

# Albert Ellis Institute

Short-term therapy, Long-term results

*The Key to Achieving Lasting Results*



Professional Trainings

Self-help Workshops

Books, CDs, DVDs

Catalog 2008-09

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## Welcome to the Albert Ellis Institute Catalog

For more than 50 years, the Albert Ellis Institute has provided outstanding training, research and psychotherapy based on Rational Emotive Behavior Therapy (REBT).

A powerful, action-oriented approach to treating emotional disturbances, REBT was developed in 1955 by Albert Ellis, Ph.D., widely considered one of the most influential psychologists of all time.

At AEI, we train mental health professionals in REBT, and use REBT to help clients identify self-defeating thoughts, feelings and actions — and replace them with healthier alternatives.

Today, AEI is expanding its trainings and other resources for professionals as well as its calendar of public workshops and its self-help bookstore.

Each year, we provide training to more than 1,000 mental health professionals and conduct more than 120 individual and group therapy sessions every week.

In the coming months, we'll be offering new workshops, lectures and books, as well as new DVDs of live therapy sessions.

No matter what your goals, we have resources here to help you strengthen your knowledge and improve your life!

The Albert Ellis Institute is a 501(c)(3) nonprofit organization chartered by the Regents of the University of the State of New York.

**Short Term Therapy — Long Term Results**

# Individual and Group Therapy

AEI provides highly effective, moderate-cost psychotherapy based on REBT, the powerful short-term therapy approach with long-term results. REBT is applied to many emotional and behavioral difficulties, including:

- Anxiety & Depression
- Social Skills
- Anger
- Eating Problems
- Career & Lifestyle Changes
- Sexual Dysfunction
- Child & Family Issues
- Relationships & Divorce
- Compulsions & Phobias
- Alcohol & Substance Abuse
- Assertiveness Issues
- Procrastination

## General Groups

**Leaders: Dana Moriarty, Ph.D. and Fellows**  
Tuesdays, 7:30-9:30 pm

**Leaders: Nando Pelusi, Ph.D. and Fellows**  
Wednesdays, 6:00 - 8:00 pm

Weekly groups combine the use of cognitive, emotive and behavioral techniques to provide support and help people overcome self-sabotaging behaviors.

*Limit: 8 per group*

## Men's Group

**Leaders: Delores Blackwell, L.C.S.W. and Fellows**  
Tuesdays, 6:00 - 8:00 pm

This psychoeducational group is specifically for men who are looking for support. Utilizing REBT techniques, issues that directly impact men (such as gender roles, relationships, and self-defeating thinking) will be addressed.

*Limit: 8 per group*

## Women's Group

**Leaders: Kristene Doyle, Ph.D. and Fellows**  
Wednesdays, 6:00 - 8:00 pm

This therapy/support group is aimed at helping women become more effective in defining and achieving their goals. We deal with relationship issues, anxiety, procrastination, increasing self-confidence, assertiveness, and life achievement.

*Limit: 7 per group*

## Anger Group

**Leader: Ray DiGiuseppe, Ph.D. and Fellows**  
Wednesdays, 6:00 - 8:00 pm

Designed for those who hold on to anger or sometimes cannot control it, these groups help participants look at the consequences of anger and learn strategies for letting go of it, and offer help in dealing with difficult people or situations.

*Limit: 8 per group*

## Child and Family Clinic

**Serving Children, Adolescents, Parents & Families**

Counseling is available to help children and families learn new skills for dealing with parent-child conflicts, child and adolescent behavioral disorders, and learning problems.

## The Anger Disorders Treatment and Research Center

The Anger Disorders Treatment and Research Center at the Albert Ellis Institute is conducting research on the treatment of anger, by developing and providing psychotherapy for individuals and groups with anger-related problems and aggressive behavior. Clients learn to manage their own dysfunctional emotions through cognitive restructuring, consequential thinking, social skills training and relaxation exercises. The center emphasizes the collaboration of therapists and clients on individually-tailored crisis and prevention plans.

*For information, call (212) 535-0822*

## Biofeedback for Stress-Related Disorders

Biofeedback and relaxation training are available for the following conditions: Muscle tension, migraines, hyperventilation syndrome, anxiety and panic disorder, hypertension, asthma, TMJ, insomnia, and chronic pain. Dr. Robert Fried, Director of the Biofeedback Clinic, is a Fellow of the Biofeedback Certification Institute of America (BCIA) and the internationally known author of *Breathe Well, Be Well*.

For an appointment or screening call (212) 535-0822 Monday-Friday from 9:30am - 8:30pm

# Public Workshops and Lectures

2008

**OCTOBER 18**      **Food and Mood**      **Saturday**  
**Workshop**      **Leaders: Kristene Doyle, Ph.D. and Robyn Kurasaki, M.S.**      **9:30am-12:30pm**  
Do you find yourself eating when you're anxious, lonely, depressed, or bored? Do you suddenly "wake up" and have no recollection of what just happened? This workshop will help those whose mood dictates their food consumption. Emphasis will be placed on the irrational thinking behind emotional eating, and cognitive behavioral interventions to conquer self-defeating eating.      Fee: \$40

**NOVEMBER 13**      **Breaking Free from Social Anxiety**      **Thursday**  
**Lecture**      **Lecturer: Steven G. Katz, Ph.D.**      **7:00-8:30pm**  
Does the thought of starting a conversation with someone fill you with anxiety? Are you afraid you'll sound "stupid"? Social anxiety prevents us from finding pleasure and fulfillment in our interactions with others. It can inhibit our relationships and affect our work lives. This lecture will help you reduce social anxiety by teaching you how to stop catastrophizing about what *could* happen, so you'll feel more comfortable taking social "risks."      Fee: \$15

**NOVEMBER 22**      **How to Talk to Anybody, Anywhere**      **Saturday**  
**Workshop**      **Leaders: John Viterito, L.P.C. and Oksana Huk, M.S.**      **9:30am-12:30pm**  
Many people have difficulty approaching and conversing with people who interest them. The first half of this fun workshop will show you the attitudinal and behavioral errors that cause you to avoid social encounters — and what to do about them. This will be followed by practice approaching, meeting, and talking with other participants in the workshop. You will become more confident in your ability to start up a conversation with anyone, anywhere, anytime!      Fee: \$40

**DECEMBER 6**      **Conquering Your Guilt**      **Saturday**  
**Workshop**      **Leaders: Mark Terjesen, Ph.D. and Maria Esposito, M.S.**      **9:30am-12:30pm**  
Do you have trouble letting go of guilt? Does guilt interfere with your ability to make decisions that are in your best interest? This workshop will teach you how to give up these unhealthy feelings and the thoughts and behaviors that often accompany them. In this highly interactive workshop, participants will learn how to help themselves change the way they think of things and make decisions that will lead to greater happiness and success in the long run.      Fee: \$40

2009

**JANUARY 28**      **Procrastinate Later!**      **Wednesday**  
**Lecture**      **Lecturer: Ray DiGiuseppe, Ph.D.**      **7:30-9:00pm**  
This lecture will help you stop putting off until tomorrow what you can do today. You will learn how to set realistic goals for yourself, stick with plans, deal with frustration and avoidance, and overcome perfectionism.      Fee: \$15

**FEBRUARY 28**      **Building a Better Body Image**      **Saturday**  
**Workshop**      **Leaders: Michael Hickey, M.S. and Grace Kong, M.S.**      **9:30am-12:30pm**  
Many people struggle with dissatisfaction with one or more aspects of their physical appearance. A negative body image can interfere with interpersonal relationships, social interactions and self-confidence. This workshop will help participants to identify and challenge self-defeating beliefs about physical appearance. Cognitive and behavioral techniques will be taught so that participants can overcome their negative body image and increase their self-acceptance, with the aim of achieving an overall better quality of life.      Fee: \$40

**APRIL 17, 24**      **Improving Your Social Skills**      **5 Fridays**  
**MAY 1, 8, 15**      **Leaders: Kristene Doyle, Ph.D. and Wilson McDermut, Ph.D.**      **6:30-8:30pm**  
**Workshop**      This interactive workshop is designed to help you relax and enjoy yourself when you're with other people. Participants will spend the first hour learning social skills, followed by a visit to some of the neighborhood's social spots, where everyone can practice their new social skills, and get immediate feedback from workshop leaders.      Fee: \$250  
**Series**

**APRIL 25**      **6-Hour REBT Intensive Workshop**      **Saturday**  
**Workshop**      **Leaders: Mark Terjesen, Ph.D. and John Viterito, L.P.C.**      **9:00am-3:00pm**  
This workshop will teach you the basic principles of rational thinking to help you achieve lasting behavioral change. Topics include self-acceptance, dealing with anxiety, anger and frustration, improving relationships, and overcoming procrastination.      Fee: \$99

The  
Albert Ellis Institute  
is pleased to introduce  
**FRIDAY NIGHT  
LIVE!**

**Come see a live demonstration of  
Rational Emotive Behavior Therapy with audience volunteers.**

Difficulties addressed may range from family, work, or relationship issues to coping with frustration or anxiety. Demonstrations are guaranteed to be educational *and* stimulating!

**Time:** 7:00 - 8:30pm

**Place:** Albert Ellis Institute  
45 East 65th Street, New York, NY 10065

**Admission:** \$15.00

**PRESENTERS**

Michler Bishop, Ph.D., Ray DiGiuseppe, Ph.D., Kristene Doyle, Ph.D.,  
Mark Terjesen, Ph.D. and John Viterito, L.P.C.

**DATES**

September 26, 2008  
October 31, 2008  
November 21, 2008  
December 5, 2008  
January 23, 2009  
February 27, 2009  
March 27, 2009  
April 24, 2009  
May 1, 2009

For further information, contact the Institute at (212) 535-0822,  
or visit our website at [www.albertellis.org](http://www.albertellis.org)

# One-Day and Half-Day

6 C.E. Credits per One-Day Workshop • 3 C.E. Credits per Half-Day Workshop

## Integrating Motivational Interviewing and REBT/CBT to Work Effectively with Undermotivated Clients

### ONE-DAY WORKSHOP

Friday, October 24, 2008, 9:30am-4:30pm

Led by F. Michler Bishop, Ph.D.

In this workshop, participants will learn to:

- integrate motivational interviewing strategies with key REBT/CBT techniques for working effectively with undermotivated clients
- practice at least three techniques *during* the workshop
- critique the key role of goals and values *over time* when working with clients who are having difficulty changing their behavior(s)

## REBT and Personality Disorders

### HALF-DAY WORKSHOP

Saturday, October 25, 2008, 9:30am-12:30pm

Led by Mike Abrams, Ph.D.

In this workshop, participants will learn to:

- review the origin and logic of the major competing theories of personality disorders
- explore current controversies in personality theory
- examine the role of personality theory in treating personality disorders
- understand the revised REBT theory of personality and personality disorders, and explain the role of REBT in treating them
- contrast REBT with other clinical methods

### TUITION FOR ONE-DAY WORKSHOP

Per person — regular registration . . . . . \$99

F/T grad students with proof of status . . . . . \$79

### TUITION FOR HALF-DAY WORKSHOP

Per person — regular registration . . . . . \$50

F/T grad students with proof of status . . . . . \$40

See registration form on p. 31

## REBT/CBT: Evidence-Based Treatments for Anxiety

### HALF-DAY WORKSHOP

Friday, October 31, 2008, 9:30am-12:30pm

Led by Mark Terjesen, Ph.D.

In this workshop, participants will learn to:

- explain the theory behind how anxiety develops
- describe evidence-based interventions in its treatment
- integrate an REBT framework within the cognitive-behavioral approach toward anxiety management
- assist individuals in goal-setting and evaluating change

## Empirically-Based Treatments for Depression: Using REBT to Enhance Treatment Effectiveness

### HALF-DAY WORKSHOP

Friday, October 31, 2008, 1:30-4:30pm

Led by Mark Terjesen, Ph.D.

In this workshop, participants will learn to:

- discuss the etiology behind the development of depression
- utilize an REBT / CBT framework to understand depression
- apply evidence-based interventions in treatment of depression
- implement goal-setting strategies and methods for change
- apply at least three REBT techniques for treatment of depression

### SPECIAL DISCOUNT if you register for BOTH Half-Day

Workshops on Oct. 31 (above) . . . . . \$89

F/T grad students with proof of status . . . . . \$69

## Managing Addictions

### ONE-DAY WORKSHOP

Friday, November 7, 2008, 9:30am-4:30pm

Led by F. Michler Bishop, Ph.D.

In this workshop, participants will learn to:

- explain some of the many SMART Recovery techniques and ways to integrate them with REBT
- utilize methods for integrating Motivational Interviewing and REBT to provide effective therapy, especially for undermotivated clients
- apply at least three REBT techniques to the treatment of addictions

## REBT and Existentialism: Converging Theories and Practice

### HALF-DAY WORKSHOP

Friday, November 21, 2008, 1:30-4:30pm

Led by John Viterito, L.P.C.

In this workshop, participants will learn to:

- review various general concepts and methods germane to existential philosophy and psychotherapy.
- discern the parallels between existential philosophy and REBT theory
- explore common areas of practice between REBT and existential psychotherapy

# Workshops for Professionals

Albert Ellis Institute • 45 East 65th Street • New York, NY 10065 • (212) 535-0822

## **REBT/CBT: Evidence-Based Treatment for Anger**

### **HALF-DAY WORKSHOP**

Friday, December 5, 2008, 1:30-4:30pm

Led by **Ray DiGiuseppe, Ph.D.**

In this workshop, participants will learn to:

- describe how anger is presented in DSM-IV
- become aware of how anger symptoms are comorbid with DSM-IV Axis I and Axis II disorders
- explain the arguments for and against the inclusion of a new anger disorder
- apply results of the outcome research literature to anger treatments

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## **REBT Basics**

### **ONE-DAY WORKSHOP**

Friday, December 12, 2008, 9:30am-4:30pm

Led by **Mark Terjesen, Ph.D.**

In this workshop, participants will learn to:

- explain REBT's theory of emotional disturbance
- apply disputational strategies to irrational beliefs
- construct individual homework assignments based on presenting problems

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## **Adding a Powerful Emotive Technique to Your Practice: Chair Work**

### **HALF-DAY WORKSHOP**

Friday, January 9, 2009, 1:30-4:30pm

Led by **Scott Kellogg, Ph.D.**

In this workshop, participants will learn to:

- understand the history and development of the chairwork technique
- using scripts, utilize the chairwork technique in a variety of clinical situations
- practice the chairwork technique without the use of scripts
- see how chairwork can help you in your practice with problematic cases

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## **REBT/CBT: Evidence-Based Treatments for Trauma and PTSD**

### **ONE-DAY WORKSHOP**

Friday, January 23, 2009, 9:30am-4:30pm

Led by **F. Michler Bishop, Ph.D.**

In this workshop, participants will learn to:

- compare various REBT/CBT approaches to the treatment of trauma and PTSD
- practice at least two other REBT/CBT techniques during the workshop
- critique the key roles of demandingness, low distress tolerance and acceptance (of self, others, and the world) in helping clients learn to manage their reactions to trauma

## **Incorporating REBT into Your Psychodynamic Practice**

### **HALF-DAY WORKSHOP**

Friday, February 20, 2009, 6:00-9:00pm

Led by **Marcos Quinones, L.M.S.W.**

In this workshop, participants will learn to:

- summarize basic REBT/CBT theory and techniques
- recognize differences in psychodynamic and REBT/CBT theories
- incorporate cognitive behavioral techniques into psychodynamic work

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## **REBT/CBT: Evidence-Based Treatment for Eating Disorders**

### **HALF-DAY WORKSHOP**

Friday, March 13, 2009, 9:30am-12:30pm

Led by **Kristene Doyle, Ph.D.**

In this workshop, participants will learn to:

- utilize an REBT/CBT framework for understanding and treating eating disorders
- apply cognitive, emotive and behavioral interventions in the treatment of eating disorders
- design idiosyncratic homework assignments to meet the needs of individual clients

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## **Integrating Harm Reduction Psychotherapy into Your Practice**

### **HALF-DAY WORKSHOP**

Friday, April 3, 2009, 1:30-4:30pm

Led by **Andrew Tatarsky, Ph.D.**

In this workshop, participants will learn to:

- discuss the main tenets of the clinical philosophy of integrative harm reduction psychotherapy
- identify the three main theoretical bases of this model
- describe the six key therapeutic tasks, including establishing the therapeutic alliance, facilitating capacities for change, assessment, embracing ambivalence, goal setting, and working toward positive change

# Professional Training Programs

## 3-Day Primary Certificate Practicum in REBT and Cognitive Behavior Therapy

24 CE Credits

July 10-12, 2009  
Friday-Sunday  
New York City

### PROGRAM

During the 3-Day Primary Practicum, participants will learn to:

- Understand and apply the REBT theory of emotional disturbance and change.
- Apply the ABC model to a wide range of clinical issues.
- Identify, challenge and dispute clients' dysfunctional thoughts.
- Construct and teach clients how to have new adaptive thoughts, emotions and behaviors.
- Apply REBT principles and intervention strategies to various clinical disorders

The 3-Day Primary Certificate Practicum includes seminars on the latest developments in:

- Assessment and disputation strategies
- Designing treatment plans
- REBT/CBT applications to various clinical disorders

Participants will receive:

- 12 hours of small group supervision
- Live demonstrations of actual therapy sessions

### FACULTY

Ray DiGiuseppe, Ph.D., Kristene Doyle, Ph.D., and Windy Dryden, Ph.D. (See bios of Workshop Presenters on p. 12).

### CERTIFICATE

Satisfactory completion of the 3-day certificate program will result in a Primary Certificate in REBT.

### ELIGIBILITY

Open to psychologists, counselors, social workers, physicians, nurses, and graduate students. Minimum qualification for **certificate candidacy** is a master's degree in psychology or counseling, M.S.W., M.D., or R.N. Other helping professionals (e.g., alcoholism counselors) may be eligible to participate in the full Practicum but will receive a **Paraprofessional Certificate**. **Proof of degree or license must accompany registration form.**

### REQUIRED READING LIST

*A Guide to Rational Living* (Ellis & Harper); *Practitioner's Guide to Rational-Emotive Therapy* (Walen, DiGiuseppe & Dryden); *A Primer on RET* (Dryden & DiGiuseppe); *REBT Therapist's Pocket Companion* (Dryden & Neenan); *First Steps in REBT* (Dryden).

### TUITION

Per person — regular registration	\$695
Per person — early registration	\$670
(for applicants who register 2 weeks prior to the practicum)	
Group — 5 or more from same university or organization	\$650
(Group must register together or rate does not apply)	
Full-time grad students with proof of status	\$545

**Proof of degree or license must accompany registration form.**

## Practicum Schedule

### FRIDAY

9AM - 12 PM	Introduction to REBT/CBT
1 PM - 4 PM	Practicing REBT in Peer Counseling
4:30 - 7:30 PM	Supervision in Peer Counseling Groups

### SATURDAY

9AM - 12 PM	Cognitive Behavioral Clinical Strategies and Intervention Skills
1 PM - 4 PM	Supervision in Peer Counseling Groups
4:30 - 7:30 PM	Supervision in Peer Counseling Groups

### SUNDAY

9AM - 12 PM	The Application of REBT to Specific Disorders
1 PM - 4 PM	Supervision in Peer Counseling Groups
4 PM - 4:30PM	Exam and Evaluations

## Advanced Certificate Practicum

28 CE Credits

July 16-19, 2009  
Thursday-Sunday  
New York City

**PROGRAM** The Advanced Certificate Program provides the next level of training beyond the Primary Certificate, and is a prerequisite for Associate Fellowship candidacy. Professionals will further their knowledge of rational-emotive and cognitive behavior therapy, along with research and clinical applications, and will receive individual supervision in small groups.

**Special Topics Seminars** include *Basic Philosophy of Rational Emotive Behavior Therapy (REBT) and Its Clinical Applications*; *Overcoming Resistance to Therapy*; *Integrating Behavioral and Emotional Therapies with Consultation*; and *REBT in Groups*.

**FACULTY** Ray DiGiuseppe, Ph.D., Kristene Doyle, Ph.D., and Windy Dryden, Ph.D. (See bios of Workshop Presenters on p. 12).

### CERTIFICATE

Candidates who successfully complete all program requirements will be granted an Advanced Certificate. They may then be eligible for the Associate Fellowship Program.

### REQUIRED READING LIST

*Overcoming Resistance* (Ellis); *How to Control Your Anger Before It Controls You* (Ellis & Tafrate); and *REBT Resource Book for Practitioners* (Bernard & Wolfe).

**PREREQUISITE:** Primary Certificate.

### TUITION

Per person — regular registration.....	\$795
Per person — early registration .....	\$770
(for applicants who register prior to July 2)	
Full-time grad students with proof of status .....	\$645

## Associate Fellowship Practicum

28 CE Credits

July 16-19, 2009  
Thursday-Sunday  
New York City

**PROGRAM** The Associate Fellowship Certificate Program is the highest level of external training after the Advanced Certificate. Practitioners will deepen their skills through individual supervision of their psychotherapy practice and participation in advanced seminars.

**Special Topics Seminars** include *Child and Family Therapy*; *REBT with Personality Disorders*; *Why We Don't Raise Our Clients' Self-Esteem*; and *Strategies for the Resistant Client*.

**FACULTY** Michler Bishop, Ph.D., Ray DiGiuseppe, Ph.D., Kristene Doyle, Ph.D. and Windy Dryden, Ph.D. (See bios of Workshop Presenters on p. 12).

### REQUIREMENTS

Please contact Dr. Kristene Doyle at (212) 535-0822 or krisdoyle@albertellis.org for information about requirements.

**CERTIFICATE** Matriculants who successfully complete all program requirements will be eligible for Associate Fellowship membership in the Institute. Associate Fellows may also be invited to supervisory training.

**ELIGIBILITY** Open to licensed or license-eligible psychologists and social workers, physicians, nurses, clergy, and holders of master's degrees seeing clients in supervised settings.

**PREREQUISITE** Primary and Advanced Certificate in REBT, and 5 supervised therapy tapes.

### REQUIRED READING LIST

*The Practice of REBT* (Ellis & Dryden); *REBT Theoretical Developments* (Dryden).

### TUITION

Per person — regular registration .....	\$795
Per person — early registration (for registration prior to July 2) .....	\$770
Full-time grad students with proof of status .....	\$645

## Professional Training Programs

### Supervisory Certificate Program

28 CE Credits

July 16-19, 2009

Thursday-Sunday  
New York City

#### ELIGIBILITY

The Supervisory Practicum is only open to Fellows and Associate Fellows of the Institute. A written request to participate must be received at least 3 months in advance of the practicum. Requests should be addressed to Dr. Kristene Doyle at the Albert Ellis Institute, or e-mailed to krisdoyle@albertellis.org.

**TUITION: \$750**

### Clinical Fellowships and Internships

#### PROGRAM

Fellowships and Internships are part-time, one- or two-year appointments in which candidates receive in-depth training in rational-emotive and cognitive behavior therapy, serve as therapists in the Institute's clinic, co-lead groups and workshops, receive 3 hours of individual and group supervision a week, and participate in research. Fellows and Interns receive a stipend for their participation.

**CERTIFICATE** Successful completion of all requirements will result in Fellowship or Associate Fellowship status.

**ELIGIBILITY** **Postgraduate Fellowships:** Doctorate in psychology, M.S.W., R.N., or M.D. **Predoctoral Interns** nearing completion of Ph.D. thesis pursue a similar program to Fellows.

**APPLICATION** For application and further information, write to Dr. Kristene Doyle. Application deadline: Jan. 15, 2009.

#### COURSE OF STUDY

The Fellowship and Internship Programs offer highly diversified training:

- **Clinical experience:** Fellows devote 9 hours per week to clinical practice, including co-leading a therapy group with senior staff. (Interns carry more client hours.)
- **Supervision:** 3 hours of supervision per week.
- **Co-lead workshops** in coping with anxiety, anger, procrastination, self-defeating eating, and numerous other topics.
- **Clinical seminars:** Mental health and other professionals are brought in to provide a comprehensive training experience.

#### SCHEDULE

The **Fellowship Program** is a part-time, 2-year program.

The **Internship Program** is a part-time, 1-year program. Clinical requirements for Fellows and Interns can be met by working 3 evenings a week, with supervision and clinical seminars on Wednesdays from 11:30am-5:00pm. Program begins mid-July.

#### INTERNATIONAL TRAINING STANDARDS AND POLICY REVIEW COMMITTEE

Responsibility for the content and conduct of the Institute's Training Programs rests with the International Training Standards and Policy Review Committee. A list of committee members is available upon request.

## REBT Home Study Program

### 50 CE Credits

This comprehensive Home Study course provides a rich introduction to the basics of REBT theory and practice. Utilizing methods and materials developed from years of training professionals throughout the world, the REBT Home Study program leads to a Primary Certificate in REBT.

#### THE COURSE INCLUDES:

- Videotaped therapy sessions conducted by leading REBT therapists and trainers.
- Individual supervision of four peer counseling sessions by Institute faculty.
- Step-by-step course outline and *Study Guide*.

#### CERTIFICATE AND CE CREDITS

Satisfactory completion of all course requirements will result in a **Primary Certificate**.

#### ELIGIBILITY

Open to psychologists, social workers, physicians, nurses and graduate students. Minimum qualification for **certificate candidacy** is a master's degree in psychology or counseling, M.S.W., M.D., or R.N. Other eligible professionals (e.g., alcoholism counselors) will receive a **Paraprofessional Certificate**.

#### APPLICATION

For further information and an application, write to:

Dr. Kristene Doyle  
Albert Ellis Institute  
45 East 65th Street  
New York, NY 10065

Or go online to [www.albertellis.org](http://www.albertellis.org) for an application.

#### OPEN TO THE PUBLIC

### 6-Hour REBT Intensive Workshop

Saturday, April 25, 2009  
9:00am - 3:00pm

Albert Ellis Institute  
New York City

This 6-Hour Intensive course in Rational Emotive Behavior Therapy uses lectures, group exercises and interactions to teach participants the basic principles of rational thinking so they can achieve *lasting* behavioral change. Topics include:

- The ABCs of REBT
- Self-Acceptance
- Dealing with Anger and Frustration
- Overcoming Anxiety
- Managing Depression
- Disputation Strategies

**FACULTY** Mark Terjesen, Ph.D. and John Viterito, L.P.C.

**TUITION** \$99

See pages 30-31 for Registration Forms for Practica and Workshops

#### POLICY OF NON-DISCRIMINATION

The Albert Ellis Institute does not discriminate on the basis of sex, race, color, religion, age, national origin, ancestry, sexual orientation, or disability in its policies and programs.

# Workshop Presenters

**Mike Abrams, Ph.D.**, Graduate faculty, William Paterson University; co-authored three books with Albert Ellis: *Personality Theories: Critical Perspectives*; *The Art and Science of Rational Eating*; and *How to Cope with a Fatal Illness*.

**F. Michler Bishop, Jr., Ph.D., CAS**, Director of Alcohol and Substance Abuse Services and staff psychologist, Albert Ellis Institute; Associate Professor, State University of New York; author of *Managing Addictions: Cognitive, Emotive and Behavioral Techniques*.

**Raymond DiGiuseppe, Ph.D., Sc.D.**, Director of Professional Education and staff psychologist, Albert Ellis Institute; Professor and Chairman of the Psychology Department at St. John's University; co-author of *A Practitioner's Guide to RET*; *RET with Alcoholics and Substance Abusers*; and *Understanding Anger Disorders*.

**Kristene A. Doyle, Ph.D., Sc.D.**, Associate Executive Director, Director of Clinical Services, and staff psychologist, Albert Ellis Institute; Adjunct Professor, St. John's University.

**Windy Dryden, Ph.D., Sc.D.**, Professor of Psychotherapeutic Studies and director of Masters Course in REBT & CBT at Goldsmiths College, University of London; editor of the *Journal of Rational-Emotive and Cognitive Behavior Therapy*; author/editor of more than 162 books.

**Maria Esposito, M.S.**, Doctoral candidate, St. John's University; Fellow, Albert Ellis Institute.

**J Ryan Fuller, Ph.D.**, Staff psychologist, Albert Ellis Institute.

**Michael Hickey, M.S.**, Staff therapist, Albert Ellis Institute.

**Oksana Huk, M.S.**, Doctoral candidate, St. John's University; predoctoral intern, Albert Ellis Institute.

**Steven G. Katz, Ph.D.**, former Fellow, Albert Ellis Institute; private practice, New York City and Long Island.

**Grace Kong, M.S.**, Doctoral candidate, St. John's University; predoctoral intern, Albert Ellis Institute.

**Robyn Kurasaki, M.S.**, Doctoral candidate, St. John's University; Fellow, Albert Ellis Institute.

**Wilson McDermut, Ph.D.**, Assistant Professor of Psychology, St. John's University; staff psychologist, Albert Ellis Institute.

**Marcos Quinones, L.M.S.W.** in New York and Puerto Rico; staff therapist, Albert Ellis Institute.

**Mark Terjesen, Ph.D.**, Fellow and Supervisor, Albert Ellis Institute; Associate Professor and Director, School Psychology Program, St. John's University.

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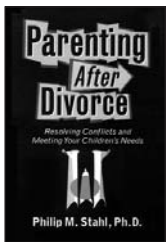
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AND PRODUCTS

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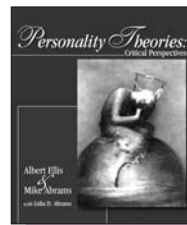


### Under the Influence: Reflections of Albert Ellis in the Works of Others

Edited by Emmett Velten, Ph.D.

Albert Ellis is widely acknowledged as the founder of REBT and the originator of cognitive-behavior therapy — but is not often enough given the credit he deserves for it. This collection of 13 chapters by prominent REBT psychologists helps set the record straight by showing how Dr. Ellis' teachings have influenced their practice, and the extent of his pioneering contributions to the field of clinical psychology. *Softcover.*

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### Personality Theories: Critical Perspectives

Albert Ellis, Ph.D.  
and Mike Abrams, Ph.D.

This college textbook — written for the advanced undergraduate or graduate student in counseling, 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. This is the first textbook to formally present the REBT system of personality as taught by Dr. Ellis, whose insights are drawn from his own half-century of experience as a psychotherapist, as well as his intimate knowledge of the iconic figures who, along with Dr. Ellis, helped develop clinical psychology. (B262) \$79.95

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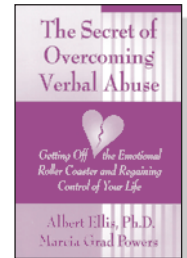
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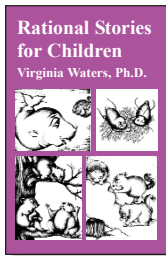
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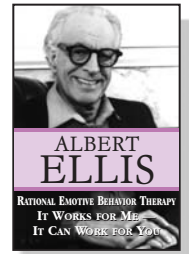
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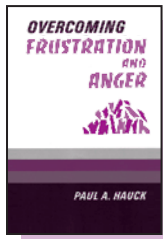
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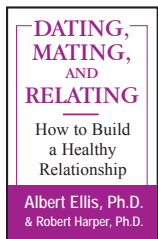
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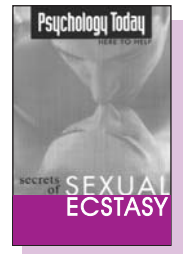
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### Letting Go of Your Ended Love Relationship

Michael Broder, Ph.D.

Interactive audio program helps you pick up the pieces after an ended love relationship.

CD: 3.2 oz. (CD036) \$19.95

### The Single Life: How to Make It Work for You

Michael Broder, Ph.D.

Enjoy the freedom of being single without being lonely. Learn how to meet other people, build friendships and cultivate your own interests.

Audiotape: 2.5 oz. (C065) \$8.95

## Self-Help Books, CDs & Resources



### Religious

BOOK & PAMPHLET

#### How to Stop Driving Yourself Crazy – with Help from the Bible

**Hank Robb, Ph.D.**

Unique collection of rational quotations from the Old and New Testaments helps introduce REBT to religious people. 5 oz. (B097) \$1.50

#### Incorporating Religion into REBT

**Rev. Steve A. Johnson, Ph.D.**

REBT principles of sound mental health reinforced by Christian teachings. 1 oz. (P313) \$3.00

### Self-Acceptance

BOOK & CD

#### Overcoming the Rating Game

**Paul A. Hauck, Ph.D.**

Popular self-help book teaches you how to develop unconditional self-acceptance and other coping skills. 6 oz. (B125) \$19.95

#### Unconditionally Accepting Yourself and Others

**Albert Ellis, Ph.D.**

Exercises, tips and techniques to help you accept yourself even when you're not doing well, and deal better with others when they act badly.

CD: 3.2 oz. (CD006) \$19.95

### Self-Help – General

BOOKS

#### Ask Albert Ellis

**Albert Ellis, Ph.D.**

Instructive and enjoyable collection of Dr. Ellis' answers to questions submitted to him on the "Ask Albert Ellis" website. 8 oz. (B227) \$14.95

#### Breathe Well, Be Well

**Robert Fried, Ph.D.**

Easy breathing techniques and exercises in this informative guide help you reduce stress, anxiety, and other related health problems.

11.4 oz. (B245) \$14.95

#### Don't Believe It for a Minute!

**Arnold Lazarus, Ph.D., Cliff Lazarus, Ph.D., and Allen Fay, M.D.**

Useful guide helps you identify your irrational beliefs and replace them with rational alternatives. 7.5 oz. (B145) \$9.95

#### The Dragon Slayer with a Heavy Heart

**Marcia Powers**

This fun, inspirational book tells a powerful story about finding happiness and serenity... no matter what life dishes out! 7.6 oz. (B239) \$12.00

#### A Guide to Rational Living

**Albert Ellis, Ph.D. & Robert Harper, Ph.D.**

Outstanding classic on REBT helps you reduce anxiety and become creatively absorbed in the world around you. 12 oz. (B025) \$15.00

#### How to Live with a Neurotic

**Albert Ellis, Ph.D.**

Popular book shows you how to ease the strain of living or working with neurotics or other difficult people. 6.5 oz. (B005) \$10.00

#### Helping Yourself with REBT:

##### First Steps for Clients

**Windy Dryden, Ph.D.**

Clear, easy-to-follow guidebook for clients to help themselves in their therapeutic process with an REBT therapist. 7 oz. (B257) \$10.95

#### Life Coaching

**Windy Dryden, Ph.D. and Michael Neenan**

Learn how to replace self-defeating thinking with a problem-solving outlook.

8.9 oz. (B224) \$20.95

## Self-Help Books, CDs & Resources

### The Myth of Self-Esteem

Albert Ellis, Ph.D.

Basing your “self-esteem” on being successful means you’re more likely to condemn yourself when things go wrong. Learn how to practice the healthier option of unconditional self-acceptance. 16.5 oz. (B251) \$18.00

### Overcoming Destructive Beliefs, Feelings and Behaviors

Albert Ellis, Ph.D.

Shows how to apply the principles of REBT to help prevent destructive behavior. 24.5 oz. (B202) \$28.00

### Rational Counseling Primer

Howard S. Young, M.S.W.

Concise, illustrated booklet outlines the ABCs of emotional disturbance and shows you how to dispute your irrational beliefs. 2.5 oz. (B061) \$2.50

### Reason to Change: An REBT Workbook Windy Dryden, Ph.D.

Practical workbook of REBT skills to help you manage and overcome anxiety, depression, guilt, shame, hurt, and anger. 22.9 oz. (B207) \$31.95

### The REBT Pocket Companion for Clients Windy Dryden, Ph.D.

Daily reminders of REBT principles in this handy pocket guide can help anyone deal with their problems better. 7.8 oz. (B226) \$10.95

### S.O.S. Help for Emotions: Managing Anxiety, Anger and Depression (2nd ed.)

Lynn Clark, Ph.D.

Engaging, illustrated book teaches REBT methods for managing unpleasant thoughts and feelings. 15 oz. (B181) \$14.00

### Three-Minute Therapy: Change Your Thinking, Change Your Life

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David R. Steele, Ph.D.

3-minute exercises help you overcome worry, self-downing, procrastination, depression, overeating, and fear. 22 oz. (B166) \$21.95

AUDIOTAPES, CDs & CD-ROM

### Briefer and Better Ways of Helping Yourself Emotionally

Albert Ellis, Ph.D.

Outlines the principles of REBT and other self-help techniques, to help you improve your life. 69 min. CD: 3.2 oz. (CD012) \$19.95

### Empower Yourself: Breaking Free of Your Resistance to Change

Albert Ellis, Ph.D.

Clear plan of action to help you change for the better. 2-CD set: 3.2 oz. (CD009) \$24.95

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Michael S. Broder, Ph.D.

Find out how you can practice unconditional self-acceptance, and help your confidence grow. CD: 3.2 oz. (CD049) \$19.95

### Living Fully and in Balance: It’s Not a Dress Rehearsal — This Is It!

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Audioprogram helps you achieve a well-balanced and self-actualized life. 67 min. CD: 3.2 oz. (CD033) \$19.95

### Making Crucial Choices and Major Life Changes

Michael S. Broder, Ph.D.

Motivating program helps you decide what you want, and shows you how to go about getting it. Audiotape: 2.5 oz. (C060) \$9.95  
CD: 3.2 oz. (CD041) \$19.95

### Managing Your Emotions

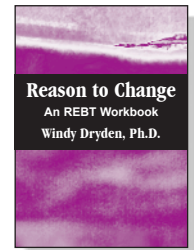
\* Interactive \*

Leonor Lega, Ph.D. & Dom DiMattia, Ed.D.

Interactive CD-Rom shows the ABC model of behavior management. 3.2 oz. (CD001) \$39.95

### Overcoming the Influences of the Past Albert Ellis, Ph.D.

Learn to give up past pain and demands, and become a happier person. 89 min. Audiotape: 2.5 oz. (C017) SALE \$9.95 \$7.95  
2-CD set: 3.2 oz. (CD020) \$24.95



## Self-Help Books, CDs & Resources

### Rational Living in an Irrational World

Albert Ellis, Ph.D.

Live productively and non-miserably in a crazy world by learning how to change what you *can* change: yourself! 57 min.

CD: 3.2 oz. (CD023) \$19.95

### Releasing Your Creative Energy

Ray DiGiuseppe, Ph.D.

Helps you overcome any obstacles there might be to your own creative growth. 69 min.

Audiotape: 2.5 oz. (C044) SALE \$9.95 \$7.95

CD: 3.2 oz. (CD030) \$19.95

### Resolving Your Past

Ray DiGiuseppe, Ph.D.

Learn how to heal from past hurts and move on.

Audiotape: 2.5 oz. (C070) SALE \$9.95 \$7.95

2-CD set: 3.2 oz. (CD045) \$24.95

### Solving Emotional Problems

Albert Ellis, Ph.D.

Summarizes the ABCs of emotional disturbance and the REBT system of problem-solving. 46 min.

Audiotape: 2.5 oz. (C023) SALE \$9.95 \$7.95

CD: 3.2 oz. (CD025) \$14.95

### Theory and Practice of RET

Albert Ellis, Ph.D.

Excellent introduction to the principles and techniques of rational-emotive therapy. 54 min.

CD: 3.2 oz. (CD026) \$19.95

## Self-Help – Other Resources

### Ideas to Help You Function Effectively

Wallet-sized card with “Ideas to Make You Disturbed” on one side, and “Ideas to Help You Function Effectively” on the other side.

25 cards 3 oz. (SH001) \$1.50

100 cards 12 oz. (SH002) \$4.00

1,000 cards 120 oz. (SH003) \$30.00

### Mood Meter

Magnetized panel (4" x 7") with cartoons of various facial expressions helps you identify your current mood . . . or choose how you'd rather feel!

2 oz. (SH031) \$2.95

**REBT Self-Help Form**

**A (ACTIVATING EVENTS OR ADVERSITIES)**

Major unhealthy negative emotions:

Major self-defeating behaviors:

Unhealthy negative emotions include:

- Anxiety
- Depression
- Low Frustration Tolerance
- Rage
- Hurt
- Shame/Embarrassment

**B (IRRATIONAL BELIEFS)**

**C (CONSEQUENCES)**

**D (DISPUTING (B)'S)**

**E (EFFECTIVE NEW PHILOSOPHIES)**

**EFFECTIVE EMOTIONS & BEHAVIORS**

New healthy negative emotions:

New constructive behaviors:

**To identify B's, look for:**

- DOGMATIC DEMANDS (musts, absolutes, shoulds)
- AWFULIZING (It's awful, terrible, horrible)
- LOW FRUSTRATION TOLERANCE (I can't stand it)
- SELF-PUNISHING (I'm / he / she is bad, worthless)

**To dispute ask yourself:**

- Where is holding this belief getting me? Is it helpful or self-defeating?
- What is the evidence to support the existence of my irrational belief? Is it consistent with actual reality?
- Is my belief logical? Does it follow from my preferences? Is it really awful?

**To think more rationally, strive for:**

- NON-DOGMATIC PREFERENCES (wishes, wants, desires)
- EVALUATING BADNESS (It's bad, unfortunate)
- HIGH FRUSTRATION TOLERANCE (I don't like it, but I can stand it)
- NOT GLOBALLY RATING SELF

**Healthy negative emotions include:**

- Disappointment
- Concern
- Annoyance
- Sadness
- Regret
- Frustration

### Self-Help Forms

Clear, step-by-step form helps you to identify the “ABCs” and dispute your irrational beliefs. Each form is printed on sturdy, letter-sized paper, with a form on both sides.

10 forms 2.5 oz. (SH007) \$2.00

100 forms 25 oz. (SH008) \$10.00

1,000 forms 250 oz. (SH009) \$80.00

## Spanish Titles

### BOOKS

### Teoría y Práctica de la Terapia Racional Emotivo-Conductual

Leonor I. Lega, Vicente E. Caballo, and Albert Ellis

Breakthrough guide – in Spanish – presents the fundamental principles and applications of REBT simply and clearly. 6.8 oz. (B209) \$15.95

### S.O.S. Ayuda para Padres

Lynn Clark, Ph.D.

This Spanish translation of the top-selling book, “S.O.S. Help for Parents,” is a must-read for all parents! 12.9 oz. (B231) \$14.00

### CD ROM

### Como Manejar Sus Emociones

\* Interactive \*

Leonor Lega, Ph.D. & Dom DiMattia, Ed.D.

Interactive CD Rom, the Spanish edition of “Managing Your Emotions,” shows the ABC model of behavior management. 3.2 oz. (CD011) \$39.95

## Self-Help Books, CDs & Resources

DVD ROM

### **La Historia de Albert Ellis: Celebrando 50 Anos de TREC**

See p. 18 for description. *NOTE:* This DVD Rom can be played in a computer, but *not* in a DVD player. 3.2 oz. (DVD Rom002) \$39.95

## Substance Abuse

BOOKS

### **Alcohol: How to Give It Up and Be Glad You Did**

Philip Tate, Ph.D.

Practical tips to help you stop drinking, and be able to maintain your gains. 12 oz. (B142) \$14.95

### **Freedom from Alcohol**

Robert Heller, Ed.D., A.B.P.P.

Pocket-sized, illustrated book with laminated pages full of tips for cutting down on alcohol and preventing relapse. 1.4 oz. (B247) \$9.95

### **Managing Addictions: Cognitive, Emotive, and Behavioral Techniques**

F. Michler Bishop, Ph.D.

Well-researched, comprehensive book presents a variety of techniques for managing and overcoming all kinds of addictions and related psychological problems. 1 lb. 14 oz. (B201) \$66.00

### **Overcoming Your Addictions**

Windy Dryden, Ph.D. and  
Walter Matweychuk, Ph.D.

Practical rational-emotive skills and strategies for controlling addictions. 5.2 oz. (B235) \$12.95

### **Sex, Drugs, Gambling and Chocolate**

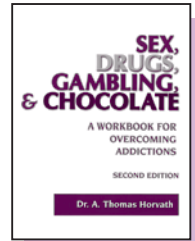
A. Thomas Horvath, Ph.D.

Whether you are addicted to poker, running, or candy, this easy-to-follow workbook is a helpful tool for managing and overcoming your addictions. 20 oz. (B194) \$15.95

### **When AA Doesn't Work for You: Rational Steps to Quitting Alcohol**

Albert Ellis, Ph.D. & Emmett Velten, Ph.D.

Shows you how to deal with problem drinking and how to find better ways to deal with life stressors. 18 oz. (B123) \$14.95



AUDIOTAPES & CDs

### **I'd Like to Stop, But ... Overcoming Addictions**

Albert Ellis, Ph.D.

Helpful for overcoming all addictive behaviors, particularly smoking and overeating. 42 min.

CD: 3.2 oz. (CD018) \$19.95

### **Relapse Prevention with REBT (CD plus Workbook)**

F. Michler Bishop, Ph.D.

Top-selling CD comes with a workbook to help users learn how to identify the most dangerous "triggers" to substance abuse, and respond adaptively to them. Tells you how to avoid future relapse, and how to achieve greater short- and long-term pleasure. 4.2 oz. (CD034) \$29.95

## Workplace and Career Issues

BOOKS

### **Rational Effectiveness Training: Increasing Productivity at Work**

Dom DiMattia, Ed.D.

Motivational guide helps you increase your work satisfaction and productivity.

1 oz. (B034) \$2.50

### **Reaching Their Minds: A Trainer's Manual for Rational Effectiveness Training**

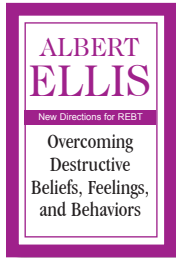
Dom DiMattia, Ed.D. & Drs. Theo IJzermans

Practical guide to using REBT in workplace settings to increase both personal and corporate success. 6.5 oz. (B159) \$10.95

# Professional

BOOKS, CDs, DVDs & TAPES

Visit our website at [www.albertellis.org](http://www.albertellis.org) to read reviews of our books.



## **The Albert Ellis Reader: A Guide to Well-Being Using REBT**

**Shawn Blau and Albert Ellis, Eds.**

Ellis' observations on sex, love, anger, and rational living. 20 oz. (B191) ~~SALE \$15.95~~ \$10.95

## **Anger Disorders: Definition, Diagnosis, and Treatment**

**Howard Kassinove, Ph.D.**

Various perspectives on the treatment of anger problems. 2 oz. (B162) ~~SALE \$27.95~~ \$18.95

## **Anger Management: The Complete Treatment Guide for Practitioners**

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Raymond Chip Tafrate, Ph.D.**

Definitive book for therapists on anger control provides you with tools to help your clients manage their anger. 15.4 oz. (B217) \$27.95

## **Case Studies in REBT with Children and Adolescents**

**Albert Ellis, Ph.D. and Jerry Wilde, Ph.D.**

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**Mike Jay**

Methodology for coaching in groups and organizations to help executives improve their performance. 1 lb. 9 oz. (B234) \$25.95

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Essential guide to using REBT to prevent destructive behavior. 24.5 oz. (B202) \$28.00

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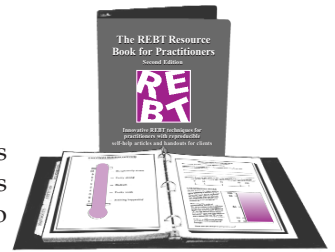
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Workbook helps clients use REBT skills to manage and overcome feelings of anxiety, depression, guilt, shame, hurt, and anger.

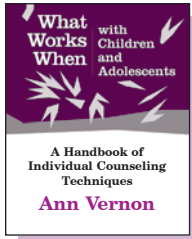
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