

Reason And Emotion In Psychotherapy By Ellis Albert 1994 Hardcover

Emotion in Psychotherapy
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Working with Emotions in Psychotherapy
Emotion-Focused Counselling in Action
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Emotion-focused Therapy for Depression
Emotion, Psychotherapy, and Change
Emotion Regulation in Psychotherapy
Transforming Emotion
Emotionally Focused Therapy for Couples
Emotions in the Practice of Psychotherapy
Facilitating Emotional Change
Emotion, Psychopathology, and Psychotherapy
Changing Emotion with Emotion: A Practitioner's Guide
Psychosis and Emotion
Expressing Emotion
Reason and Emotion in Psychotherapy
Emotion Leslie S. Greenberg
Leslie S. Greenberg Robert Elliott Albert Ellis
Leslie S. Greenberg Stefan G. Hofmann
Leslie S. Greenberg Jeremy D. Safran
Robert L. Leahy Glenda Fredman
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the study of psychotherapy has often been limited to the ways in which cognitive and behavioral processes promote personal change introducing a ground breaking perspective greenberg and safran s compelling new work argues that the presently felt experience of emotional material in therapy forms a vital underpinning in the generation of change by including emotion as a psychotherapeutic catalyst the book offers a more complete and encompassing approach to the

process of psychotherapy than has ever before been available emotion in psychotherapy draws from the literature of both clinical and experimental psychology to provide a critical review of theory and research on the role of emotion in the process of change providing a general theoretical framework for understanding the impact of affect in therapy this unique volume describes specific change events in which emotions enhance the achievement of therapeutic goals case examples and extensive transcripts vividly portray a variety of affective modes such as completing emotional expression accessing previously unacknowledged feelings and restructuring emotions and illustrate in clear practical terms how certain processes apply to particular patient problems moving beyond the standard approaches to therapy this volume offers an integrated approach that carefully considers the client's state in the session that must be amenable to intervention as well as any given intervention and its resulting changes its attention to both the theoretical and practical considerations of implementing a balanced psychotherapeutic approach combining behavioral cognitive and affective modes makes this an invaluable volume for practitioners and researchers of all orientations the book will be of particular interest to clinicians seeking integrative approaches to psychotherapy and to academic psychologists concerned with expanding the paradigm of cognitive psychology

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in previous books leslie s greenberg has demonstrated the importance of integrating emotional work into therapy and has laid out a compelling model of therapeutic change building on these foundations working with emotions in psychotherapy sheds new light on the process and technique of intervention with specific emotions filled with illustrative case examples the book shows clinicians how to identify a given emotion discern its role in a client s self understanding and understand how its expression is furthering or inhibiting the client s progress of vital importance the authors help readers think more differentially about emotions to distinguish for example between avoided emotional pain and chronic dysfunctional bad feelings between adaptive sadness and maladaptive depression and between overcontrolled anger and underregulated rage a conceptual overview and framework for intervention are delineated and special attention is given throughout to the integration of emotion and cognition in therapeutic work

the definitive introduction to the theory and practice of emotion focused counselling

today rebt continues to be increasingly popular and effective

rather than medically controlling or mentally avoiding emotional changes greenberg advocates the therapeutic method of responding to bodily reactions and acting sensibly on them clients will be coached to attain emotional wisdom for long term recovery from personality disorders anxiety and fear

grounded in cutting edge scientific research this book presents innovative ways to explore and work with emotions in psychotherapy preeminent clinician researcher stefan g hofmann accessibly explains how emotions operate what influences them and how they can cause distress he presents strategies that can significantly improve existing evidence based treatments and promote positive affect and happiness clinicians are guided to help clients with any diagnosis gain emotional awareness and use emotion regulation techniques mindfulness based practices and other effective strategies in practice sidebars highlight specific clinical issues and offer illustrative case vignettes

a practical manual for the emotion focused treatment eft of depression it covers theory case formulation treatment and research in a way to make this complex form of therapy accessible to all readers the authors discuss the nature of

depression and its treatment examine the role of emotion and present a schematic model of depression

emotion psychotherapy and change represents a systematic attempt to map the various ways emotion influences the change process and to clarify the underlying mechanisms a continuation of the editors pioneering work emotion in psychotherapy this volume makes a significant contribution to the development of a transtheoretical approach to affective change events viewing emotional experience as an active ingredient in rather than a by product of the change process the book explores the ramifications of this understanding for the conduct of therapy a thorough review of the theory and therapeutic implications of emotion in human functioning precedes chapters by representatives of three different therapeutic traditions cognitive behavioral psychodynamic and experiential contributors identify and describe the key affective change events important in their respective approaches and then speculate about the underlying processes included here are detailed descriptions of relevant therapist client interactions as well as clinical transcripts that vividly illustrate the process of change a separate theory oriented commentary section follows in which the theme of emotion in psychotherapy is examined from the perspectives of cognitive psychology and emotion theory a synthesis and critical analysis of affective change processes rounds out the volume emotion psychotherapy and change satisfies its practical and theoretical objectives by providing detailed descriptions of intervention strategies while explicating how and why these interventions work its attention to both theory and practice and its synthesis of different theoretical traditions make this volume essential reading for seasoned psychotherapists researchers and students

highly practical and accessible this unique book gives therapists powerful tools for helping patients learn to cope with feared or avoided emotional experiences the book presents a menu of effective intervention options including schema modification stress management acceptance mindfulness self compassion cognitive restructuring and other techniques and describes how to select the best ones for particular patients or situations provided are sample questions to pose to patients specific interventions to use suggested homework assignments illustrative examples and sample dialogues and troubleshooting tips in a large size format for easy photocopying the volume is packed with over 65 reproducible handouts and forms purchasers also get access to a companion website where they can download and print the reproducible materials

starting from the position that there is no universal story of emotion necessarily acceptable to all cultures and that we cannot assume a common language of emotion that accurately transfers meanings and experiences between people this

volume approaches emotion as the story people weave of physical sensation display and judgements through multi layered contexts of their relationships and cultures emotion stories are seen as intricately woven with stories of identity therefore having implications for how people perceive their moral worth within a framework informed by communication theories social constructionism and systemic and narrative therapies glenda fredman offers a repertoire of possibilities to talk about feelings share understanding and transform emotion using her personal stories transcripts of conversations and case vignettes to speak the theory she shows how paying careful attention to each person s emotional language rules and theories can avoid coercion isolating or creating an impasse between the people involved

this influential volume provides a comprehensive introduction to emotionally focused therapy eft its theoretical foundations techniques and clinical practice eft is a structured approach to couple therapy that integrates intrapsychic and interpersonal perspectives to help couples create new more satisfying interactional patterns since the original publication of this book eft has been implemented and tested with growing numbers of couples in a wide range of settings the authors who codeveloped the approach illuminate the power of emotional experience in relationships and in the process of therapeutic change the book is richly illustrated with case examples and session transcripts

using an experiential therapy framework the authors show how to work with moment by moment emotional processes to resolve various psychological difficulties

emotion theory research and experience volume 5 emotion psychopathology and psychotherapy is concerned with the formulation of models of emotion psychopathology and psychotherapy the book focuses on the dysregulation of emotion methods for changing emotion and the experience of emotion the papers contained in the volume are grouped into theoretical works that link emotions to psychopathology and psychotherapy based on concepts derived from evolutionary biology theoretical works that utilizes psychoanalysis in understanding emotions and the transformation of cognitive constructions through psychotherapy psychologists psychiatrists psychoanalysts sociobiologists and students in the allied fields will find the book a good source of insight

this book presents principles and methods for working with emotion in psychotherapy to address the core maladaptive processes that cause anxiety depression and other common mental health disorders mental health providers confront emotional suffering every day yet working with emotion is rarely explicitly taught in most clinical graduate programs

there is evidence that emotional experience in therapy relates to therapy outcome across multiple diagnoses this research has given rise to strategies that address the core maladaptive processes that cause distress and dysfunction rather than specific diagnoses methods described in this book can help clients with all types of disorders to arrive at or fully experience their painful maladaptive emotions and then leave these emotions by accessing new adaptive emotions these methods include helping clients sit with painful feelings access bodily felt experience identify unmet needs and articulate the meaning of an emotion excerpts from moment to moment clinical dialogues help demonstrate techniques such as memory reconsolidation providing corrective emotional experiences chair work and imaginal re entry to past situations

there is increasing recognition that emotional distress plays a significant part in the onset of psychosis the experience of psychosis itself and in the unfolding of recovery that follows this book brings together leading international experts to explore the role of emotion and emotion regulation in the development and recovery from psychosis psychosis and emotion offers extensive clinical material and cutting edge research with a focus on the diverse theoretical perspectives on the importance of emotion in psychosis the interpersonal systemic and organisational context of recovery from psychosis and the implications for emotional distress the implications of specific perspectives for promoting recovery from psychosis with thorough coverage of contemporary thinking including psychoanalytic cognitive developmental evolutionary and neurobiological this book will be a valuable resource to clinicians and psychological therapists working in the field

this volume examines expressions of such feelings as love anger and sadness and highlights the individual and interpersonal processes that shape emotional behavior it offers a lively and comprehensive discussion of the role of emotional expression and nonexpression in individual adaptation social interaction and therapeutic process drawing upon extensive theory and research the authors provide coherent guidelines to help clinicians researchers and students identify conceptualize and treat problems in emotional behavior this guide is an important resource for teachers students and researchers of clinical counseling social personality and health psychology as well as practicing counselors and psychotherapists it will also serve as a text in advanced undergraduate and graduate level courses on emotion and interpersonal communication and in graduate level counseling and psychotherapy seminars

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