Dedication

We dedicate this work to the key theorists of the cognitive behavior therapies discussed in this book. Each pioneer has had a profound impact on the foundation and evolution of evidence-based counseling approaches. As a result of their innovative work, countless numbers of people of all ages are able to apply the principles to themselves to enhance their emotional well-being.
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The term cognitive behavior therapy (CBT) is familiar to most mental health practitioners throughout the world. As you will read in the first chapter, CBT is a generic term that describes a wide range of approaches, despite the misconception that there is one type of CBT. As O’Kelly (2010) noted, CBT is “like a river” with many tributaries, including classical and operant conditioning and learning theory, among other influences, and the premise that cognitions trigger emotional and behavioral reactions (p. 10). Albert Ellis and Aaron Beck were at the forefront of the cognitive revolution, which has steadily gained momentum and popularity over the years in part because the various CBT approaches have wide applicability and have been shown to be effective with many different types of presenting problems. Furthermore, CBT readily lends itself to a broad array of interventions that are practical in nature and have been proven to effect change.

The authors of these chapters are experts in this field, both as practitioners and as scholars. They provide a comprehensive overview of the following theories: behavior therapy, cognitive therapy, rational emotive behavior therapy, multimodal behavior therapy, acceptance and commitment therapy, dialectical behavior therapy, and mindfulness. They address pertinent information pertaining to the key theorist or theorists associated with the theory as well as give an overview of the basic principles of that theory. In addition, they describe the therapeutic process, with an emphasis on the process of change and specific interventions associated with the theory. Applications and efficacy are also addressed. At the end of each chapter, the authors include a verbatim transcript of an actual counseling session so that you will have a better idea of how the theory works in practice. These transcripts are from a fourth session, with some background about the client and issues addressed in previous sessions. Each author also provides a short critique of why the theory is effective in addressing the problem and what went well or could have been done differently. Clients’ names and identifying information for these transcripts have been modified to protect their identities. The final chapter considers the case of Marcos, contributed by Anthony Pantaleno, who coauthors the chapter on mindfulness. After a description of the case, the authors who discussed each respective theory describe how they would conceptualize this case, including the establishment
of the therapeutic alliance, goal setting, the process of change, and interventions to address the targeted issues.

As coeditors and contributing authors, we hope that this book enlightens students and practitioners about the various forms of CBT, dispelling myths and misconceptions. We hope that the emphasis on practical information, further illustrated through the verbatim case examples and the case of Marcos, contributes to a broader understanding of the “what’s” and “how to’s” of the seven theories addressed in this book.

References

About the Editors

Ann Vernon, PhD, ScD, LPC, is president of the Albert Ellis Board of Trustees, one of the first diplomates of the Albert Ellis Institute, a member of the International Training Standards and Review Committee of the Albert Ellis Institute, a member of the Board of Consulting Advisors for the Journal of Rational-Emotive & Cognitive-Behavior Therapy, and former director of the Midwest Center for rational emotive behavior therapy. In addition, she was selected by the American Psychological Association to do a counseling video demonstration titled Rational Emotive Behavior Therapy Over Time: Psychotherapy in Six Sessions. Dr. Vernon is recognized as the leading international expert in applications of rational emotive and cognitive behavior therapy (RE&CBT) with children and adolescents and has written numerous books, chapters, and articles about counseling this population, including Thinking, Feeling, Behaving: An Emotional Education Curriculum; What Works When With Children and Adolescents: A Handbook of Individual Counseling Techniques; The Passport Program; and More What Works When With Children and Adolescents. Dr. Vernon is a professor emerita of the University of Northern Iowa, where she served as coordinator of the school and mental health counseling programs for many years. In addition to her university appointment, Dr. Vernon was in private practice for many years, applying RE&CBT with children and adolescents as well as with couples and individuals. She has been a frequent presenter at national conferences and has presented RE&CBT workshops throughout the United States, Canada, Australia, and several countries in Europe and South America. Currently she is a visiting professor at the University of Oradea in Romania, where she teaches courses in school and mental health counseling and continues to do RE&CBT trainings around the world.

Kristene A. Doyle, PhD, ScD, is the director of the Albert Ellis Institute (AEI). Dr. Doyle is also director of clinical services, founding director of the Eating Disorders Treatment and Research Center, and a licensed psychologist at AEI. She is also a founding diplomate in rational emotive and cognitive behavior therapy and serves on the Diplomate Board. In addition to training and supervising AEI’s fellows
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Dr. Doyle is coauthor of *A Practitioner’s Guide to Rational Emotive Behavior Therapy* (3rd ed.). She is coeditor of the *Journal of Rational-Emotive & Cognitive-Behavior Therapy*. She has contributed numerous book chapters on topics such as the treatment of eating disorders, attention-deficit/hyperactivity disorder, and coping with loss. She has presented her research at several national and international conventions, including those of the American Psychological Association, Association for Behavioral and Cognitive Therapies, and World Congress of Behavioral and Cognitive Therapies. In addition, Dr. Doyle has published in numerous scientific journals and has been quoted in prestigious publications, including the *New York Times*, *U.S. News & World Report*, and the *Wall Street Journal*. In addition to her work at AEI, Dr. Doyle is appointed as full adjunct professor at St. John’s University in both the clinical psychology and school psychology doctoral programs, where she has taught for 16 years.
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**Raymond DiGiuseppe, PhD,** received his bachelor’s degree from Villanova University (1971) and his doctorate from Hofstra University (1975). He has served as president of the Association for Behavioral and Cognitive Therapies (2006) and the Society for the Advancement of Psychotherapy (2014). He has coauthored six books, including *Understanding Anger Disorders* and *A Practitioner’s Guide to Rational Emotive Behavior Therapy.* He has also developed two psychological tests, the Anger Disorders Scale for adults and the Anger Regulation and Expression Scale for youth. He is a professor of psychology at St. John’s University and Director of Education at the Albert Ellis Institute in New York. Dr. DiGiuseppe regularly conducts rational emotive and cognitive behavior therapy trainings at the Albert Ellis Institute and its affiliated training centers around the world.
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