

Download Better Deeper And More Enduring Brief Therapy The Rational Emotive Behavior Therapy Approach

Page < 3 of 4 > Ellis, A. (1980). [Comment on When the therapist wants to terminate: from pessimism to the grotesque in therapy]. *Voices*, 16(2),16-17. Albert Ellis (September 27, 1913 – July 24, 2007) was an American psychologist who in 1955 developed Rational Emotive Behavior Therapy (REBT). He held MA and PhD degrees in clinical psychology from Columbia University and the American Board of Professional Psychology (ABPP). ABSTRACT. OBJECTIVE: There is growing interest in the cognitive model of psychotherapy stimulated by an extensive body of research findings demonstrating its effectiveness for a varied set of psychiatric disorders and medical conditions. Non-conformity, internal code of values. Courage, boldness, challenge-seeking, loving thrill of risk, engaging in high-risk activities. Independence, self-sufficiency, self-reliance, responsibility for self., Better Deeper And More Enduring Brief Therapy The Rational Emotive Behavior Therapy Approach.

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