



Overcoming Resistance: A Rational Emotive Behavior Therapy Integrated Approach, Second Edition

By Albert Ellis PhD

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With a new foreword by **Raymond DiGiuseppe, PhD, ScD**, St. John's University

"Albert Ellis has written many books on his favorite topic Rational Emotive Behavior Therapy. Although he writes on that topic very well, he often does not write about generic psychotherapy. REBT is an integrative form of psychotherapy. Following this model, psychotherapists can incorporate many diverse techniques and strategies to change clients' dysfunctional behaviors and emotions. Much of what Al identifies as good REBT in this book is just good psychotherapy. Because people so universally identify Al with REBT, people may generally overlook his wisdom as a clinician. Having worked with Al for more than thirty years, I have been fortunate enough to learn from him. Much of the knowledge I learned from Al and cherish the most is not necessarily about REBT theory. They concern wise ways of thinking about clinical problems. That is why, out of all Al's books, this is my favorite. This is Al Ellis, the clinician."

-- From the Foreword by **Raymond DiGiuseppe, PhD, ScD**, Director of Professional Education, Albert Ellis Institute; Professor and Chair, Department of Psychology, St. John's University

Now available in an affordable paperback, this edition takes a look at the underlying causes of resisting cognitive-emotional-behavioral change and the methods used to overcome them. Written in present-action language, Ellis gives an overview of the basic principles of Rational Emotive Behavior Therapy and Cognitive Behavior Therapy. Ellis charts the changes in the field that have taken place in the 20 years leading up to 2002, when this edition was originally published. The book also integrates recent therapies into REBT, including psychotherapy, solution-focused therapy, and recent findings of experimental psychology.

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Editorial Review

Review

"Over the years, Albert Ellis has written literally scores of mental health books....[His] latest text is a worthy addition to the REBT armamentarium. Clinical psychology students and behavioral clinicians alike will benefit from reading this book, which is well-written and calculated to maintain the reader's interest."

Review

"Ellis has not lost any of his energy or intensity....[Overcoming Resistance] is as invigorating and clearly written as were his earlier works....In his vintage writing style, Ellis employs a new terminology representing his basic theoretical concepts....[He] offers a plethora of methods and techniques to challenge or dispute irrational behaviors....Ellis expands and integrates REBT with such diverse theorists as Freud, Jung, Adler, Rogers, and Perls. However, Ellis's best suggestions, I believe, come from his more traditional behavioral approaches" -- *Journal of Cognitive Psychotherapy: An International Quarterly*

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"In its first edition, this was my favorite Ellis REBT book. In its second edition, it is now even better! But it! It's a 'must'!"
--**Windy Dryden** Pace Goldsmiths College, London

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