

2022 Effects Of Rational Emotive Behavioural Therapy On Marital Conflict Among Married Persons In Bonny Island

Commission on the Future of Health Care in Canada, Roy J. Romanow

Couples, Conflict and Change Adrian James, 2002-09-11 First Published in 2002. Routledge is an imprint of Taylor & Francis, an informa company.

Marital Communication Behaviour Ravinder Sidhu, 2009 According to Bradbury and Fincham's contextual model of relationship conflict, communication behaviour is likely influenced by relationship factors at both the distal and proximal level. The overall goal of the present study was thus to build on previous research on marital conflict by examining the relations between relevant distal (i.e. marital satisfaction and depressive symptomatology), and proximal relationship variables (i.e. event-dependent expectancies and appraisals), and communication behaviour. Our specific aims were threefold: a) to explore the impact of marital satisfaction and depression on couples' expectancies for marital problem-solving discussions; b) to examine the effect of such expectancies on actual communication behaviour, after controlling for marital satisfaction and depressive symptoms; and c) to determine whether expectancies and actual communication behaviour influence couples' post-discussion appraisals, even after controlling for levels of depression and marital satisfaction. A total of 76 married and cohabitating couples across varying levels of marital satisfaction and depression participated in this study. All couples engaged in two marital problem-solving discussions, one in which the husband wanted change and the second in which the wife wanted change. Before engaging in these problem-solving discussions, spouses' expectancies for resolving the topic of conflict were assessed using both affective and cognitive items. After each discussion ended, participants also rated their cognitive and affective appraisals of the interaction. Results showed that higher levels of marital satisfaction predicted more positive expectancies (both affective and cognitive) for successful communication in the upcoming interactions. Depressive symptoms, however, were only found to impact couples' feelings in anticipation of the discussions, and not their cognitive expectancies. With regards to actual communication behaviour, after controlling for the effects of marital satisfaction and depressive symptoms, more positive expectations for an upcoming conflict discussion were associated with

less negative communication behaviours during the discussion. Spouses' cognitive post-discussion appraisals of the conflict interactions were positively associated with individuals' own expectancies going in to these discussions, as well as their partners' expectancies over and above the effects of depression and marital satisfaction. Finally, actual communication behaviour also influenced appraisals, such that those who spent more time during the conflict discussions engaging in positive behaviours and less time engaging in negative communication behaviours reported greater satisfaction with the discussions. Implications of these results for couples' therapy are briefly discussed.

Impact of divorce on the mental health of the couple Difrine Madara, 2020-01-27 Academic Paper from the year 2019 in the subject Health - Mental Health, grade: A, Kenyatta University, language: English, abstract: Dissolution of marriage is not always a happy event. At the very least, divorce is often marked by disappointment, loss of dreams and shattered expectations. In addition, divorce comes with multiple legal, financial, parental, emotional and practical issues that require the affected couple to significantly change responsibilities and routines, thus it can take people several years to regain equilibrium (Rognmo et al., 2013). Though some studies have indicated that divorce serves an important function that legally and emotionally free people to pursue better relationships, it has also been reported that it can lead to adverse emotional effects (Akter & Begum, 2012). For instance, recent studies have suggested a possible significant association between divorce and alcohol abuse as well as divorce and psychopathology (Sharma, 2011). In this regard, the researcher examines the potential impacts of divorce on the mental health and relationships of the affected couples and their families. This rest of this paper is divided into two sections i.e. analysis and discussion and conclusion. In the analysis and discussion section, the researcher provides the results of the findings. The contents of this section include an analysis of the relationship between divorce and mental wellness, relationship between divorce and mental health disorders and effect of divorce on adult and children relationships. Finally, the researcher provides a summary of the study and implications of the study.

The Experience of Rational Emotive Behaviour Therapy Ann Meaden, 2010 The literature review produced for this thesis systematically analysed qualitative studies of cognitive therapy using a methodology checklist and a meta-synthesis technique. Ten papers which used qualitative analysis to look at clients' experiences of Cognitive Behavioural Therapy (CBT) met the selection criteria. Seven themes emerged. Three were linked to a therapeutic relationships theme; the trusted listener, power and authority and others like me. Four were linked to the impact of cognitive therapy theme; empowering information, analysing the problem, thinking differently and doing things differently. It was concluded that future research should focus on the components of cognitive therapy and that differences in technique between CBT and Rational Emotive Behaviour Therapy (REBT) should be explored via a qualitative study of clients' experiences of REBT. A qualitative approach was taken to look at clients' experiences of REBT. Seven participants were interviewed using a semi-structured interview guide and the resulting transcripts were analysed using interpretive phenomenological analysis. Three themes emerged: one

which looked at what it was like to have mental health problems; a second, which looked at clients' expectations and experiences of the more technical aspects of therapy, and a third which examined the therapeutic relationship. All of the participants appeared to value therapy. However, the extent to which they knew about and used the theory and philosophy of REBT varied greatly. These results suggest that further research needs to be carried out which looks at how people benefit from therapy as clients' views may differ from those of therapists. A critical appraisal of the research process was written using the REBT model to reflect the experience of producing the thesis.

Marital Conflict and Spousal Wellbeing Nick Frye, 2018 This study examined cognitive reappraisal and expressive suppression as moderators of the association between marital conflict, marital satisfaction, and mental health among couples in first-marriages and remarriages. Couples in first-marriages (N = 111) and remarriages (N = 108) who had biological and/or stepchildren residing with them, completed online surveys. Drawing from Gross's extended process model (2015), my overarching hypothesis was that moderation effects of emotion regulation strategies on marital conflict on marital satisfaction and mental health would be greatest for stepfamily couples. Findings from a series of Actor-Partner Interdependence Moderation Models (APIMoM) revealed that for wives' in first-marriages and remarriages, cognitive reappraisal tempered the negative association between their own marital conflict and marital satisfaction. In addition, cognitive reappraisal tempered the negative association between marital conflict and mental health only for wives' in first-marriages. Finally, remarried husbands' expressive suppression enhanced the negative association between their marital conflict and marital satisfaction. These findings underscore the importance of social context in shaping spouses' abilities to adapt to relational stressors, as well as highlight implications for spousal wellbeing.

The Sense of an Ending Julian Barnes, 2011-08-04 A monumental novel capturing how one man comes to terms with the mutable past. 'A masterpiece... I would urge you to read - and re-read ' Daily Telegraph **Winner of the Man Booker Prize for Fiction** Tony Webster and his clique first met Adrian Finn at school. Sex-hungry and book-hungry, they would navigate the girl-less sixth form together, trading in affectations, in-jokes, rumour and wit. Maybe Adrian was a little more serious than the others, certainly more intelligent, but they all swore to stay friends for life. Now Tony is retired. He's had a career and a single marriage, a calm divorce. He's certainly never tried to hurt anybody. Memory, though, is imperfect. It can always throw up surprises, as a lawyer's letter is about to prove.

Invitation to Rational Emotive Behavioural Psychology Windy Dryden, 2000

What is Rational Emotive Behaviour Therapy? Windy Dryden, Michael Neenan, 1997

Domestic Violence and Sexuality Donovan, Catherine, Hester, Marianne, 2014-04-29 This book provides the first detailed discussion of domestic violence and abuse in same-sex relationships, offering a unique comparison between same-sex and heterosexual contexts. Catherine Donovan and Marianne Hester examine how experiences of domestic violence and abuse

are shaped by gender, sexuality, and age, seeking to understand what factors drive victims to seek?or not seek?help. Employing a pioneering methodology that includes both quantitative and qualitative research, they provide a new framework of analysis?what they call ?practices of love”?that challenges heteronormative models of engaging domestic violence in research, policy, and practice.

The Black Jacobins C. L. R. James,2001-05-31 In 1789 the West Indian colony of San Domingo supplied two-thirds of the overseas trade of France. The entire structure of what was arguably the most profitable colony in the world rested on the labour of half a million slaves. In 1791 the waves of unrest inspired by the French Revolution reached across the Atlantic dividing the loyalties of the white population of the island. The brutally treated slaves of Saint Domingo seized at this confusion and rose up in rebellion against masters. In this classic work, CLR James chronicles the only successful slave revolt in history and provides a critical portrait of their leader, Toussaint L'Ouverture, 'one of the most remarkable men of a period rich in remarkable men'.

Understanding Second Language Acquisition Lourdes Ortega,2014-02-04 Whether we grow up with one, two, or several languages during our early years of life, many of us will learn a second, foreign, or heritage language in later years. The field of Second language acquisition (SLA, for short) investigates the human capacity to learn additional languages in late childhood, adolescence, or adulthood, after the first language --in the case of monolinguals-- or languages --in the case of bilinguals-- have already been acquired. *Understanding Second Language Acquisition* offers a wide-encompassing survey of this burgeoning field, its accumulated findings and proposed theories, its developed research paradigms, and its pending questions for the future. The book zooms in and out of universal, individual, and social forces, in each case evaluating the research findings that have been generated across diverse naturalistic and formal contexts for second language acquisition. It assumes no background in SLA and provides helpful chapter-by-chapter summaries and suggestions for further reading. Ideal as a textbook for students of applied linguistics, foreign language education, TESOL, and education, it is also recommended for students of linguistics, developmental psycholinguistics, psychology, and cognitive science. Supporting resources for tutors are available free at www.routledge.com/ortega.

The Scottish Clearances T. M. Devine,2018-10-04 'A superb book ... Anybody interested in Scottish history needs to read it' Andrew Marr, Sunday Times Eighteenth-century Scotland is famed for generating many of the enlightened ideas which helped to shape the modern world. But there was in the same period another side to the history of the nation. Many of Scotland's people were subjected to coercive and sometimes violent change, as traditional ways of life were overturned by the 'rational' exploitation of land use. *The Scottish Clearances* is a superb and highly original account of this sometimes terrible process, which changed the Lowland countryside forever, as it also did, more infamously, the old society of the Highlands. Based on a vast array of original sources, this pioneering book is the first to chart this tumultuous saga in one

volume, with due attention to evictions and loss of land in both north and south of the Highland line. In the process, old myths are exploded and familiar assumptions undermined. With many fascinating details and the sense of an epic human story, *The Scottish Clearances* is an evocative memorial to all whose lives were irreparably changed in the interests of economic efficiency. This is a story of forced clearance, of the destruction of entire communities and of large-scale emigration. Some winners were able to adapt and exploit the new opportunities, but there were also others who lost everything. The clearances created the landscape of Scotland today, but it came at a huge price.

The Routledge History of Literature in English Ronald Carter, John McRae, 2001 This is a guide to the main developments in the history of British and Irish literature, charting some of the main features of literary language development and highlighting key language topics.

Memories and Adventures Arthur Conan Doyle, 2022-12-20 *Memories and Adventures* is an autobiography written by Arthur Conan Doyle published in *The Strand Magazine* from October 1923 to July 1924. It was later published in book form by Hodder & Stoughton Ltd. on 18 September 1924.

Couples in Conflict Alan Booth, Ann C. Crouter, Mari L. Clements, Tanya Boone-Holladay, 2016-01-08 This classic volume provides a solid foundation for thinking about creative ways in which our society can work to prevent or minimize destructive couple conflict and enhance couples' abilities to constructively handle their differences. A common thread throughout is that constructive conflict and negotiation are beneficial for relationships. The new introduction provides an overview of how this classic text is still relevant today. Divided into four parts, this book: *addresses the societal and bio-evolutionary underpinnings of couple conflict; *presents the interpersonal roots of couple conflict and the consequences for individuals and couples; *discusses what effects couple conflict have on children and how individual differences in children moderate these effects; *outlines policies and programs that address couple conflict; and *concludes with an essay that pulls these four themes together and points to new directions for research and program efforts. This book serves as a supplement in graduate or advanced undergraduate courses on interpersonal relationships, couples and/or family and conflict, divorce, couples and/or family therapy taught in human development and family studies, clinical or counseling psychology, social work, sociology, and communications and it is also a helpful compendium for researchers and clinicians/counselors interested in couple conflict.

Building on Values Commission on the Future of Health Care in Canada, Roy J. Romanow, 2002 In April 2001, the Prime Minister established the Commission on the Future of Health Care in Canada. Its mandate was to review Medicare, engage Canadians in a national dialogue on its future, and make recommendations to enhance the system's quality and sustainability. The 47 recommendations in this report outline actions that must be taken in 10 critical areas, starting by renewing the foundations of Medicare and considering Canada's role in improving health around the world.

Music in Everyday Life Tia DeNora,2000-06-08 The power of music to influence mood, create scenes, routines and occasions is widely recognised and this is reflected in a strand of social theory from Plato to Adorno that portrays music as an influence on character, social structure and action. There have, however, been few attempts to specify this power empirically and to provide theoretically grounded accounts of music's structuring properties in everyday experience. *Music in Everyday Life* uses a series of ethnographic studies - an aerobics class, karaoke evenings, music therapy sessions and the use of background music in the retail sector - as well as in-depth interviews to show how music is a constitutive feature of human agency. Drawing together concepts from psychology, sociology and socio-linguistics it develops a theory of music's active role in the construction of personal and social life and highlights the aesthetic dimension of social order and organisation in late modern societies.

Behavior Modification for Persons with Developmental Disabilities Johnny L. Matson,Rinita B. Laud,Michael L. Matson,2004 Providing a thorough update on the developments in in the field of dual diagnosis, this book covers the field as applied to those with intellectual disabilities. These relatively recent advances include those in the development of behavior modification principles and procedures, assessment devices, and treatment approaches that have had a dramatic impact on services for individuals with intellectual disabilities.

Why Some Therapies Don't Work Albert Ellis,Raymond J. Yeager,1989 TABLE OF CONTENTS: 1. What is transpersonal psychology and psychotherapy 2. what is rational emotive therapy 3. the goals of psychotherapy 4. how transpersonal psychology is antihumanistic 5. sabotaging scientific thinking 6. blocking profound philosophical therapeutic change 7. interfering with unconditional self acceptance 8. increasing hostility, damnation and terrorism 9. Discouraging the acceptance of uncertainty and probability 10. Discouraging personal choice and will 11. blocking insight and wareness 12. aiding short range hedonism 13. aiding authoritarianism 14. refusing to accep tthe inevitable 15. favoring ineffective psychotherapy techniques 16. the dangers of transpersonalism.

The Wine Bible Karen MacNeil,2015-10-13 No one can describe a wine like Karen MacNeil. Comprehensive, entertaining, authoritative, and endlessly interesting, *The Wine Bible* is a lively course from an expert teacher, grounding the reader deeply in the fundamentals—vine-yards and varietals, climate and terroir, the nine attributes of a wine's greatness—while layering on tips, informative asides, anecdotes, definitions, photographs, maps, labels, and recommended bottles. Discover how to taste with focus and build a wine-tasting memory. The reason behind Champagne's bubbles. Italy, the place the ancient Greeks called the land of wine. An oak barrel's effect on flavor. Sherry, the world's most misunderstood and underappreciated wine. How to match wine with food—and mood. Plus everything else you need to know to buy, store, serve, and enjoy the world's most captivating beverage.

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