

## Staff

The Centre for Rational Emotive Behaviour is based within the School of Psychology at the University of Birmingham. All the staff that make up the Centre hold honorary positions within the University.

### Course Director - Dr Jason Jones

Jason is a Chartered Forensic and Clinical Psychologist at Littlemoor Clinic in Oxford. He is an Associate Fellow of the British Psychological Society. He is an accredited Cognitive Psychotherapist with the British Association of Behavioural and Cognitive Psychotherapies. He is a Summer Fellow of the Albert Ellis Institute.

### [Deputy Course Director - Dr Richard Bennett \(/staff/profiles/psychology/bennett-richard.aspx\)](/staff/profiles/psychology/bennett-richard.aspx)

Richard Bennett is a Clinical Psychologist working both at the University of Birmingham and in the NHS. He is an Academic Tutor on the Cognitive Behaviour Therapy CBT Programmes, and is the Course Lead for the Diploma in High Intensity Psychological Therapies.

He has worked in the NHS for approximately 20 years, primarily in adult mental health and forensic mental health. He has specialized in providing Rational Emotive Behaviour Therapy (REBT) and CBT to service users with a variety of clinical presentations, in addition to extensive experience in the provision of teaching, training and supervision. He is accredited as a CBT therapist with the British Association of Behavioural and Cognitive Psychotherapies (BABCP).

### Director of Training and Research - Professor Peter Trower

Peter Trower PhD is an Honorary Associate Professor at the University of Birmingham, Consultant Clinical Psychologist for Birmingham and Solihull Mental Health Trust, and until recently was senior lecturer for the Birmingham clinical psychology doctorate course. He is an Associate Fellow and accredited supervisor of the Albert Ellis Institute in New York, and has been an REBT practitioner for 25 years. He is a Fellow of the British Psychological Society and has edited or authored over 90 publications on various aspects of mental health including social skills training, psychosis, social anxiety and therapeutic approaches including REBT and CBT. He has carried out research in these areas over a period of some 35 years.

### Professor Windy Dryden

Windy Dryden is Professor of Psychotherapeutic Studies, Goldsmiths College, University of London. He is a Fellow of the British Psychological Society and of the British Association of Counselling and Psychotherapy.

He began his training in REBT in 1977 and became the first Briton to be accredited as an REBT therapist by the Albert Ellis Institute. In 1981, Windy spent a six months sabbatical at the Center for Cognitive Therapy, University of Pennsylvania, one of the first British psychologists to do an extended training in Cognitive Therapy. He is a Fellow of the Albert Ellis Institute and a Founding Fellow of the Academy of Cognitive Therapy.

While his primary therapeutic orientation is REBT, Windy has been very much influenced by his cognitive therapy colleagues and by the working alliance theory of Ed Bordin. His research interests are in the influence of rational and irrational beliefs on the functionality of inferences (with Frank W. Bond), the historical and theoretical roots of REBT (with Arthur Still) and the phenomenology of hurt, the study of which is informed by REBT theory.

Windy is perhaps best known for his voluminous writings in REBT/CBT and the wider field of counselling and psychotherapy. To date he has authored or edited over 150 books, making him probably the most prolific book writer and editor currently alive in the field today. He has also edited 14 book series including the best selling "Counselling in Action" series. Windy was the founding editor of the British Journal of Cognitive Psychotherapy in 1982 which later merged with the Cognitive Behaviorist to become the Journal of Cognitive Psychotherapy: An International Quarterly. Windy was co-founding editor of this journal with E. Thomas Dowd. In 2003, Windy became the editor of the Journal of Rational-Emotive and Cognitive-Behavior Therapy.