The Association for Rational Emotive Behaviour Therapy

Rational Emotive Behavioural Therapy (REBT) founded by Albert Ellis is an active/directive psycho-educational approach to psychotherapy in which great emphasis is placed on how emotional problems can be caused by thoughts, beliefs and self-defeating behaviours. The core assumption being that what individuals label 'stress' or distress' is determined not by unpleasant events or stressors experienced, but mainly by 'Irrational Beliefs' they perceive as happening to them. Thus creating blocks to change, fuelled by excessive self doubt; seeking perfect outcomes amid rigid procrastination. Rational, meaning self-helping is an essential component of Health Coaching and Therapy. Although the word Cognitive is not in its title it is a fundamental core element of REBT, in fact Ellis and Beck originally worked together on the concept of Cognitions.

This bibliography has been created to assist those interested in REBT to access not only the latest writings on REBT but also companion works in CBT and Coaching. The later because an additional accreditation system has been set up for qualified REB Therapists who have also trained in Psychological Coaching to seek additional qualifications as REB Coaches.

Latest REBT BOOKS/ARTICLES SOURCEABLE IN THE UNITED KINGDOM


Latest REBT BOOKS SOURCEABLE IN THE UNITED STATES OF AMERICA

The Albert Ellis Institute website http://www.rebt.org has an online store providing books/C.D’s/DVD’s collection of self-help and professional materials for a range of problems such as: Anger; Anxiety/Stress; Assertiveness; Depression; Eating; Happiness; Procrastination; Professional; Religious; Relationship/sexuality; Self-acceptance; Self-help; Substance abuse; Workplace & career issues; Ellis biography & Bibliography; Children/Adolescents; Parents & families; Frustration tolerance; New releases. Most materials have been reviewed by therapists who have written a description to help you determine their suitability for your needs. For example:

Albert Ellis, Ph.D. & Mike Abrams, Ph.D. Personality Theories: Critical Perspectives. This college textbook — written for the advanced undergraduate or graduate student in counselling, clinical psychology, and social work — is Albert Ellis’ final work. It thoroughly explains all the major personality theories from a historical perspective and in the light of recent research.

Edited by Emmett Velten, Ph.D. Under the Influence: Reflections of Albert Ellis in the Works of Others. Albert Ellis is widely acknowledged as the founder of REBT and the originator of cognitive-behaviour therapy — but is not often enough given the credit he deserves for it.

Previous published works in REBT


Ellis, a. (1978) *Personality characteristics of rational emotive therapists and other kinds of therapists.* Psychotherapy: Theory, Research and Practice, 15, 329-332


**CBT APPROACHES RELATED TO REBT**


Previous CBT/COUNSELLING published works by known REBT authors. Plus published CBT books/articles referenced in REBT publications


**PSYCHOLOGICAL COACHING APPROACH RELATED TO REBT/CBT**


Grant, A.M. (2001). *Towards a Psychology of Coaching.* Sydney: Coaching Psychology Unit, University of Sydney. (Definitions of coaching – article available online)


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