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## **००००० ००००००००००००-Mind Programming by Albert Ellis ...**

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**

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

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continued until his death in 2007.

## Rational emotive behavior therapy - Wikipedia

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In the mid-1950's Dr. Albert Ellis, a clinical psy-chologist trained in psychoanalysis, became disillusioned with the slow progress of his clients. He observed that they tended to get better when they changed their ways of thinking about themselves, their problems, and the world. Ellis reasoned that

## A Brief Introduction To Rational Emotive Behaviour Therapy

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Ellis first began developing REBT during the early 1950s and initially called his approach "rational therapy." In 1959, the technique was renamed "rational emotive therapy," and then became "rational emotive behavior therapy" in 1992. Ellis continued to work on REBT until his death in 2007.

## How Rational Emotive Behavior Therapy Works

Albert Ellis was born in Pittsburgh, Pennsylvania, in 1913. He had a very distant emotional relationship with his parents and described his mother as a self-centered woman who struggled with bipolar .

## Albert Ellis Biography - GoodTherapy

Kishor Moreshwar Phadke (born 20 February 1936), also known

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as K. M. Phadke, is an Indian psychologist, practitioner and trainer in Rational Emotive Behavior Therapy (REBT). He held M.A. degree in Psychology from Pune University. He is first Indian psychologist who enjoys the unique distinction of being a Fellow and Supervisor of Albert Ellis Institute, New York City.

## **Kishor Phadke - Wikipedia**

Rational emotive behavior therapy (REBT) is a type of therapy introduced by Albert Ellis in the 1950s. It's an approach that helps you identify irrational beliefs and negative thought patterns ...

## **Rational Emotive Behavior Therapy: Principles, Techniques ...**

The Albert Ellis Institute (AEI) is a non-profit psychotherapy training institute. AEI does not assume responsibility with respect to the selection of a particular therapist, the outcome of therapy, or the associated costs.

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