of all on practice And is relevant to marriage and family therapists mental health counselors psychologists and psychiatrists nurse practitioners family law experts social workers and relationship coaches In addition it can serve as a textbook for students in marriage and family therapy

**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

**Cognitive Behaviour Therapy for People with Intellectual Disabilities** Andrew Jahoda, Biza Stenfert Kroese, Carol Pert, 2017-10-13 This book examines the influence others have on the lives of people with intellectual

disabilities and how this impacts on their psychological well being Based on the authors clinical experiences of using cognitive behavioural therapy with people who have intellectual disabilities it takes a social interactionist stance and positions their arguments in a theoretical and clinical context The authors draw on their own experiences and several case studies to introduce novel approaches on how to adapt CBT assessment and treatment methods for one to one therapy and group interventions They detail the challenges of adapting CBT to the needs of their clients and suggest innovative and practical solutions This book will be of great interest to scholars of psychology and mental health as well as to therapists and clinicians in the field

**Social Responsibility Therapy for Adolescents and Young Adults** James M. Yokley, 2012-07-26

Gain the unique approach to enhance relapse prevention in harmful behavior treatment Social Responsibility Therapy for Adolescents and Young Adults A Multicultural Treatment Manual for Harmful Behavior is a crucial treatment manual that can be used by mental health professionals whose caseload includes a multicultural population of adolescents and young adults who exhibit multiple forms of harmful behavior This unique therapy enhances relapse prevention in harmful behavior treatment by addressing the target behavior problem negative social influence problem and dose response problem along with acknowledging that harmful behavior is multicultural and addressing the key criticisms of multicultural therapy through a theory driven treatment approach that utilizes methods and procedures from existing evidence based treatments with known multicultural applications Social Responsibility Therapy for Adolescents and Young Adults A Multicultural Treatment Manual for Harmful Behavior provides a comprehensive explanation of Social Responsibility Therapy its advantages and the intervention evidence base for multiple forms of harmful behavior This text discusses in detail the multicultural intervention approach its rationale and content Implementation methods and treatment protocol are explored The book includes illustrated case studies tables figures and references to additional available readings Topics discussed in Social Responsibility Therapy for Adolescents and Young Adults A Multicultural Treatment Manual for Harmful Behavior include evidence based procedures used in Structured Discovery learning experiences to target harmful behavior helping clients discover how they acquired maintained and generalized a broad range of harmful behavior addressing target behavior problems negative social influence problems and the dose response problem five areas of human functioning that are critical to the wellbeing of self and others which can only be addressed through psychotherapy and forensic parenting developing prosocial behavior alternatives which contribute to both relapse prevention and personal development and much more Social Responsibility Therapy for Adolescents and Young Adults A Multicultural Treatment Manual for Harmful Behavior is an essential resource for social workers counselors psychologists and psychiatrists whose caseloads include a multicultural population of young people who exhibit multiple forms of harmful abusive behavior

**Towards Rational Education** Demetris Katsikis, 2021-02-21

Towards Rational Education explores how education can become rational by serving character building rational thinking and the common good It uses evidence based psychology philosophy sociology and political science

to support transforming education and provides a brand new framework for effective universal education This book endorses Rational Emotive Behavior Theory REBT and rational education philosophy theories as main vehicles paving a viable set of rational education values and practices Collective wisdom rational living freedom mental health altruism solidarity equality and fraternity are seen as the foundational values for shaping already existing schools of the world become more rational and in establishing Rational Education Communities REC and Rational Schools RS Calling for a philosophical and socio political shift in education values and practices the book cites principles tools and practices that rational educators philosophers psychologists other related scientists practitioners and people have offered us as a legacy for building a more rational and positive education for all people universally without sacrificing cultural sensitivity and expressivity This book will be of great interest for the general audience and a special interest for academics researchers and post graduate students in the fields of the philosophy of education positive psychology educational psychology and educational policy      **Mental Health**

**Challenges in Elite Sport: Balancing Risk with Reward** Tadhg Eoghan MacIntyre, Judy Van Raalte, Britton W. Brewer, Marc Jones, Deirdre O'Shea, Paul Joseph McCarthy, 2018-01-29 Elite sport typically provides obvious rewards in terms of recognition finance and acclaim for athletic performance Increasingly we are becoming aware of the risks that elite athletes their entourage including families sport science support team and coaches are exposed to Twelve original articles seven commentaries and a corrigendum are structured in a five chapter format Chapter 1 comprising the Editorial is titled An Overview of Mental Health in Elite Sport Changing the Play Book to reflect the advocacy role of this article Chapter 2 Finding the Sweet Spot amplifies the voice of key stakeholders across three qualitative studies with three additional commentaries Quantitative evidence is presented in Chapter 3 which has the sub title the State of Play Chapter 4 entitled the Field of Play includes three original publications which present contrasting conceptual approaches to guide researchers in hypothesis generation formulation and implementation science Finally in Chapter 5 Seeing the Ball Early prospective perspectives are provided in three publications reinforced by two commentaries The future thinking ideas includes the use of virtual reality training a broadening of the concept of mental health literacy tackling stigma and focusing on the potential positive effect of the natural environment on well being and recovery To date the research topic has generated widespread in the field For example several articles have generated an Altmetric score above 40 with one publication meriting an Altmetric score of 102 We envisage that the impact of this e book will not simply be measured in citations views downloads nor social media impact but in the discourse that emerges from this collection of contributions from a combined total of 53 authors from across three continents It is our hope that this e book providing a snapshot of global challenges for elite athletes mental health and well being becomes a touchstone for researchers and practitioners in the field      **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 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 The Confident Minds Curriculum Madhavi Nawana Parker,2019-10-11 The Confident Minds Curriculum provides a simple and practical approach to culture change in schools health care settings and organisations working with young people Refraining from focusing solely on young people s growth the curriculum provides logical and practical support to the people and systems in their environment to enable and maximise growth for positive and connected communities Crucial mindsets for healthy relationships empathy compassion problem solving emotional intelligence and well being are broken down into bite size teachable chunks All blend together exquisitely to help people look at themselves and others with confidence gratitude and compassion Easily applied to individuals targeted groups and whole classes to meet the social emotional learning SEL or well being curriculum this book provides a guiding light for young people and their supporters to develop what is necessary for socially and emotionally intelligent environments Aimed primarily at the middle years 8 14 it is easily adaptable for younger and older students Through role plays discussions journaling and practical activities each new mindset is divided into several lessons that teach individual learning components of new ways of thinking feeling and behaving The Confident Minds Curriculum will appeal to teachers educators and health professionals searching for a whole school or organisational approach to social emotional learning well being compassion and personal growth It is also an essential resource for homes where parents and carers can help further develop life skills that build character and optimism so their family can approach life with greater confidence **Cognitive and Behavioral Interventions in the Schools** Rosemary Flanagan,Korrie Allen,Eva Levine,2014-12-09 This book offers a new framework for providing psychological services in schools at the individual group and systemic levels It examines a variety of disorders common to school children including anxiety depression ADHD and conduct disorder and outlines treatment options from evidence based cognitive and cognitive

behavioral methods The accessible real world guidelines enable readers to design implement and evaluate interventions relevant to diverse student needs Ethical competency and training concerns facing school practitioners in the new therapeutic environment are reviewed as well Featured areas of coverage include Behavioral assessment in school settings PTSD and secondary trauma in children and adolescents Transdiagnostic behavioral therapy for anxiety and depression in school CBT for children with autism spectrum and other developmental disorders Implementation technological and professional issues The Practitioner s Toolkit evidence based cognitive and behavioral interventions Cognitive and Behavioral Interventions in the Schools is an essential resource for professionals and scientist practitioners in child and school psychology social work behavioral therapy psychotherapy and counseling and educational psychology **School Consultation for Student Success** Jeffrey M. Warren,2017-12-28 Featuring an evidence based cognitive behavioral framework for delivering collaborative consultation in K 12 schools this new book promotes the idea of equitable educational opportunities for all students Strategies for promoting non cognitive skills in students career and college readiness and optimal learning environments along with the general theories of consultation are presented This book advocates for student support services personnel to work in concert with teachers parents and administrators to promote student success and social justice Key Features Offers an evidence based model for school consultation that focuses on supporting student success in academic social emotional and college career readiness domains Demonstrates how to apply effective rational emotive social behavioral RE SB consultation when working with teachers parents and administrators to maximize student success for all Transcripts of consultation sessions with teachers parents and administrators provide examples of what it is like to work in the field Advocates for collaborative data driven efforts among student support services professionals Reviews the history roles and practices of school counselors school psychologists and school social workers Presents the SUCCESS FOR ALL model which helps school consultants devise intentional solutions that advance social justice and meet the instructional needs of all students Chapter introductions learning objectives cases summaries review questions and suggested readings guide the reader through each chapter Intended for graduate courses on school consultation or counseling school interventions or for use in field placement courses practicums or internships taught in school psychology school counseling or social work this book is ideal for current and future practitioners who aim to promote student success through evidence based consultation **Encyclopedia of School Health** David C. Wiley,Amy C. Cory,2013-08-23 Children spend more time at school than anywhere else except home thus schools can have a major effect on children s health by providing a healthy physical environment serving meals and snacks built around sound nutritional guidelines and teaching about health as well as modeling and promoting healthy behaviors School health services programs involve not only school nurses and focus not only on nursing practice standards and performance issues they also include services and classes to teach students the information and skills they need to become health literate to maintain and improve their health to prevent

disease and to reduce risky behaviors impacting health School nurses teachers administrators health coordinators guidance counselors and social workers all join with parents in safeguarding and promoting the health and well being of school aged children as a basic foundation for academic success The Encyclopedia of School Health offers quick access to health and wellness information most relevant to children in America s K 12 school setting You ll find valuable guidance on developmental stages acute and chronic illnesses special education nutrition crisis response prevention and more

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