

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 Schurz), 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., Schurz, 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).

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