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He has made some original contributions to the theory & practice of REBT which are acknowledged by Dr. Albert Ellis himself. Her Books: She is the author of a Marathi autobiographical novel "Mee Albert Ellis" which reveals the entire life story of Dr. Albert Ellis in a forthright and yet sensitive way.Her another book "Viveki Palakatv" is a resource of parental guidance based on REBT.

### About Me

History. Rational emotive behavior therapy (REBT) was created and developed by the American psychotherapist and psychologist Albert Ellis, who was inspired by many of the teachings of Asian, Greek, Roman and modern philosophers. REBT is the first form of cognitive behavioral therapy (CBT) and was first expounded by Ellis in the mid-1950s; development continued until his death in 2007.

### Rational emotive behavior therapy - Wikipedia

Albert Ellis, an expert psychologist has developed a discretion biased treatment named Rational Emotive Behaviour Therapy named as REBT. Even the commonest of the common people have certain thoughts, beliefs and understandings about the way of living. If these thoughts / beliefs are reckless then the individual can certainly be happy.

### Rational emotive behavior therapy REBT Workshop in Pune

The ABC model was created by Dr. Albert Ellis, a psychologist and researcher. Its name refers to the components of the model. Here’s what each letter stands for: A. Adversity or activating event. B.

### ABC Model of Cognitive Behavioral Therapy: How it Works

Start your review of Me Albert Ellis(Marathi) Write a review. Dec 11, 2018 Mandar rated it it was amazing. Shelves: biographies, psychology, philosophy. A fabulously done biography of Albert Ellis, psychologist and the progenitor of REBT (Rational-Emotive Behavior Therapy). Well-researched and fast-paced. What really ...

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### How Rational Emotive Behavior Therapy Works

Albert Ellis needs no introduction. He is one of the greatest psychologists, the pioneer of Rational Emotive Behavior Therapy (REBT) which is said to be the forerunner of Cognitive Behavioural Therapy (CBT). I have not studied psychology in any capacity but it has always fascinated me. Dr. Anjali Joshi's I am Albert Ellis ...

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Albert Ellis PhD (1913-2007) was a bold, courageous and maverick pioneer in the worlds of psychology and psychotherapy. Dedicated also to fighting injustices and changing restrictive social norms, he was a major figure who greatly contributed to the changing of general attitudes held by many in the twentieth century and first decade of the twenty-first century, on women’s rights, racial ...