

Doctor Albert Ellis: “The efficiency gene”
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During his teenage years, Ellis told Karyl Corper Greco, who was then his girlfriend and eventually became his first wife: “...I am going to make my life a piece of work”.

Albert Ellis definitely did it!!!

Lega & Velten , 2000

Albert Ellis was born on September 27, 1913 in Pittsburgh (Pennsylvania, USA), but grew up in the Bronx, New York City (New York, USA). He died in his apartment on the sixth floor of the Albert Ellis Institute located in Manhattan, New York City (New York, USA), in the early hours of July 24, 2007 after a long period of illness.

His family

Albert Ellis grew up in a wealthy Jewish family and it seems that his father was of Polish origin. In fact, the original last name was not Ellis but Groots, but his father changed the last name because he believed that his name was difficult to pronounce and would not favor him in his business. He looked in the phone book for a last name, found Ellis, liked it, and changed it.

Ellis considered himself "half an orphan" since his parents were hardly ever around. His parents did not take much care of their children, they were not very affectionate, and they were absent for most of the day. Albert Ellis was the eldest of three siblings. Since he was 7 years old, he had a key to the house and he came alone from school with his two siblings, 5-year-old (Paul) and 3-year-old (Janet), he prepared their food, bathed them and dressed them. He is considered a "half-legitimate" son because his parents married when his mother was thirty years old and five months pregnant with him.

He describes his mother, Hettie, as an irritable and angry woman at times. She liked to be with younger friends, playing games, singing and dancing until late. She took almost nothing seriously and worried about trivial things. When she arrived home the children were already taken care of. According to Ellis, he describes her as a great person, she was not a cruel woman, but he believes that she should not have had children. because she took more care of herself, of her things, than of the

children. But at that time there was no birth control. Ellis thinks he was the one who got along with her the best because he hardly ever complained about her. He lived with her for quite some time. His mother when she was 85 years old became depressive and died at age 93.

He describes his father, Henry, as an irritable and temperamental person, somewhat dysthymic. He was very generous, unlike his mother he spent a lot of money. If, for example, he gave a \$100 tip, his mother would exchange it for a \$10 tip. He was a businessman for the firm "Price and Waterhouse" and spent a lot of time away from home. His father kissed him in the morning and didn't see him again until night. He used to come home around 10 pm, supposedly from work, but Ellis thinks he was kicking the bucket. In fact, he was in a relationship with his mother's best friend named Rose. They were discovered and divorced when Albert was 12 years old. He re-married Rose and they moved to Manhattan. He only remembers one time he gave them a ride in his Cadillac. His father died at the age of 80.

His brother Paul, two years younger, was the one with whom he had a close relationship throughout his life. They were very close. He inherited the ability to make money from his father and organized the financial issues for him. In fact, he was the one who advised him to start the institute as a non-profit organization instead of a personal business. He liked to play chess, and was the national amateur champion.

His other sister, Janet, was four years younger. She was a girl with emotional difficulties and he didn't get along with her. At the age of 16, he remembers that he stopped feeling hostility towards her by accepting her unconditionally.

His siblings passed away before him. When Ellis was about 75 years old. The loss of his brother Paul hurt him a lot.

His childhood (4-12 years)

During his childhood, at the age of 4 they moved to New York, specifically at 183rd Street and Andrews Avenue in the Bronx. The rest of the family remained living in Pittsburgh.

Albert was a gifted and very hyperactive child. At the age of 5 and a half he was already reading, and from the age of 7 to 12 he loved mathematics. At eight years old, he was a boy who dressed himself, prepared his own food, and was already self-sufficient.

Between the ages of 5 and 7, due to nephritis, he had to stay in New York Presbyterian Hospital for long periods of time (once 10 months in a row). In total about 8 hospitalizations between those years. He remembers that he suffered from severe migraines. At that time he was a moderately religious child and the prayers served him to deal with the headaches.

Since his mother had his two little siblings, she could only see him on Sundays, once a week. His father only came to see him once during the 10 months in the hospital. In those times, summer was generally spent in New Jersey, and his mother was with the children at the beach and they did not go to visit him much because of distance.

He was sad about not having as many visitors as the other children but he remembers that he managed not to be too upset, as the following anecdotes explain:

In his hospitalizations, with a flashlight he explored the naked bodies of the other children. He also discovered that if he squeezed his genitals with the bars of the hospital bed he could get a feeling of arousal. Then also at school he discovered it with the climbing ropes. At the age of 5, he remembers his childhood sexual games with another girl, Mary, a neighbor in the neighborhood.

When kidney problems occur, a lot of water accumulates in the abdominal cavity and the liquid has to be drained (surgical operation). The way he dealt with this painful operation was by concentrating on the procedure: looking carefully at the needle, at the liquid... That helped distract him from fear.

He also had sleep problems and slept poorly. To deal with it, he looked for activities to distract himself, such as reading. This problem of insomnia accompanied him all his life. What helped him sleep was the television noise when there was no programming or a badly tuned radio. In fact, one time when he visited Barcelona for a conference and asked for a radio, they bought one for him and tuned it properly. When Ellis heard it, he didn't want it because he said that what he wanted was a radio but badly tuned!

His adolescence (12-18 years)

Due to his physical disabilities and his thinness, he was a young man who sought more intellectual hobbies than sports. The only thing he liked was walking and thinking and also chess and bridge.

He had a high IQ and the psychometric tests of the time showed it.

At the age of 12, his parents divorced. They continued to live at 183rd Street and Andrews Avenue in the Bronx and his father moved to West End Avenue in Manhattan.

From the age of 12 he liked the idea of writing and in fact he did not stop until his death. He thought about being a writer and becoming the Great American Novelist. He became an atheist when he was studying Hebrew and preparing for his bar mitzvah .

Also at that age, he found himself with an almost perpetual erection and was afraid that others would notice and despise him for it.

From the age of 13 onwards he liked music and ended up composing his rational songs. He was also interested in philosophy.

When he was 15 years old, he already controlled his erections through masturbation. He did it twice a day. He did not feel guilty about doing it, but perhaps he thought it was unbridled. Then he started going to the library and realized that it was good, even if it was frequent. He had his first and only homosexual contact with his 13-year-old brother Paul. He also discovered frotteurism by chance and practiced it until he was 24 years old in the subway and elevators. He quit when he started having normal sex with Kary, his first love.

In his adolescence he suffered from a strong social phobia. He rarely spoke in public, only with close friends. He was very quiet and reserved. He was very afraid of speaking in public and especially with women.

At age 16, he read many books by Freud and his disciples. He used to go to the famous public library on 42nd Street in New York, among others. Although at that time he considered it was dogmatic and unscientific, he remembers that it helped him to free himself and think about non-coercive forms of sex. It also helped him to treat his premature ejaculation problem.

He remembers that he met a friend at a party, who wanted to be a philosophy professor and became interested in that idea. He began to read philosophy: Confucius, Buddha, Epicurus, Epictetus, Marcus Aurelius, and other ancient philosophers. And also, modern thinkers such as Spinoza, Kant, Hume, Emerson, Thoreau, Santayana, Dewey and Russell. In turn, he read writers such as Byron, Shelley, Dostoyevsky, HG Wells, George Bernard Shaw, Upton Sinclair, Theodore Dreiser, Edgar Lee Masters, and others.

Ironically when he is intensely interested in philosophy, at that time he enrolled in the college of business administration. He decides to work and earn money, to be able to support himself and do what he wanted, which was to write. He had the idea of retiring at the age of 30.

During that year there was an incident that marked his interest in music. He had to stay alone for a month in a hotel, the Empire Hotel at Broadway and 65th Street, as his brother Paul was sick and could be contagious. His father took care of paying all the expenses. During that month he attends Broadway musicals and decides to compose his own lyrics and songs. From the age of 17 he began to compose his songs, since he had a teenage dream that was to become a musician on Broadway.

During the Great Depression (1930) the three siblings had to work to help the family. His first job was in a gift and novelty shop. He developed more efficient

ways of organizing the work and was able to convince his boss to work fewer hours.

At the age of 17, he also became interested in psychology. At that time all there was was psychoanalytic training (Freud, Jung, Adler, Horney) and Watson's experiments.

His youth (19-25 years)

At the age of 19, he began to have vision problems. His eyes were very itchy and he had to close them temporarily. Perhaps there were indications of an undiagnosed pre-diabetic state. As his eyes were weary he had to wear glasses.

He began to use Watson's principles to be able to do public speaking and to stop feeling ashamed of being poor. From these experiments he then derived the shame-attack exercises. Ellis became his own laboratory.

At the age of 19 (July 1933) he forced himself to speak for a minute with 130 women who were alone in the Bronx Botanical Garden, on a bench on the Bronx River Parkway. Of all of them, only 30 women ran away when he sat down. Of the other 100 women, he only dated one and she never showed up for the date. But he recalls having learned to lose the fear of talking to women.

At the age of 20, he worked as a revolutionary for a radical political group in New York: "New America". It promoted a collectivist economic system, contrary to Soviet communism. But he became disillusioned with communism in general and saw that most of its members had serious personal problems. In his mid-20s, he wrote a three-volume popularization work on Karl Marx's "Capital."

At the age of 20, in 1933, he began to write a thousand-page manuscript: "A History of the Dark Ages : The Twentieth Century" where he spoke of human irrationality; and another manuscript titled: " Youth Against the World ". Both were never published.

He wanted to be a fiction writer and studied business so he could make money and be able to dedicate himself fully to writing fiction at the age of 30. But the Great Depression frustrated his desire. He graduated in 1934 (age 21) in business administration at City University of New York. In college he learned to stop procrastinating, doing assignments first and then resting and doing what he felt like later.

His first professional occupations were accounting and business administration. His first adventurous foray into the business world was that of pants patch business with his brother. They searched together in clothing stores for all those pants that needed trims to also adapt their clients' coats. In 1937, at the age of 24, he was the director of a fledgling firm.

In 1936, when he was 23 years old, he met his first love: 19-year-old Karyl Corper. It was a stormy relationship, because one day she was with him and another day with somebody else. She had emotional problems but he remembers that there was a lot of sex in the relationship. To win her over, he wrote her a 20-page letter explaining the reasons why he wanted to marry her and the advantages it would bring her. Karyl 's brother objected and tore up the letter because there was "too much sex" in it. When a tormented Albert was walking through the Bronx one night, he began to think and discovered that he could want her but that he didn't need her. When he told that to Karyl, she agreed to secretly marry him when he was 27. They had no money to live together and the relationship only lasted one year. During this time, they maintained an open relationship.

Although throughout his life Ellis said he had no children, he actually had three with Karyl (she had a total of five children). He donated his sperm to Karyl but he didn't play the father. It was an act of fertilization exclusively considering that at that time there were no fertility clinics. He had two sons and a daughter. One of them is a psychiatrist but does not have the name of Ellis. They always had a good relationship with Karyl and continued to see each other throughout their lives. He did not have much relationship with the children. Karyl died at the age of 81 in the year 2000.

Between the ages of 18 and 28, he wrote twenty book-sized manuscripts: novels, essays, plays, poems, and realistic works. Many were "too sexual" and were rejected by publishers and were not published.

His stage as a psychoanalyst (26-42 years)

At the age of 26 (1939) he began to write realistically about sex, love and marriage, because they sold very well and he wanted to promote the "sexual and family revolution". Many of his friends began to regard him as something of an expert on the subject and frequently asked him for advice. Ellis found that he loved consulting as much as he loved writing.

So, he created the LAMP institute (Love and Marriage Problems), at his mother's house, which was dedicated to investigating and helping with love and marital problems. He devoured between 30 and 50 books every day, through speed reading. And he began to collect material and write his "masterpiece" "The Case for Promiscuity " but it was too liberal to be published. Kinsey had started the sex research a year earlier.

In 1941, at the age of 28, he met Gertrude, a woman with whom he fell in love. They had differences regarding living together. She was very social and wanted to have parties every week, Ellis preferred to be working with his patients.

The lawyer of his first divorce with Karyl, advised him to have a degree to practice the profession. So, he took three essay courses over the summer and was allowed into the training program. In 1942, at the age of 29, he enrolled in the Teachers College, Columbia University. He graduated in 1943, at the age of 30, in Psychology and began his doctoral studies and began working as a professional psychologist.

Albert Ellis, at age 30, also participated as a "subject" in Kinsey's study of the sexual lives of American men (1948) and women (1953). He sent Kinsey several of his sex materials, and the two created a friendship.

In 1945 he got his first publication in a scientific journal talking about the sexuality of hermaphrodite people: "The sexual psychology of human hermaphrodites".

After five years of relationship when he was 33 years old (1946) he broke up with Gertrude and became temporarily depressed.

The first thesis he writes about love is rejected by the university due to its controversial nature: "A study of the love emotions of American college girls".

Then he changes his thesis by suggestion of his professor Goodwin Watson and writes on psychometrics, a less controversial topic such as the published articles: "A comparison of the use of direct and indirect phrasing in personality questionnaires" and "The validity of personality questionnaires".

In 1947, at the age of 34, he obtained a Ph.D. from Columbia University and continued his private practice in an apartment in the Bronx where he saw three or four patients a week.

Ellis insisted on continuing and completing his psychoanalytic training with a psychoanalyst, Charles Hulbeck, of the Karen Horney Institute, and then practicing this model for approximately six years. He considered psychoanalysis to be a profound therapy.

By the late 1940s he was teaching at Rutgers and New York University and was the head of clinical psychology at the New Jersey Diagnostic Center and later at the New Jersey Department of Institutions and Agencies. He worked for 4 years in New Jersey, until becoming the leading psychologist in 1950, maintaining a private practice in New York. In that year, he first reads Karen Horney (1950) and finds "shoulds" as the cause of emotional disturbance. In his practice he experimented with psychoanalysis, analytical psychotherapy (shorter and more direct), and later with Ferenczi and Adler. His main influences were Adler, Horney, Fromm and Sullivan. Much less of Freud and Jung, Rank, Ferenczi.

Ellis wanted to publish several of his materials on sex and love, but the strong climate of censorship in the United States in the late 1940s and early 1950s caused publishers to reject anything related to sex. Newspapers like the *New York Times* refused to run ads for sexually oriented books, even if they were clinical and

scientific.

In 1951, at the age of 38, he managed to publish his first book dealing with a liberal attitude towards sex: "The folklore of sex".

In 1952, at the age of 39, he decided to practice as a full-time psychologist, living solely on his private practice. Few psychologists at that time could do it.

During these years as a psychoanalyst he tried in vain to reformulate psychoanalysis in scientific terms. Frustrated with what he perceived as the inefficiency of the psychoanalytic method, and seeing that it did more harm than good, Ellis began to apply to his patients the same strategy that he had used on himself, combining ideas from philosophy and "classical" behaviorism with his own active-directive style for problem solving. This is how he formulated his own model, a shorter form of psychotherapy, where he reduced the number and style of his sessions with patients, replacing the four or five times a week on "the couch" with one or two times a week, face to face.

The "results" improved, and before the end of 1953, at the age of 40, Ellis asked his patients to call him a "psychotherapist" and stop referring to him as a "psychoanalyst." He tried to convince those who called him on the phone to request his services to consider this new form of short therapy that he was developing, focused on active directive resolution of problems, instead of psychoanalysis.

In 1953, he had the first disease: diabetes. Ellis used to put four tablespoons of sugar in his coffee and was very fond of pastries. He had to change his diet and start taking medication for a year. Then, due to the side effects of the medication, he started to get very thin. So, she decided to control his diabetes by eating peanut butter sandwiches twelve times a day and pricking himself every day. Throughout his life he had several hypoglycemic reactions and had to be taken in an ambulance several times.

In 1954, at the age of 41, he published his second book "The American Sexual Tragedy". By then, Ellis had published at least 46 articles on sex, love, and marriage, in addition to two books and two anthologies. And he was also the American editor of the pioneering International Journal of Sexologist.

During that year, he began to pool his psychological and philosophical insights, and to see the importance of cognition and language in the cause of neurosis.

His stage as a rational-emotive therapist (42-93 years)

In January 1955, at the age of 42, Ellis formally renamed "Rational Therapy" and laid the foundations of his new psychotherapy form when he writes his article: "New approaches to psychotherapy techniques".

He presented his first significant paper on the subject at the *American*

Psychological Congress. Association (APA) in Chicago in 1956, when he was 43 years old. In that year he was also a founding member and first president of the Society for the Scientific Study of Sex.

His second wife was Rhoda Winter, he married her in Philadelphia in 1956, at the age of 43. They lived in separate apartments opposite to each other. When he finished seeing patients she went to see him. They got married on a Saturday, between one patient and another. The ceremony took place at the City Hall, without witnesses, they say he kissed her on the cheek and went to see patients that same day.

He published his third self-help book "How to Live with a Neurotic" in 1957, at age 44.

In 1958, at the age of 45, he wrote the first publication " Rational psychotherapy " of Rational Therapy where he posits the ABC model in a scientific journal and his fourth book "Sex without guilt ".

Rhoda leaves the relationship because she falls in love with another man after two and a half years. She has different tastes than Ellis.

In 1959, at the age of 46, he founded the Institute for Rational Living, located in his apartment in Parc Vendome , at 333 West 56th Street (Manhattan) with Paul Ellis; Robert Harper, Ph.D .; Birnbaum , M.; Michael Feinstein and Martin Wallace.

In 1960, at the age of 47, he published his fifth book " The Art and Science of Love" and sells more than a million copies. He also discovers the concept of self-worth by the existentialists Robert Harman (1959) and Paul Tillich (1953), who will greatly influence his later writings on unconditional self-acceptance.

At the time, Ellis was one of the most influential writers on the sexual revolution alongside Masters and Johnson, Comfort and LoPiccolo .

He was one of the most important contributors to gay and lesbian liberation, as another form of sexual pleasure. He was an honorary member of Mattachine Society (gay and lesbian movement). Then he had problems with some of his articles on the treatment of fixed homosexuality.

Most important contributions:

- masturbation is not only not harmful and embarrassing, but it is actually beneficial
 - mutually consensual premarital sex between adults was not wrong or immoral and can enhance a person's sexual and general life
 - helped discredit the primacy of intercourse over other practices
 - he was extremely interested in the interrelationship between sex and love
 - objected to viewing original sexual behavior as perverse or deviant and that sexual abnormality is often a myth
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- pioneer of feminism and gay liberation
- He debated the sacredness of the vaginal orgasm and taught how to have satisfying extracoital orgasms and be normal.
- He applied the exercises proposed by Masters and Johnson, adding the cognitive component
- Established the Society for the Scientific Study of Sexuality

In 1961, at the age of 48, Ellis changed the name of Rational Therapy to Rational Emotive Therapy or *RET* in order to reflect the connection between thought and emotions, and to avoid criticism that confused it with Rationalism.

In 1962, at the age of 49, he presented his first RET book for professionals: (1962) Reason and emotion in psychotherapy . New York: Lyle Stuart.

RET has some unique characteristics:

- teaches an explicit and consistent philosophy for thinking and living more rationally
- discourages the term of self-esteem, promotes unconditional self-acceptance
- focuses first on secondary disturbances
- encourages to focus on philosophically debating of “shoulds” first rather than distorted inferences
- helps people get better rather than feel better
- frequently encourages them to fight against their tendency to get upset about problems, to work on their low tolerance for frustration and to generate secondary disorders
- makes a qualitative distinction between two types of negative emotions: healthy and unhealthy

The positive review of HJ Eysenck and the inclusion of Ellis's work in his book (1961 and 1964), contributed to the birth of cognitive-behavioral psychotherapy. Ellis and Beck had an encounter before he published his book on depression in 1967, but Beck never acknowledged it.

In 1964, at the age of 51, he bought a building that had belonged to the Woodrow Wilson Institute and was built in the late 1800s where famous actresses lived for some time. It was located at 45 East 65th Street (between Madison Avenue and Park Avenue) and he was able to buy it thanks to the sale of more than a million copies of the book “ The Art and Science of Love” . The cost of it was 250,000 dollars (in 2013 it was sold for 24.5 million dollars). In 1968, the Institute for Rational Emotive Therapy was created as a non-profit organization, as a clinic and educational center, and he lived on his social security check. Everything he sold and produced went to the foundation's coffers. In this institute, more than 7,500 professionals have been trained in New York, and there are affiliated centers in more than 15 countries.

Albert Ellis lived on the sixth floor of that building and only a few people had access. He almost never left the building because in there he had everything he wanted like his music, books and patients. Ellis worked 14 hours a day and seven days a week. He saw an average of 70 patients and 4 groups a week. He was very generous, if you gave him a job, he would always deliver and he was very interested in joint work. Ellis only had low frustration tolerance when one was late or if one didn't do his/her work because he considered they were wasting his time and he didn't like that.

In 1964, before meeting Janet, he lives together for a year with Alma, a 24-year-old girl.

Janet, was his longest relationship, with whom he lived together for 36 years. They met at a party in 1965, she was 24 years old and he was 52 years old. She ended up being the executive director of the Institute. They rarely went out to dinner or to visit things. They were both independent and self-sufficient and had an open relationship sexually. She was much younger than him and more sociable. He learned from his previous relationships and his divorces were always amicable. With Janet they helped each other a lot at the Institute, they were very compatible. She started out as his assistant and organized and ran the institute for him for decades.

From 1965 until his death, on Friday nights he gave live demonstrations for the public at a cost of 5 dollars. A couple of volunteers would come out and then people would ask questions about his interventions. As Ellis put it, humorously, at his 90th anniversary celebration: "where he cured all the lunatics in town...one by one."

In 1967, at the age of 54, he became interested in the application of RET in schools and in the workplace.

In 1971, at the age of 58, he founded the School of Life where he promoted emotional education in school children and published articles on the matter such as "Rational -emotive therapy and its application to emotional education". It was a primary school (between six and twelve years old) for middle-class children without financial resources, and for five and a half years he trained teachers to use REBT in the classroom.

In 1971 he was named humanist of the year by the American Humanist Association. Even though Rollo May sent him his difficult patients, he opposed to Ellis becoming president of the American Academy of Psychotherapists for "being too controversial."

In 1972, at the age of 59, he wrote his first book on business and labor relations, "Executive leadership: The Rational -emotive approach ". In that year, he had a diabetic coma that almost lost his life and had to be hospitalized.

In 1975, at the age of 62, he closed the School of Life. It was a huge success but financially it was a loss of over \$100,000.

In that same year, the 20th anniversary of the RET was celebrated and more than 700 people attended. Bestseller with the book, published with RA Harper, "A (new) guide to rational living". It was plagiarized by Wayne Dyer with the book "Your erroneous zones" in 1977. Dyer never acknowledged it, even though he was trained by the director of the institute at the time, Jon Geis.

In 1977, at the age of 64, he wrote the first REBT handbook, with R. Grieger as editors, "Handbook of rational -emotive therapy" (vol.1). And in 1979, at the age of 66, he introduces a new construct in therapy in his article "Discomfort anxiety: A new cognitive -behavioral construct".

In 1982, at the age of 69, Ellis has been considered by the members of divisions 12 and 17 of the APA (*American Psychological Association Clinical & Counseling Divisions*) as the second most influential figure in the field of clinical psychology in the 20th century (Carl Rogers ranked first and Sigmund Freud third). The results of a similar survey of Canadian psychologists placed Ellis in first place, and the AAMFT (*American Association for Marriage and Family Therapy*) ranked him fourth in the field of family therapy (Smith, D. 1982).

In addition, Ellis has received honors and distinctions from a number of professional associations, including: *American Humanist Association* , *American Psychological Association* , *academy of Psychologists in Marital and Family Therapy* , *American Association of Sex Educators , Counselors and Therapists* , and *Association for advancement of Behavior Therapy* .

In 1983, at the age of 70, he began to have hearing problems and had to wear hearing aids. His health worsens. To cure his health condition, he had to spend time visiting doctors and specialists: internists, otolaryngologist, urologist, orthopedist, dermatologist, dentist, pedicurist. Then bladder problems that made him go to the bathroom constantly and spend 10 minutes. Since his time is money, he decided to eat and urinate at the same time. He was a sick person, with significant physical limitations, but work served as an outlet for him.

In 1985 , at the age of 72, the APA honored Dr. Ellis for "*distinguished professional contributions.*"

In 1986, at the age of 73, he wrote his second handbook, " Handbook of rational -emotive therapy " (vol.2), incorporating new elements in the RET and new conceptions such as the revision of the ABC model .

By 1988, at the age of 75, he had already published 50 books in the area of therapy, love, and sex, and Columbia University awarded Albert Ellis the "Distinguished Alumnus" award). His brother Paul, his sister Janet and his best friend, passed away also.

At the beginning of 1993, at the age of 80, he renamed *Rational Emotional Behavior Therapy* or *REBT*), to emphasize changes in external behavior which, along with cognitive and emotional changes, are the goals of his model of psychotherapy. At 80, he had difficulty walking.

In 1994, at the age of 81, he wrote the review and update of the book "Reason and emotion in psychotherapy : Revised and updated".

Also, in that same year, he wrote a book together with Abrahams " How to cope with a fatal disease " that explains how he himself copes with his illnesses and difficulties.

In 1996, at the age of 83, the Institute for Rational Emotive Therapy changed its name to the Albert Ellis Institute.

In 1998, at the age of 85, he wrote his book on how to fully face old age " Optimal aging ".

In 2001, at the age of 88, he changed his vision of religion and wrote the book "Counseling and psychotherapy with religious persons: A rational emotive behavior therapy approach" for the application of REBT in religious people. Albert Ellis was not a religious person, but he was not against religion but against religiosity. In fact, he considered the Bible to be one of the best books ever written.

In 2001, Janet left, leaving the relationship and the institute. She moved out and created her office due to disagreements with certain members of the team and because she considered that Albert was dedicated solely to the institute. It was a shock for Albert.

Later the institute hired Debbie Joffe, an Australian woman in her 50s, to take care of him and take care of cataloging, sorting papers, and do what Janet Wolfe used to do.

In 2003, he celebrates his 90th anniversary and receives congratulations from many people including Bush (president of the USA), Clinton (former president of the USA) and the Dalai Lama who sends him a blessed silk scarf.

In 2003, Albert underwent major surgery on the intestine (colostomy) and spent several months in the hospital on the verge of death. He ended up marrying Debbie, his partner.

In 2005, after the celebration of the 50th anniversary of REBT, the members of the Albert Ellis Institute decided to remove Albert Ellis from his clinical practice at the same institute. There was the separation and division of supporters and detractors. Ellis continued to see his patients by going into the basement of the adjoining building.

In 2006 he won the lawsuit and had to be incorporated back into the institute. During that year he was hospitalized for pneumonia several times. Ellis saw patients up to four or five months before he died. He counseled them even in bed stretched out and with the hearing aids.

He died on July 24, 2007, on the sixth floor of the Albert Ellis Institute alongside Debbie Joffe . A conflicting autobiography is published: "All Out! An autobiography", where he digs the dirt and the differences with different members of the Albert Ellis Institute.

He wrote around 80 books and 800 articles throughout his life. He held many important positions in many professional societies, including the APA Division of Consulting Psychology, the Society for the Scientific Study of Sexuality, the American Association for Marriage and Family Therapy, the American Academy of Psychologists, and the American Association of Sex Educators, Counselors, and Therapists. In addition Ellis also served as a consultant and associate editor for many scientific journals. Many professional societies gave Ellis their highest professional and clinical awards.

In 2013, the Albert Ellis Institute building is sold for \$24.5 million and moved to 145 East 32nd Street, 9th floor , East Side of Midtown Manhattan.

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