

Cognitive Behavior Therapies

A GUIDEBOOK FOR PRACTITIONERS

edited by

Ann Vernon and Kristene A. Doyle



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CBT

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A GUIDEBOOK FOR PRACTITIONERS

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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.

Table of Contents

Preface	vii
About the Editors	ix
About the Authors	xi
Chapter 1	
What Is Cognitive Behavior Therapy? <i>Raymond DiGiuseppe, Rachel Venezia, and Roseanne Gotterbarn</i>	1
Chapter 2	
Behavior Therapy <i>Mark Terjesen, Tara Rooney, Michal Barnea, and Victoria Nicosia</i>	37
Chapter 3	
Cognitive Therapy <i>Silviu A. Matu</i>	75
Chapter 4	
Rational Emotive Behavior Therapy <i>Michael Hickey and Kristene A. Doyle</i>	109
Chapter 5	
Multimodal Therapy <i>Gary B. Kelley</i>	143
Chapter 6	
Acceptance and Commitment Therapy <i>Ioana R. Podina and Daniel David</i> Case study contributed by <i>Cristina Mogoase</i>	177
Chapter 7	
Dialectical Behavior Therapy <i>Chris Kelly and Diana M. Robinson</i> Case study contributed by <i>Nora Gerardi</i>	209

Chapter 8		
	Mindfulness	247
	<i>Anthony Pantaleno and Mark Sisti</i>	
Chapter 9		
	The Case of Marcos From Each Theoretical Perspective	281
	Index	311

Preface

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

- O’Kelly, M. (2010). *CBT in action: A practitioner’s toolkit*. Melbourne, Australia: CBT Australia.

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

and staff therapists, Dr. Doyle conducts numerous workshops and professional trainings throughout the world. With a distinguished international presence, Dr. Doyle has influenced the growth and practice of rational emotive and cognitive behavior therapy in countries spanning several continents, including South America, Europe, Asia, and Africa.

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.

About the Authors

Michal Barnea, PsyD, is a fourth-year doctoral student in the school psychology program at St. John's University. She is a psychology extern at Columbia University's Children's Day Unit and a doctoral fellow at St. John's Center for Counseling and Consultation. She received her bachelor's degree in neuroscience from the Hebrew University in Jerusalem and her master's degree in school psychology from St. John's University. She is also a New York State certified bilingual school psychologist. Michal's research interests include cross-cultural research, especially as it pertains to emotional experiences.

Daniel David, PhD, is an Aaron T. Beck Professor of clinical cognitive sciences at Babeş-Bolyai University (BBU), Cluj-Napoca, Romania, and the pro-rector for research at BBU. Dr. David is also an adjunct professor at Icahn School of Medicine at Mount Sinai, the head of the research program at the Albert Ellis Institute in New York, and the director of the International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health at BBU. He has contributed extensively via randomized controlled clinical trials to the development of the theory and practice of rational emotive and cognitive behavior therapies. As founding editor of the *Journal of Evidence-Based Psychotherapies*, he has supported the evidence-based approach in the clinical field. Dr. David has authored and coauthored numerous highly cited articles, books, and book chapters.

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.

Nora Gerardi, MS, is an advanced doctoral candidate in school psychology at St. John's University in New York City. She earned her undergraduate degree in psychology from the University of Connecticut and her master's degree in school psychology from St. John's University. Nora completed a school psychology externship in the Ardsley Union Free School District in Ardsley, New York, and she is currently a psychology extern at Cognitive and Behavioral Consultants in White Plains, New York. Nora is an active member of the Association for Behavior and Cognitive Therapies, where she has presented research on suicidal behaviors, nonsuicidal self-injury, and dialectical behavior therapy.

Roseanne Gotterbarn, PhD, earned her doctorate in clinical-school psychology from Hofstra University and her bachelor's degree in philosophy from Fordham University. She works as a cognitive behavior therapist in private practice and also as a school psychologist where she applies the principles of rational emotive and cognitive behavior therapy with children, adolescents, and families.

Michael Hickey, PhD, is the director of the Center for Psychological Evaluation and the Obsessive-Compulsive & Related Disorders Treatment and Research Center at the Albert Ellis Institute in New York. In addition, he is a licensed psychologist, fellow, and certified supervisor at the Albert Ellis Institute. Dr. Hickey has trained numerous students and mental health professionals in the method and application of rational emotive and cognitive behavior therapy. He has conducted public lectures and professional workshops on a variety of topics ranging from eating and body image issues to empirically supported cognitive-behavioral treatment for anxiety disorders, body dysmorphic disorder, and obsessive-compulsive disorder. Dr. Hickey also serves on the editorial review board of the *Journal of Rational-Emotive & Cognitive-Behavior Therapy*.

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Chris Kelly, MA, received her bachelor's degree in psychology from the University of Virginia and her master's degree in clinical psychology from Fordham University, where she is currently an advanced doctoral student in clinical psychology. Her research focuses on biological and psycho-

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Silviu A. Matu, PhD, is a senior assistant professor in the Department of Clinical Psychology and Psychotherapy at Babeş-Bolyai University in Cluj-Napoca, Romania. His research interests are related to evidence-based psychological interventions and the integration of psychological services (e.g., assessment, treatment) with new technological tools (the Internet, virtual reality, robotics). He has also worked on fundamental research focused on the cognitive processes (cognitive emotional regulation) relevant to the development of psychopathology. He is a clinical psychologist certified by the Romanian Board of Psychologists.

Cristina Mogoşe, PhD, is a clinical psychologist and cognitive-behavioral psychotherapist certified by the Romanian National Board of Psychologists and by the Albert Ellis Institute, New York. She is a fellow of the International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health at Babeş-Bolyai University, Romania. Dr. Mogoşe is involved in national and international clinical trials of the efficacy of cognitive-behavioral interventions for treating emotional problems in children, adolescents, and adults. Her research interests are focused on clinical cognitive sciences and new developments in cognitive-behavioral interventions.

Victoria Nicosia, BS, is a first-year graduate student at St. John's University, where she is working toward her doctorate in school psychology. Prior to attending St. John's, Victoria earned her bachelor's degree in psychology from Muhlenberg College in Allentown, Pennsylvania. Victoria has presented research at regional and national conferences and is interested in working with children who have autism spectrum disorder and other developmental and behavioral disorders.

Anthony Pantaleo, PhD, is a recently retired school psychologist, having worked for 38 years in the Elwood School District in Long Island. He is the recipient of several awards, including the National Association of School Psychologists 2013 School Psychologist of the Year, the New York Association of School Psychologists 2011 Leadership Award in School Psychology, and the 2008 Suffolk County Psychological Association Psychologist of the Year. He has developed peer helping models, developed applications of mindfulness-based interventions in school settings and the workplace, and most recently created the Long Island School Practitioner Action Network as a model for coordinating regional crisis response efforts in schools.

Ioana R. Podina, PhD, is a senior assistant professor affiliated with the University of Bucharest and a scientific researcher at Babeş-Bolyai University. Dr. Podina is a licensed clinical psychologist and psychotherapist with a background in cognitive-behavioral psychotherapy. She is certi-

fied by the Romanian National Board of Psychologists and by the Albert Ellis Institute, New York. For the past 5 years her clinical practice and research activities have been dedicated to advancing knowledge in the field of e-CBT (i.e., technology-mediated cognitive behavior therapy). She is currently the principal investigator of a research project focused on using e-CBT to treat emotional eating problems in adults at risk for obesity, a project that intertwines second-wave and third-wave CBT techniques. Dr. Podina's orientation toward scientific excellence in the clinical field is demonstrated by the number of articles for which she is first author that have been published in top journals such as *Behavior Therapy*.

Diana M. Robinson, MD, has a bachelor's degree in neurobehavioral biology from Emory University and a medical degree from Texas A&M University. She is a psychiatry resident in adult general psychiatry at the University of Virginia and primarily treats patients with mood and psychotic disorders. As a trained practitioner of dialectical behavior therapy, Dr. Robinson applies this approach in group therapy, primarily with clients with borderline personality disorder. She is an American Psychiatric Association Leadership Fellow (2016–2018).

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