

REBT DEPRESSION MANUAL

Managing Depression Using Rational Emotive Behavior Therapy (REBT)

To be Used Free for Research, Educational, and Training Purposes

Acknowledgements:

This REBT manual/protocol for depression is based on the framework of the rational-emotive & cognitive-behavioral therapy (REBT/CBT) manuals, elaborated at Mount Sinai School of Medicine, USA, by a team of psychologists (Dr. Daniel David, Dr. Maria Kangas, Dr. Julie Schurr), together and under the supervision of Dr. Guy Montgomery (principal investigator, American Cancer Society grant #RSGPBCPPB-108036) for oncological patients. It includes in its presentation the original REBT clinical protocol for depression elaborated by Dr. David at the Babes-Bolyai University - International Institute for the Advanced Study of Psychotherapy and Applied Mental Health (1999/2000), as part of his research grant investigating REBT vs. Cognitive therapy vs. Medication in the treatment of Major depressive disorder. The external consultant for the REBT depression manual/protocol was Dr. Raymond DiGiuseppe from St. John's University & Albert Ellis Institute, USA.

To cite this version of the REBT depression manual/protocol:

- David, D., Kangas, M., Schurr, J.B., & Montgomery, G.H. (2004). *REBT depression manual: Managing depression using rational emotive behavior therapy*. Babes-Bolyai University (BBU), Romania.

The original REBT depression manual/protocol can be mentioned as follows:

- David, D. (1999/2000). *REBT depression manual: Managing depression using rational emotive behavior therapy*. Babes-Bolyai University (BBU), Romania (in Romanian).

The preliminary and final Romanian versions of the REBT manual/protocol for depression were used in a randomized clinical trial in Romania:

- David, D., Szentagotai, A., Lupu, V., & Cozman, D. (2008). Rational emotive behavior therapy, cognitive therapy, and medication in the treatment of major depressive disorder: A randomized clinical trial, post-treatment outcomes, and six-month follow-up. *Journal of Clinical Psychology*, 64, 728-746.
- Sava, F., Yates, B., Lupu, V., Szentagotai, A., & David, D. (2009). Cost-effectiveness and cost-utility of cognitive therapy, rational emotive behavior therapy, and fluoxetine (Prozac) in treating depression: A randomized clinical trial. *Journal of Clinical Psychology*, 65, 36-52.
- Szentagotai, A., David, D., Lupu, V., & Cozman, D. (2008). Rational Emotive Therapy, Cognitive Therapy and medication in the treatment of major depressive disorder: Theory of change analysis. *Psychotherapy: Theory, Research and Practice*, 4, 523-538.

To cite the Romanian REBT manual/protocol for depression (used in Romania):

- David, D. (ed.) (2014). *Rational Treatment*. RTS Cluj: Cluj-Napoca (the first edition was published in 2006 by Tritonic Press: Bucharest).
- David, D. (ed.) (2007). *Clinical protocol of rational-emotive therapy for depression: The treatment of depression by rational emotive therapy*. Synapsis Publisher. Cluj-Napoca (in Romanian).

The major handbooks and general REBT manuals that are the background of this REBT depression manual/protocol are:

- Ellis, A., & Grieger, R.M. (1977). *Handbook of rational-emotive therapy*. New York: Springer Publishing Co.
- Walen, S.R., DiGiuseppe, R., & Dryden, W. (1992). *A practitioner's guide to rational-emotive therapy* (2nd ed.). New York, NY, US: Oxford University Press (now updated in the third edition – 2013).

Rebt Depression Manual

Didier Musso



Rebt Depression Manual:

This book delves into Rebt Depression Manual. Rebt Depression Manual is a crucial topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Rebt Depression Manual, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Rebt Depression Manual
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- Chapter 3: Rebt Depression Manual in Everyday Life
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- Chapter 5: Conclusion

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5. In chapter 4, this book will scrutinize the relevance of Rebt Depression Manual in specific contexts. This chapter will explore how Rebt Depression Manual is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Rebt Depression Manual. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Rebt Depression Manual.

<https://crm.avenza.com/public/scholarship/HomePages/Scuba%20Regulator%20Repair%20Manual.pdf>

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