References

Adams, A. N., Adams, A. N., & Miltenberger, R. G.  (2008).  Habit reversal training.  In W.T. O'Donohue & J. E. Fisher (Eds.), *Cognitive behavior therapy: Applying empirically supported techniques in your practice* (2nd ed., pp. 245-252). Hoboken, NJ: John Wiley & Sons.

Bandura, A.  (1977).  *Social learning theory*.  Upper Saddle River, NJ: Prentice Hall

Bandura, A.  (2006).  Toward a psychology of human agency.  *Perspectives on Psychological Science*, 1, 164-180.​

Bauman, S., & Waldo. M. (1998). Existential theory and mental health counseling: If it were a snake, it would have bitten! *Journal of Mental Health Counseling*, 20, 13-27

Beck, A. T., & Greenberg, R. L.  (1995). *Coping with depression.*Bala Cynwyd, PA: The Beck Institute.

Beck, A. T., Freeman, A., & Davis, D. D.  (2006). *Cognitive therapy of personality disorders* (2nd ed.).  New York, NY: Guilford Press.

Beck, J. S.  (2011). *Cognitive behavioral therapy: Basics and beyond* (2nd ed.).  New York, NY: Guilford Press.

Binswanger, L. (1963). *Being-in-the-world: Selected papers of Ludwig Binswanger*. London, UK: Condor Books

Dryden, W.  (2011).  *Dealing with emotional problems using rational emotive cognitive behavior therapy*.  New York, NY: Routledge.

Dryden, W.,  DiGiuseppe, R., & Neenan, M. (2010) *A primer of rational emotive behavior therapy* (3rd ed.). Campaign, IL: Research Press.

Ellis, A. E.  (1986).  *How to stubbornly refuse to make yourself miserable about anything - Yes, anything!* Secaucus, NJ: Lyle Stuart.

Ellis, A., Dryden, W. (2007). *The practice of rational emotive behavior therapy* (2nd ed.). New York, NY: Springer.

Ellis, A., & Ellis, D. J. (2011)*Rational emotive behavior therapy*.  Washington, DC: American Psychological Association.

Glasser, W.  (1976).  *Positive addiction*.  New York, NY: Harper & Row.

Glasser, W.  (1984). *Control theory.*New York, NY: Harper & Row.

Glasser, W.  (1988a).  *Choice theory*.  New York, NY: HarperCollins.

Glasser, W. (2000). *Counseling with choice theory.*New York, NY: HarperCollins.
​

Mahoney, M.J. (2003). *Constructive psychotherapy.* New York, NY: Guilford Press.

Meichenbaum, D.  (1993).  Changing conceptions of cognitive-behavior modification: Retrospect and prospect.  *Journal of Counseling and Clinical Psychology*, 61(2), 202-204.

Nezu, A. M., Nezu, C. M., & D'Zurilla, T. J.  (2010).  Varities of constructivism in psychotherapy.  In N. Kazantzis, M. A. Reinecke, & A. Freeman (Eds.), *Cognitive and behavioral theories in clinical practices.*  New York, NY: Routledge.

Persons, J. B.  (1989).  *Cognitive therapy in practice.*  New York: W. W. Norton.
​

Rogers, C.R. (1959). A theory of therapy, personality, and individual relationships as developed in the client-centered framework. In S. Koch (Ed.). *Psychology: A study of a science*(pp.184-256). New York, NY: McGraw-Hill

Rogers, C.R. (1961). *On becoming a person*. Boston, MA: Houghton Mifflin

Scott, J., & Freeman, A.  (2010).  Beck's cognitive therapy.  In N. Kazantzis, M. A. Reinecke, & A. Freeman (Eds.), *Cognitive and behavioral theories in clinical practice* (pp. 28-75).  New York, NY: Guilford Press.

Seligman L. W., & Reichenberg, L. W. (2014). *Theories of counseling and psychotherapy: Systems, strategies, and skills.* (4th ed.). Upper Saddle River, NJ: Pearson Education, Inc.

Walen, S. R., DiGiuseppe, R., & Dryden, W.  (1992). *A practitioner's guide to rational-emotive therapy.* New York, NY: Oxford University Press.

Wubbolding, R. E.  (1988).  *Using reality therapy.* New York, NY: Perennial.

Wubbolding, R. E.  (1991).  *Understanding reality therapy.*  New York, NY: HarperCollins

Wubbolding, R.E. (1995). Integrating theory and practice: Expanding the theory and use of the higher level of perception. *Journal of Reality Therapy*, 15(1), 91-94.

Wubbolding, R. E.  (2007b).  Reality therapy theory.  In D. Capuzzi & D. Gross (Eds.).  *Counseling and psychotherapy: Theories and interventions* (4th ed., pp. 289-312).  Upper Saddle River, NJ: Pearson/Prentice Hall.

Wubbolding, R. E.  (2011).  *Reality therapy: Theories of counseling series.* Washington, DC:  American Psychological Association

**Images:**
 \*NOTE: By clicking on the image, it will navigate you to the location of the image