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Joseph Wolpe was a South African psychiatrist and one of the most influential figures in behavior therapy. Wolpe grew up in South Africa, attending Parktown Boys' High School and obtaining his MD from the University of the Witwatersrand. In 1956 Wolpe was awarded a Ford Fellowship and spent a year at Stanford University in the Center for Behavioral Sciences, subsequently returning to South Africa but permanently moving to the United States in 1960 when he accepted a position at the University of

~~Joseph Wolpe - Wikipedia~~

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His ideas have transformed and influenced the treatment of many mental conditions, and for this reason, I find that he is one of the most influential figures in the field of psychology. Joseph Wolpe's most important ideas, strengths, and weaknesses. Wolpe's most important ideas include systematic desensitization and reciprocal inhibition.

~~Why I selected Joseph Wolpe | Eddusaver~~

This new volume in the Key Figures in Counselling and Psychotherapy series explores the life and work of Joseph Wolpe, an integral figure in the foundation of behavior therapy. This volume traces Wolpe's influence on the behavioral school and discusses the ongoing theoretical and practical contributions to the field.

~~Joseph Wolpe | SAGE Publications Inc~~

Figures reported by the service in court filings show that the nationwide figure for on-time delivery of mail ballots has bounced around this week, from 89 percent on Tuesday to 97 percent on ...

This volume explores the life and work of Joseph Wolpe, a key figure in the foundation of behaviour therapy. The book traces Wolpe's influence on the behavioural school and discusses the ongoing theoretical and practical contributions to the field.

This text combines cutting-edge expertise with deeply rooted Christian insights to offer a comprehensive survey of ten major counseling and psychotherapy approaches. For each approach, Siang-Yang Tan provides a substantial introduction, assessing the approach's effectiveness and the latest research findings or empirical evidence for it. He then critiques the approach from a Christian perspective. Tan also includes hypothetical transcripts of interventions for each major approach to help readers better understand the clinical work involved. The book also presents a Christian approach to counseling and psychotherapy that is Christ centered, biblically based, and Spirit filled. It will work well for marriage and family, social work, ministry, counseling, and psychology courses. Christian counselors and psychotherapists, pastors, chaplains, and lay counselors will also benefit from Tan's expertise -- Publisher description.

The three-volume Encyclopedia of Behavior Modification and Cognitive Behavior Therapy provides a thorough examination of the components of behavior modification, behavior therapy, cognitive behavior therapy, and applied behavior analysis for both child and adult populations in a variety of settings. Although the focus is on technical applications, entries also provide the historical context in which behavior therapists have worked, including research issues and strategies. Entries on assessment, ethical concerns, theoretical differences, and the unique contributions of key figures in the movement (including B. F. Skinner, Joseph Wolpe, Aaron T. Beck, and many others) are also included. No other reference source provides such comprehensive treatment of behavior modification—history, biography, theory, and application.

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The CBT Handbook is the most comprehensive text of its kind and an essential resource for trainees and practitioners alike. Comprising 26 accessible chapters from leading experts in the field, the book covers CBT theory, practice and research. Chapters include: - CBT Theory - CBT Skills - Assessment and Case Formulation in CBT - The Therapeutic Relationship in CBT - Values and Ethics in CBT - Reflective and Self-Evaluative Practice in CBT - Supervision of CBT Therapists - Multi-disciplinary working in CBT Practice This engaging book will prove an indispensable resource for CBT trainees and practitioners.

Combining popular appeal with accessibly written entries suitable for research projects, this fascinating encyclopedia provides a thorough introduction to the psychological and scientific aspects of phobias. □ Provides scientifically grounded, accessibly written content contributed by current leading researchers and clinicians in the area of phobias and anxiety disorders □ Covers a variety of the most common specific phobias, including fears of spiders, enclosed spaces, snakes, and heights □ Includes illustrative examples and case vignettes to bring the subject matter to life □ Supplies comprehensive coverage of scientific and clinical perspectives, with attention to historical, cultural, and popular contexts □

Enables readers to trace the history, theories, and practices associated with the study and treatment of phobias

An INTRODUCING PRACTICAL GUIDE to optimizing your mind for sport. Sport Psychology is the study of the psychological factors that affect participation and performance in sports. It deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance. Some of the most important skills taught are goal setting, relaxation, visualization, self-talk, awareness and control, concentration, confidence, using rituals, attribution training, and periodization. With straightforward mental exercises, point-by-point suggestions for improvement and real-life examples – whether you're an aspiring athlete or just someone who wants to perform your chosen sport a little better, this INTRODUCING PRACTICAL GUIDE is the ideal tool.

In Clinical Counselling in Further and Higher Education, a range of well-known contributors show how this potential conflict can be used to the advantage of the counsellor. Clinical counselling in further and higher education is unique in that the counsellors work is, in most cases, to assist the primary educational task, rather than be an end in itself. Yet little has been written about the implications or possibilities of what is a complex relationship. It should prove invaluable to students, practising counsellors and psychotherapists.

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