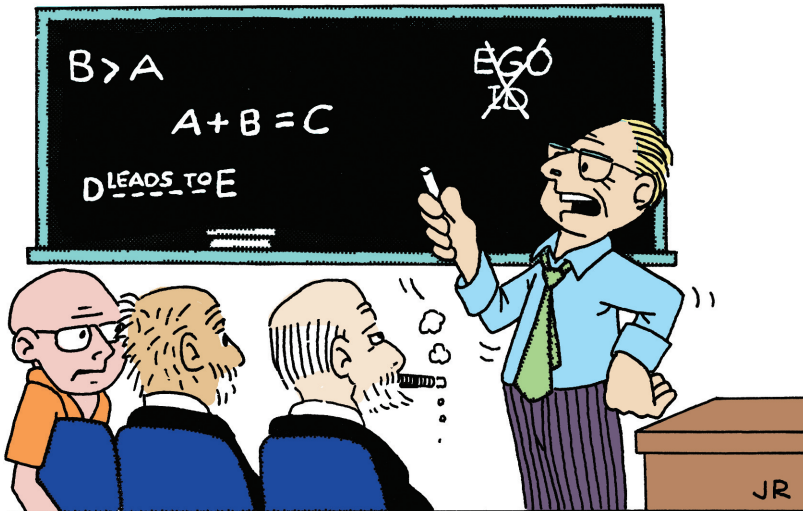


Chapter 13

Information For Counselors

ALBERT ELLIS EXPLAINING THE ABC's
TO PSYCHOLOGISTS – ROGERS, PERLS, AND FREUD



“To summarize, A activating events plus our B beliefs and self-talk largely cause our C consequences, emotions such as anxiety, anger, and depression and our behavior. This mainly explains the cause of our emotions and behavior, gentlemen!”

Technical talk: The chalkboard notations indicate: Beliefs are greater than Activating Events; Activating Events and Beliefs equal Consequences: Emotional & Behavioral; Dispute leads to Effects Of Dispute – New Emotions & Behavior. The concepts of Ego and Id have been dismissed. The seated individuals, from left to right, are Carl Rogers, Fritz Perls, and Sigmund Freud.

Albert Ellis gave his permission for this illustration to include himself. He also suggested that the concept $A + B = C$ may be better illustrated by $A \times B = C$.

Although this chapter is written primarily for the mental health professional, others also may find it interesting. It describes the goals of the *SOS Help For Emotions* program, suggests who may benefit from this program, and provides additional information about cognitive behavior therapy (CBT).

Goals Of SOS Help For Emotions

We all face the unpleasant and unhealthy emotions of anxiety, anger, and depression. The primary goal of *SOS Help For Emotions: Managing Anxiety, Anger, And Depression* is to help people to better manage these emotions and to make positive changes to their lives. A secondary goal is to provide a handbook for counselors and educators who help others.

As a result of repeatedly applying SOS methods and principles, individuals are expected to more effectively handle life's problems and frustrations and to better manage relationships with others. They can set and attain more realistic goals, and achieve greater contentment as well. SOS teaches principles and self-help methods from cognitive behavior therapy and especially from rational emotive behavior therapy (REBT).

Who Can Benefit From SOS?

Both teens and adults, from 14 to 90, can benefit from applying SOS principles and techniques. In cognitive behavior therapy, unlike other major approaches to therapy (for example, psychoanalytic, gestalt, client-centered, etc.), it's important that clients learn specific principles and self-help skills by reading, studying, practicing skills, and doing homework assignments.

SOS teaches valuable principles and methods used in cognitive behavior therapy. By recommending SOS, mental health professionals can more efficiently help their clients. Also, educators who guide or counsel adults and youth, will find SOS an enjoyable, useful teaching tool.

Cognitive behavior therapy provides help in the form of individual therapy and counseling, group therapy, teaching youth the cause and control of their emotions, marriage and relationship counseling, alcohol and substance abuse counseling, anger management, and other programs teaching self-management of emotions and behavior.

The foundation for SOS is rational emotive behavior therapy and cognitive behavior therapy. References for over 500 outcome research studies on rational emotive behavior therapy are listed at <www.rebt.org>.

SOS is intended for use in:

- public school programs and services
- clinics and counseling centers
- mental health centers
- hospitals
- treatment programs for anxiety, anger, or depression
- marriage and family counseling
- independent practice
- drug and alcohol treatment programs
- corrections and offender programs
- other mental health programs for youth and adults

College courses – SOS is often recommended as supplemental reading in such courses as:

- personality adjustment, theories of personality
- theory & methods of counseling & psychotherapy
- cognitive therapy
- practicum in counseling & psychotherapy
- behavior therapy, behavior modification
- abnormal psychology, psychopathology
- other courses in human behavior

Clinicians and educators can assign SOS chapters as homework. Ask individuals, after studying each two or three chapters, to take the quizzes and complete the exercises covering those chapters. See “Using SOS In Counseling And Therapy” and Chapter 12, Quizzes And Exercises.

To resolve emotional difficulties using REBT, clients need to complete the *ABCDE Self-Analysis And Improvement Form*, each day. This form was introduced in Chapter Five. An effective way for clients to learn this skill, is for the mental health professional and client to complete this form together until the client can complete it alone. Later, in counseling sessions, the counselor and client together can review completed copies of this form. It's also important for clients to regularly complete the *Daily Mood Record* (first presented in Chapter Three).

Cognitive Therapy Workshops And SOS Copyright Permission

Overhead transparencies and slides make workshops considerably more interesting for both professionals and clients. Professionals who offer such workshops have permission to make overhead transparencies or PowerPoint slides (but not handouts or worksheets) of SOS illustrations

Using SOS In Counseling And Therapy

Client Homework Assignments And Quizzes

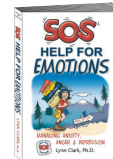
UNDERSTANDING OUR EMOTIONS

Chapter 1. Achieving Contentment And Our Goals

Chapter 2. ABC Origin Of Our Emotions And Behavior

Chapter 3. Self-Analysis Of Our ABC's

Quiz One And Exercises



MANAGING OUR EMOTIONS

Chapter 4. Managing Our Beliefs, Self-Talk, And Emotions

Chapter 5. Uprooting Our Irrational Beliefs And Self-Talk

Chapter 6. Common Irrational Beliefs And Self-Talk

Quiz Two And Exercises

MANAGING ANXIETY, ANGER, AND DEPRESSION

Chapter 7. Managing Anxiety

Chapter 8. Managing Anger

Chapter 9. Managing Depression

Quiz Three And Exercises

HELPING OURSELVES IN MORE WAYS

Chapter 10. Coping With Difficult People

Chapter 11. More Ways To Help Ourselves

Quiz Four And Exercises

and boxes as long as only one copy is made of any illustration or box and the following copyright and permission notice is visible on each overhead or PowerPoint slide. This small notice must read: "© 2008 by Lynn Clark. Illustration is from *SOS Help For Emotions* and used by permission." An example of a copyright and permission notice to be placed on each overhead or slide is given below.

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Contact SOS Programs & Parents Press about using illustrations or boxes in handouts, worksheets, or in any form other than overheads and PowerPoint slides.

SOS, Behavior Therapy, and Cognitive Behavior Therapy

Cognitive behavior therapy rests on and includes behavior therapy techniques and strategies. Behavior therapy is based on learning and reinforcement, operant conditioning, and classical conditioning. Cognitive behavior therapy and behavior therapy both share principles of behavior change and are compatible with each other.



SOS Help For Parents is a manual on behavior therapy for professionals and is a handbook for parents who help children two to twelve.

SOS Help For Emotions: Managing Anxiety, Anger, & Depression is a manual for professionals on cognitive behavior therapy and is a self-help book for ages 14 to 90.

Together, the two SOS books cover the age range from approximately two through adulthood. Go to www.sosprograms.com and look for free *Resources for Counselors and Educators*.

Many professionals make SOS books available to clients when they most need them – *immediately!* Counselors also loan books with a deposit. Clients can return books or keep them. One in five clients keep books loaned without a deposit and one in three professionals keep loaned books! Always ask for a deposit when loaning your books!

Cognitive Behavior Therapies

The term cognitive therapy has two meanings, one narrow and one broad. Cognitive therapy in the narrow sense refers to the particular approach to therapy developed by Aaron Beck.

In the broader meaning, cognitive therapy or the cognitive therapies refer to those therapy approaches, methods, and therapists (for example, Ellis, Beck, Meichenbaum, Burns) emphasizing the importance of cognitions in determining emotion and behavior.

The following are the three major cognitive therapy or cognitive behavior therapy systems.

- Rational Emotive Behavior Therapy (REBT – Ellis)
- Cognitive Therapy (CT – Beck)
- Cognitive Behavior Modification (CBM – Meichenbaum)

There are many similarities and some differences between the above therapy systems. The three approaches borrow concepts and therapy techniques from each other. The two most influential approaches are REBT and CT.

Rational emotive behavior therapy (REBT) was originated by Dr. Albert Ellis in the 1950's. Contemporary therapists consider Ellis to be the grandfather of cognitive behavior therapy (Corey, 1996).

Aaron Beck, like Ellis, was originally trained in psychoanalysis, but also found it insufficient as a method for helping clients. Beck started developing his system, now called cognitive therapy (CT), in the early 1960's. Donald Meichenbaum began developing cognitive behavior modification (CBM) in the 1970's.

Several important distinctions exist between REBT and other cognitive behavior therapies. REBT assumes that *demandingness of the client* (e.g., *major musts*) is a core cause of emotional distress, and helps the client to dispute and weaken this demandingness. The other cognitive behavior therapists don't make this assumption and consequently don't help the client to dispute it. SOS emphasizes the importance of the three major musts (demandingness) and five hot links (*condemnation & damnation, I-can't-stand-it-itis, awfulizing, I'm worthless, and always & never*) in the creation and continuation of emotional disturbance.*

REBT and SOS also emphasize the importance of "self-talk" in determining emotions and behavior. Other CBT approaches do emphasize dysfunctional beliefs, but don't stress irrational "self-talk" as an important cause of emotional disturbance and rarely use the term "self-talk." My bias in conducting REBT sessions is also to make use of reflective listening in initial and successive therapy sessions, not emphasized by most REBT therapists.

ACT, Mindfulness, DBT, and REBT

Acceptance And Commitment Therapy (ACT), Mindfulness, and Dialectical Behavior Therapy (DBT), evidence-based therapies, are termed third wave therapies and forms of cognitive behavior therapy. They borrow techniques from each other and from the cognitive behavior therapies, including REBT. Mindfulness is emphasized in both ACT and DBT.

Acceptance And Commitment Therapy (ACT) was initiated by Steven Hayes (www.contextualpsychology.org). Acceptance (and a reduction in demandingness) has been a major client goal of Ellis and REBT since the 1960's. Ellis wrote the foreword in one of the books authored by Hayes. Dialectical Behavior Therapy (DBT), developed by Marsha Linehan (www.behavioraltech.org), although complex, has proven especially effective in helping clients with cutting disorder and with borderline personality disorder.

In my judgment, I feel that REBT, relative to ACT and DBT, is less complex for therapists to learn, easier for therapists to employ, and simpler for most clients to understand and apply to their lives. ACT and DBT approaches don't focus on teaching the ABC's of emotions and on "self-talk" as a major cause of emotions and behavior, which I think is

* Technical Talk: The five hot connecting links are termed "irrational conclusions" or "derivatives from major musts" in rational emotive behavior therapy (Ellis, 1994). I prefer the term hot links, because they lead to hot, emotionally charged self-talk and unhealthy feelings. The hot links are listed in the order of CIA, IA.

essential. REBT, I feel, provides the most useful self-help books, audio programs, and resources for both clients and lay persons. REBT, ACT, Mindfulness, DBT, and other cognitive therapies will continue developing and borrowing techniques and strategies from each other.

REBT Professional Training And Materials

Albert Ellis Institute For Rational Emotive Behavior Therapy offers various levels of REBT clinical training for mental health professionals in New York City, in workshops lasting several days. A home study Primary Certificate in REBT (50 CE Credits) is available for professionals. See the Institute's catalog and website. The Institute offers professional books and DVDs as well as client self-help books and materials. Ask for a catalog and look at their website.

Albert Ellis Institute For Rational Emotive Behavior Therapy, 45 East 65th Street, New York, NY 10021. Telephone is (800)323-4738 or (212)535-0822. The website is <www.rebt.org>

REBT therapy sessions (actual sessions, not role-played) are available on DVDs for mental health professionals ordering on professional letterhead. DVDs of more than ten therapy sessions, each lasting from 38 to 55 minutes, are available. The therapy interviews are conducted by Albert Ellis, Ray DiGiuseppe, Dominic DiMattia, Janet Wolfe, and other REBT therapists. Of course, the clients gave permission for the sessions to be taped and made available for training professionals.

The DVDs provide captions superimposed on live action, along with brief comments by therapists which help the professional to follow the steps of REBT therapy. The therapy steps described in *A Primer On Rational-Emotive Therapy* (Dryden & DiGiuseppe, 1990) correspond to the steps, captions, and comments on the DVDs and are a useful learning aid. The *Primer* as well as the DVDs may be ordered from Albert Ellis Institute. Do prepare students for the "salty" language that many REBT therapists employ and which can be a turnoff for other professionals.

Few psychotherapy interviews conducted by female therapists are available on DVDs. The REBT therapy interviews conducted by Janet Wolfe are unique in this respect. My graduate students, both male and female, have especially learned from observing Dr. Wolfe counsel clients.

REBT books I recommend for therapists include the following. Most all are available from Albert Ellis Institute.

Dryden, W. & DiGiuseppe, R. (1990). *A Primer On Rational-Emotive Therapy*. Champaign, IL: Research Press. Consider also ordering the REBT DVD interviews described above which parallel this book.

Dryden, W. & Neenan, M. (1994). *Dictionary Of Rational Emotive Behaviour Therapy*. London: Whurr Publishers. This book is much more than a dictionary and is interesting reading for therapists.

Ellis, A. (1998). *How to Control Your Anxiety before It Controls You*. New York: Citadel Press.

Ellis, A. (1994). *Reason And Emotion In Psychotherapy*. (2nd ed.). New York: Birch Lane Press of Carol Publishing Group.

Ellis, A. & MacLaren, C. (2005). *Rational Emotive Behavior Therapy: A Therapist's Guide*. (2nd ed.) Atascadero, CA: Impact Publishers. This book along with SOS provides a good introduction to REBT.

Bernard, M. & Wolfe, J. (Eds.). (2000). *The REBT Resource Book For Practitioners*, 2nd ed. New York: Albert Ellis Institute For Rational Emotive Behavior Therapy.

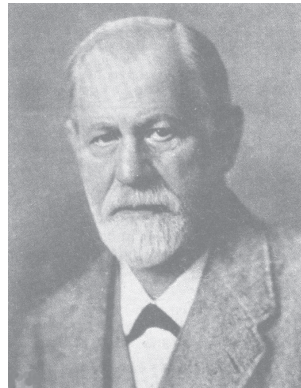
Walen, S., DiGiuseppe, R., & Dryden, W. (1992). *A Practitioner's Guide To Rational-Emotive Therapy*. (2nd ed.). NY: Oxford University Press.

Information about cognitive therapy (CT) professional training and materials is available from The Beck Institute. The address is, The Beck Institute For Cognitive Therapy And Research, GSB Building, City Line and Belmont Avenues, Suite 700, Bala Cynwyd, PA 19004-1610. The telephone is (610)644-3020 and the website is <www.beckinstitute.org>

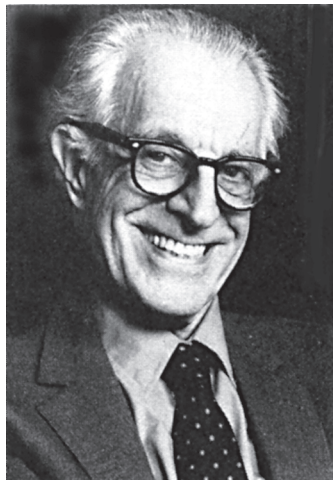
The cognitive behavior therapies are a valuable approach to self-help and offer an effective way to assist both adults and youth. Cognitive behavior therapy is becoming increasingly important due to the emphasis on briefer therapy and on evidence-based treatment methods.

Mass media is giving increased attention to cognitive behavior therapy and its methods as applied to a wide range of emotional problems and disorders.

Look for free *Resources for Counselors and Educators* at www.sosprograms.com



Sigmund Freud (1856 - 1939) is the founder of psychoanalysis. My family and I visited his office (now a museum of psychoanalysis) in Vienna, Austria, where he practiced therapy for over 25 years.



Albert Ellis (1913 - 2007) was originally trained as a psychoanalyst, but departed from this approach for helping people. He is known as the father of rational emotive behavior therapy and grandfather of cognitive behavior therapy. Ellis is the first therapist to emphasize the role that self-talk and beliefs play in shaping our emotions, emotional problems, and emotional disorders. www.rebt.org