

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* (2nd ed.). New York, NY, US: Oxford University Press (now updated in the third edition – 2013).

Rebt Depression Manual

**Jonathan W. Kanter, Andrew M.
Busch, Laura C. Rusch**



Rebt Depression Manual:

REBT in the Treatment of Subclinical and Clinical Depression Diana Căndea, Simona Stefan, Silviu Matu, Cristina Mogoase, Felicia Iftene, Daniel David, Aurora Szentagotai, 2018-12-27 The clinical protocols included in this book are focused both on clinical and subclinical depression and are targeted for both adults and youth After providing a concise overview on depression and the empirical data supporting the clinical protocols the book illustrates REBT CBT protocols that provide essential guidance on how to address depression by practitioners at all levels of expertise e g therapists in training and or more experienced therapists The field of psychotherapy research is now at a stage where the efficacy i e how treatments work in controlled studies and effectiveness i e how treatments work in real life of psychological treatments have been demonstrated for a large spectrum of disorders Barlow 2001 Cognitive behavior therapies CBT are considered the gold standard for empirically validated forms of psychotherapy in the treatment of clinical and subclinical depression showing short and long term effects see Barlow 2001 Chambless DeRubeis et al 2005 Hollon et al 2005 Shea et al 1992 and it is hoped that these treatments will help not only treat but also prevent the onset of major depression Cuijpers Smit Ellis 1962 In CBT the therapist works with the client to identify and focus upon dysfunctional cognitions to modify them and remedy associated emotional and or behavior al consequences Two of the most influential and widespread forms of CBT are cognitive therapy CT and rational emotive behavior therapy REBT Elis 1987 David 2007 David Szentagotai 2006 **The Mental Health Desk Reference** Elizabeth Reynolds Welfel, R. Elliott Ingersoll, 2004-01-05 A practical easy to use and comprehensive reference for mental health professionals The Mental Health Desk Reference is the ultimate guide to effective and responsible mental health practice It provides authoritative concise and up to date information from more than seventy experts regarding diagnosis treatment and ethics of practice Each entry summarizes key constructs and terminology associated with the topic major findings from research and specific recommendations on theory and practice Important topics covered include Adjustment disorders and life stress Diagnosis and treatment of adults Diagnosis and treatment of children Crisis intervention Diverse populations Group and family interventions Practice management Professional issues Ethical and legal issues Professional resources These detailed readable entries based on the most extensive and reliable research available form a comprehensive straightforward and quick reference resource applicable to practitioners across every field in mental health The Mental Health Desk Reference is the single resource no mental health professional can afford to be without 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 Counselling Skills Meena Hariharan,Usha Chivukula,Meera Padhy,2024-03-13 The book professionalises counselling through the scientific application of appropriate knowledge and skills at various stages of the counselling process With the aim of equipping readers with fundamental and advanced counselling skills this book Examines a range of key skills from various theories and models of counselling to enable students and professionals to understand the underlying techniques which need to be applied from the time the client approaches the counsellor until the conclusion of the counselling process Sheds light on the complex psychological state of clients to discuss training for a holistic assessment in terms of emotions cognition motivation and behaviour Presents extensive materials that train the students in skills to provide emotional relief to the client to help the client change from self defeating negative thoughts to promising positive thinking enhancing motivation and self confidence to initiate action Integrates discussions on case studies live as well as hypothetical examples traditional and contemporary theories on counselling with the art of communication An invaluable guidebook on developing counselling skills this volume will be of immense interest to students researchers teachers professionals and practitioners of psychology behavioural sciences mental health counselling and education **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

Textbook of Community Psychiatry Wesley E. Sowers,Hunter L. McQuiston,Jules M. Ranz,Jacqueline Maus Feldman,Patrick S. Runnels,2022-10-17 The second edition of the AACP s American Association for Community Psychiatry Textbook of Community Psychiatry is a welcome update of this notable work that comprehensively presents the state of the art in this field Along with continuously evolving scientific advances and principles of clinical care community psychiatry must respond to shifts in public policy as well as economic climate The past decade has witnessed significant political and social changes including climate change immigration levels technological advancement the influence of social media and the

rise of political unrest This new edition reflects these wider changes incorporating new chapters and enhancing previous ones It remains the standard text for certification of those working in healthcare and social welfare systems design and delivery of services Readers will gain knowledge of Basic pillars of the field Evidence based interventions Telepsychiatry and technological aids Trauma informed services Integrated health systems Social determinants of health Structural discrimination

Student Manual for Theory and Practice of Counseling and Psychotherapy Gerald Corey,1996 Designed to help students apply theory to practice the Student Manual is coordinated with the chapters in the Fifth Edition of Corey s Theory and Practice of Counseling and Psychotherapy Additional cases are included for each of the theory chapters in the textbook

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 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

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

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

Using REBT with Common Psychological Problems Joseph Yankura, 1997 This practical guide leads the reader through case examples illustrating how practitioners can help their clients overcome common psychological problems by using REBT Topics include generalized anxiety disorder depression ADHD panic disorder anger and hostility and obsessive compulsive disorder Contributions by Albert Ellis Windy Dryden Ray DiGiuseppe Joe Yankura and others

Behavioral Activation Jonathan W. Kanter, Andrew M. Busch, Laura C. Rusch, 2009-05-07 Divided into two parts theory and practice this book highlights the fundamental features of behavioral activation as well as explaining terminology and concepts

Better, Deeper And More Enduring Brief Therapy Albert Ellis, 2013-06-17 In *Better Deeper and More Enduring Brief Therapy* Albert Ellis the founder of Rational Emotive Behavior Therapy describes how REBT can help clients significantly improve in a short period of time and effect a profound philosophical emotional behavioral change more often than can be achieved with other popular forms of therapy In a comprehensive accessible format Dr Ellis offers his theories practices verbatim sessions and other materials that help describe how REBT can be a valuable asset in

psychotherapeutic treatment **Group Therapy Workbook: Integrating Cognitive Behavioral Therapy with Psychodramatic Theory and Practice** Thomas W. Treadwell, Debbie Dartnell, Letitia E. Travaglini, Maegan Staats, Kelly Devinney, 2016-04-10 An Introduction to Cognitive Psychodrama Group Therapy and Its Application to Handling Distressing Events Cognitive Psychodrama Group Therapy CPGT is a group therapy model that integrates the techniques and theories of Cognitive Behavior Therapy and Psychodrama CPGT enacts positive change in clients through the use of Automatic Thought Records and Psychodramatic techniques Psychodramas unfold as the group members begin to understand their core beliefs and cognitive distortions in a way that enhances the power of the action and healing that takes place within the psychodrama

The Oxford Handbook of Cognitive and Behavioral Therapies Christine M. Nezu, Arthur M. Nezu, 2016 The Oxford Handbook of Cognitive and Behavioral Therapies provides a contemporary and comprehensive illustration of the wide range of evidence based psychotherapy tools available to both clinicians and researchers Chapters are written by the most prominent names in cognitive and behavioral theory assessment and treatment and they provide valuable insights concerning the theory development and future directions of cognitive and behavioral interventions Unlike other handbooks that provide a collection of intervention chapters but do not successfully tie these interventions together the editors have designed a volume that not only takes the reader through underlying theory and philosophies inherent to a cognitive and behavioral approach but also includes chapters regarding case formulation requisite professional cognitive and behavioral competencies and integration of multiculturalism into clinical practice The Oxford Handbook of Cognitive and Behavioral Therapies clarifies terms present in the literature regarding cognitive and behavioral interventions and reveals the rich variety similarities and differences among the large number of cognitive and behavioral interventions that can be applied individually or combined to improve the lives of patients

Depression Mark A. Reinecke PhD, Michael R. Davison PsyD, 2007-01-29 This volume comprehensively compares and contrasts alternative models of and treatment approaches to clinical depression Each contributor a recognized expert in his or her modality analyzes the same case and provides an overview of the treatment model empirical evidence for both the model and treatment derived from it treatment strategies and interventions including termination issues relapse prevention and recommendations for follow up care Among the 12 approaches presented are Object Relations Cognitive Therapies Schema Focused Couple and Family Integrative Psychotherapy and Psychopharmacology A significant contribution to this volume is the chapter on cultural considerations for understanding assessing and treating depression

Depression Mark A. Reinecke, Michael R. Davison, Michael Davison, 2007-01-29 This volume comprehensively compares and contrasts alternative models of and treatment approaches to clinical depression Each contributor a recognized expert in his or her modality analyzes the same case and provides an overview of the treatment model empirical evidence for both the model and treatment derived from it treatment strategies and interventions including termination issues relapse prevention and recommendations for follow up care Among the 12

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Cognitive and Behavioral Theories in Clinical Practice

Nikolaos Kazantzis, Mark A. Reinecke, Arthur Freeman, 2009-10-16 Demonstrating the importance of theory for effective clinical practice this thought provoking volume brings together leading experts on a range of contemporary cognitive and behavioral approaches The contributors probe the philosophical and theoretical underpinnings of each model its assumptions about normal psychological processes the development and maintenance of psychopathology and the mechanisms by which therapeutic changes take place The historical antecedents of the theories are examined and studies that have tested them are reviewed Vivid case studies show practitioners how theory informs clinical decision making and technique in each of the respective approaches

Doing CBT David F. Tolin, 2024-04-02 With new case material expanded pedagogical tools and

updated theory and research the second edition of this reader friendly text is an ideal introduction to cognitive behavioral therapy CBT for graduate students and practitioners In a witty empathic style David F Tolin explains the whats whys and how tos of addressing the behavioral cognitive and emotional elements of clients psychological problems Featuring helpful graphics vivid examples and sample dialogues and 39 reproducible worksheets and forms that can also be downloaded and printed the book concludes with four chapter length case illustrations New to This Edition New or expanded discussions of case formulation transdiagnostic interventions therapeutic strategies like mindfulness and acceptance and more Increased attention to cultural competence intermediate beliefs and linking conceptualization to intervention Additional chapter length case example Pedagogical Features Numerous engaging boxes including Try This The Science Behind It Things that Might Bug You about This and more New in the second edition chapter opening Essential Points CBT Spotlight boxes on popular variants of CBT and end of chapter discussion questions Learning worksheets for self practice of core CBT skills End of chapter key terms with definitions See also Experiencing CBT from the Inside Out by James Bennett Levy Richard Thwaites Beverly Haarhoff and Helen Perry a unique self practice self reflection workbook and The Therapeutic Relationship in Cognitive Behavioral Therapy by Nikolaos Kazantzis Frank M Dattilio and Keith S Dobson which provides key

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

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