

# REBT DEPRESSION MANUAL

## Managing Depression Using Rational Emotive Behavior Therapy (REBT)

**To be Used Free for Research, Educational, and Training Purposes**

### Acknowledgements:

This REBT manual/protocol for depression is based on the framework of the rational-emotive & cognitive-behavioral therapy (REBT/CBT) manuals, elaborated at Mount Sinai School of Medicine, USA, by a team of psychologists (Dr. Daniel David, Dr. Maria Kangas, Dr. Julie Schurr), together and under the supervision of Dr. Guy Montgomery (principal investigator, American Cancer Society grant #RSGPBCPPB-108036) for oncological patients. It includes in its presentation the original REBT clinical protocol for depression elaborated by Dr. David at the Babes-Bolyai University - International Institute for the Advanced Study of Psychotherapy and Applied Mental Health (1999/2000), as part of his research grant investigating REBT vs. Cognitive therapy vs. Medication in the treatment of Major depressive disorder. The external consultant for the REBT depression manual/protocol was Dr. Raymond DiGiuseppe from St. John's University & Albert Ellis Institute, USA.

To cite this version of the REBT depression manual/protocol:

- David, D., Kangas, M., Schurr, J.B., & Montgomery, G.H. (2004). *REBT depression manual: Managing depression using rational emotive behavior therapy*. Babes-Bolyai University (BBU), Romania.

The original REBT depression manual/protocol can be mentioned as follows:

- David, D. (1999/2000). *REBT depression manual: Managing depression using rational emotive behavior therapy*. Babes-Bolyai University (BBU), Romania (in Romanian).

The preliminary and final Romanian versions of the REBT manual/protocol for depression were used in a randomized clinical trial in Romania:

- David, D., Szentagotai, A., Lupu, V., & Cozman, D. (2008). Rational emotive behavior therapy, cognitive therapy, and medication in the treatment of major depressive disorder: A randomized clinical trial, post-treatment outcomes, and six-month follow-up. *Journal of Clinical Psychology*, 64, 728-746.
- Sava, F., Yates, B., Lupu, V., Szentagotai, A., & David, D. (2009). Cost-effectiveness and cost-utility of cognitive therapy, rational emotive behavior therapy, and fluoxetine (Prozac) in treating depression: A randomized clinical trial. *Journal of Clinical Psychology*, 65, 36-52.
- Szentagotai, A., David, D., Lupu, V., & Cozman, D. (2008). Rational Emotive Therapy, Cognitive Therapy and medication in the treatment of major depressive disorder: Theory of change analysis. *Psychotherapy: Theory, Research and Practice*, 4, 523-538.

To cite the Romanian REBT manual/protocol for depression (used in Romania):

- David, D. (ed.) (2014). *Rational Treatment*. RTS Cluj: Cluj-Napoca (the first edition was published in 2006 by Tritonic Press: Bucharest).
- David, D. (ed.) (2007). *Clinical protocol of rational-emotive therapy for depression: The treatment of depression by rational emotive therapy*. Synapsis Publisher. Cluj-Napoca (in Romanian).

The major handbooks and general REBT manuals that are the background of this REBT depression manual/protocol are:

- Ellis, A., & Grieger, R.M. (1977). *Handbook of rational-emotive therapy*. New York: Springer Publishing Co.
- Walen, S.R., DiGiuseppe, R., & Dryden, W. (1992). *A practitioner's guide to rational-emotive therapy* (2<sup>nd</sup> ed.). New York, NY, US: Oxford University Press (now updated in the third edition – 2013).

# Therapists Manual For Rebt

**Raymond A. DiGiuseppe, Kristene A.  
Doyle, Windy Dryden, Wouter Backx**

## **Therapists Manual For Rebt:**

**A Practitioner's Guide to Rational Emotive Behavior Therapy** Raymond A. DiGiuseppe, Kristene A. Doyle, Windy Dryden, Wouter Backx, 2013-07-10 Extensively updated to include clinical findings over the last two decades this third edition of A Practitioner's Guide to Rational Emotive Behavior Therapy reviews the philosophy theory and clinical practice of Rational Emotive Behavior Therapy REBT This model is based on the work of Albert Ellis who had an enormous influence on the field of psychotherapy over his 50 years of practice and scholarly writing Designed for both therapists in training and seasoned professionals this practical treatment manual and guide introduces the basic principles of rational emotive behavior therapy explains general therapeutic strategies and offers many illustrative dialogues between therapist and patient The volume breaks down each stage of therapy to present the exact procedures and skills therapists need and numerous case studies illustrate how to use these skills The authors describe both technical and specific strategic interventions and they stress taking an integrative approach The importance of building a therapeutic alliance and the use of cognitive emotive evocative imaginal and behavioral interventions serves as the unifying theme of the approach Intervention models are presented for the treatment of anxiety depression trauma anger personality disorders and addictions Psychologists clinical social workers mental health counselors psychotherapists and students and trainees in these areas will find this book useful in learning to apply rational emotive behavior therapy in practice

**Rational Emotive Behavior Therapy** Albert Ellis, Catharine MacLaren, 2005 From the often credited creator of psychology's cognitive revolution Albert Ellis comprehensive guidebook for practicing therapists includes thorough discussions of theory and procedures case examples and dozens of exercises Modern cognitive behavioral therapy has its roots in the rational approach created by Albert Ellis the father of rational therapy in the 1950s Now known as Rational Emotive Behavior Therapy REBT Ellis systematic integrative approach has grown and matured into powerful mainstream psychotherapy Hundreds of thousands of patients have benefited from the active interventions of therapists using the REBT model Major themes in this user friendly manual theory of REBT practice of REBT cognitive techniques emotive and experiential techniques behavioral techniques integration of REBT and other therapies Back cover

**Rational Emotive Behaviour Therapy** Windy Dryden, 2008-09-01 Rational Emotive Behaviour Therapy REBT encourages the client to focus on their emotional problems in order to understand challenge and change the irrational beliefs that underpin these problems REBT can help clients to strengthen conviction in their alternative rational beliefs by acting in ways that are consistent with them and thus encourage a healthier outlook This accessible and direct guide introduces the reader to REBT while indicating how it is different from other approaches within the broad cognitive behavioural therapy spectrum Divided into two sections The Distinctive Theoretical Features of REBT and The Distinctive Practical Features of REBT this book presents concise straightforward information in 30 key points derived from the author's own experience in the field Rational Emotive Behaviour Therapy Distinctive Features will be invaluable to both

experienced clinicians and those new to the field It will appeal to psychotherapists and counsellors together with students and practitioners who are keen to learn how REBT can be differentiated from the other approaches to CBT

**Fundamentals of Rational Emotive Behaviour Therapy** Windy Dryden, Rhena Branch, 2008-09-09 A complete introduction to REBT an approach to CBT which argues that at the core of emotional disturbance lies a set of irrational beliefs that people hold about themselves and others Essential for counsellors who are beginning to use REBT with clients recreates the feel of a training course and alerts trainees to difficulties they may experience when using REBT in practice Covers all the basic theoretical and practical information that trainees need to begin using REBT with special attention paid to disputing irrational beliefs and helping clients set goals Windy Dryden is the world's best known and most prolific name in REBT after its founder the late Albert Ellis and there is no direct competition to this unique handbook

**Fundamentals of Rational Emotive Behaviour Therapy** Windy Dryden, 2023-10-18 Fundamentals of Rational Emotive Behaviour Therapy Understand the basics of the essential approach to cognitive behavioural psychotherapy Rational Emotive Behaviour Therapy REBT is a cognitive behavioural approach to psychotherapy in which patients are taught to identify and reject irrational and damaging thought patterns and emotional responses By emphasizing patients control over their mental and emotional lives it cultivates honest self assessment and healthy emotional responses Since its development in the 1950s it has stood as one of the most widely used and successful forms of cognitive behavioural therapy Fundamentals of Rational Emotive Behaviour Therapy looks to cultivate a robust foundational understanding of this essential mode of treatment Seeking to replicate the conditions and learning patterns of an introductory seminar it emphasizes concrete clinical applications and a continuous connection between theory and practice The third edition of this pathbreaking guide offers expanded coverage and fully up to date research Readers of the third edition of Fundamentals of Rational Emotive Behaviour Therapy will also find Detailed treatment of subjects including meta emotional problem assessment client misconceptions and more Appendices including a homework skills monitoring form training in REBT and more An author with decades of experience in REBT and related forms of cognitive behavioural therapy Fundamentals of Rational Emotive Behaviour Therapy is ideal for students and researchers looking to develop a working understanding of REBT

Dealing with Emotional Problems Using Rational Emotive Behaviour Therapy (REBT) Windy Dryden, 2023-11-28 The second edition of Dealing with Emotional Problems Using Rational Emotive Behaviour Therapy A Client's Guide offers clear practical advice on how to deal with some of the most common emotional difficulties we face Rational Emotive Behaviour Therapy REBT is a therapy approach that encourages a direct focus on emotional problems helping you to understand the attitudes thoughts and behaviours that lead you to maintain these problems This understanding will enable you to overcome problems and lead a happier and more fulfilling life The book begins by outlining foundations of emotional problems Each problem is then presented in a similar way allowing the reader to compare and contrast similarities and differences between each emotion and teaching them how to cope with it

This book covers anxiety depression guilt shame hurt unhealthy anger unhealthy jealousy unhealthy envy and a new chapter on unhealthy regret Featuring newly revised information and language on REBT this Client s Guide is an accessible user friendly guide that can be used on your own or in conjunction with a therapist who can use the Practitioner s Guide

*Rational Emotive Behaviour Therapy* Walter J. Matweychuk, Windy Dryden, 2017-05-12 This straightforward guide introduces the newcomer to the core theoretical principles and therapeutic strategies of Rational Emotive Behaviour Therapy REBT Starting with the ABC model of emotion popularized by Albert Ellis from the outset when he developed his approach to CBT the guide then shows how REBT distinguishes between unhealthy and healthy negative emotions From there it outlines the four irrational attitudes theorized to be at the core of emotional and behavioural disturbance Finally the newcomer to REBT will develop an appreciation for how REBT inoculates clients against future problems and teaches them to maintain and extend their treatment gains This Newcomer s Guide will be a useful contribution to counsellors and psychotherapists in training either in Rational Emotive Behaviour Therapy or another cognitive behavioural approach *The Fundamentals of Rational Emotive Behaviour Therapy* Windy Dryden, 2002-12-20 This text presents the fundamentals of REBT in the form of a training handbook where important REBT skills are described and exemplified and training exercises are suggested After the core knowledge about the theory and practice of REBT is presented the book focuses on the key skills of assessing problems disputing irrational beliefs and negotiating and reviewing homework assignments A feature of this book is that it successfully recreates the atmosphere of an REBT training course and is the key text on the MSc course in REBT that Professor Dryden runs at Goldsmith s College University of London **Working with Resistance in Rational Emotive Behaviour Therapy**

Windy Dryden, Michael Neenan, 2012-03-12 Productive therapeutic change is facilitated when the therapist and client have a good therapeutic relationship share views on salient therapeutic matters agree on goals to enhance client well being and understand what they each have to do to achieve the goals of therapy In this book Windy Dryden and Michael Neenan address the difficulties that both client and therapist bring to rational emotive behaviour therapy REBT when either party is resistant to change Divided into two parts Client Resistance and Therapist Resistance Working with Resistance in Rational Emotive Behaviour Therapy tackles the challenges experienced by both client and clinician when using REBT Addressing issues of resistance enables both the client and practitioner to move beyond problems in the consulting room and build a more productive relationship resulting in more effective sessions and assisting in the resolution of underlying problems for which the client has sought help Working with Resistance in Rational Emotive Behaviour Therapy is essential reading for any practitioner hoping to use REBT more effectively in their day to day practice Rational Emotive Behavior Therapy Windy Dryden, 1999 The author creates a training manual through reconstructed verbatim transcript material between a trainer and trainee in order to highlight difficult concepts and appropriate REBT trainer responses to common questions Getting Started with REBT Windy Dryden, 2006 What is Rational Emotive Behaviour Therapy Rational Emotive Behaviour Therapy

REBT encourages direct focus on emotional problems encouraging understanding of the thoughts beliefs and behaviours that are responsible for maintaining these problems REBT encourages a healthier outlook by teaching individuals to challenge their irrational thoughts Getting Started with REBT provides a concise guide to assessing the suitability of REBT and using this method to address your emotional problems The book is divided into two sections beginning with an introduction to the theory and practice of REBT that will enable the reader to make an informed decision about whether this method is right for them The second section guides the reader through issues that are relevant to all emotional problems demonstrating how to Formulate emotional problems and set goals Question irrational and rational beliefs Strengthen conviction in rational beliefs Getting Started with REBT is suitable for use either alone or in conjunction with work with an REBT therapist It will also be of interest to therapists and counsellors

**Rational Emotive Behaviour Therapy in a Nutshell** Michael Neenan, Windy Dryden, 2005-12-15 Students embarking on Rational Emotive Behavior Therapy training are often faced with lengthy and complicated texts from which to learn the theory and practice of the approach Rational Emotive Behaviour Therapy in a Nutshell provides a relief from this by providing a concise and comprehensive guide to all the key elements of REBT The authors believe that students of REBT can enhance their knowledge of the approach only if they have fully grasped the basics first They offer a succinct introduction to REBT which students can use as a starting point before adding to their knowledge through further reading and learning The book opens with an explanation of the ABCDE Model of Emotional Disturbance and Change which is the centrepiece of REBT theory and practice The authors present the model in a way which is easy to grasp but also has the depth of coverage needed for full understanding

A Practitioner's Guide to Rational-emotive Therapy Susan R. Walen, Raymond DiGiuseppe, Richard L. Wessler, 1980

Comprehensive Handbook of Psychotherapy. Cognitive-Behavioral Approaches Florence W. Kaslow, Terence Patterson, 2004-01-30 Now available in paperback The Cognitive Behavioral Functional model is a landmark that combines established and cutting edge authors and issues as well as integrating material for both novice and experienced theorists researchers and practitioners In this volume international authors many of whom are pioneers in their approach illustrate issues clearly and apply them to diverse populations

Chapters in supervision and ethical issues provide unique and valuable perspectives

**Rational Emotive Behaviour Therapy** Windy Dryden, 2006

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

Using Rational-Emotive Therapy Effectively Michael E. Bernard, 1991-06-30 The initial conceptualization of this book was much more narrow than the final product that has emerged I started out believing that it would be enlightening to have a group of acknowledged rational emotive therapy RET expert practitioners with well established literary credentials write about how they approach the problem of modifying client irrationality Many RET practitioners of all levels of experience are on the one hand enamored of the economy the precision and the accuracy of psychological insight that RET theory offers but they are on the other hand equally frustrated by their own inability to persuade or otherwise change some of the clients they work with more quickly or even at all Indeed clients themselves frequently express the view that RET is illuminating yet they find themselves at the same time puzzled and perplexed by their inability to make the substantial changes that RET invites It became dearer as I discussed the project with many of the contributors that to practice RET effectively requires more than just innovative and persistent assessment and intervention techniques For example Russell Grieger expressed the view that more prerequisite work needs to be done on the value and philosophical systems of clients including personal responsibility and the philosophy of happiness before many clients can show significant shifts in their thinking Susan Walen raised the general issues of how effective RET can be in the treatment of biologically driven affective disorders

*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     *The Relevance of Rational Emotive Behaviour Therapy for Modern CBT and Psychotherapy* Windy Dryden,2018-08-06 The Relevance of Rational Emotive Behaviour Therapy for Modern CBT and Psychotherapy explores the contemporary relevance of this treatment for modern psychotherapy from the point of view of a leading contributor First founded in 1955 by Albert Ellis REBT still has much to offer the field Despite this the therapy has been increasingly neglected by cognitive behaviour therapy and other practitioners To demonstrate its contributed relevance Professor Windy Dryden outlines in this book his current thinking and practice in regard to REBT He advocates its key features of flexibility and non extremeness and explores what he believes REBT has to contribute to the discussion surrounding contemporary issues in psychotherapy The Relevance of Rational Emotive Behaviour Therapy for Modern CBT and Psychotherapy is an excellent resource for CBT and other therapists who would like to know more about the relevance of REBT to their work     **Handbook of Rational-emotive Therapy** Albert Ellis,Russell Grieger,1977



## Unveiling the Magic of Words: A Report on "**Therapists Manual For Rebt**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Therapists Manual For Rebt**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound affect on the souls of its readers.

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