

# CURRICULUM VITAE

## PERSONAL DETAILS

**Name:** Dr. Debbie Joffe Ellis

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**Licenses:** Psychologist - Australia: Registration No. PSY0001120685  
Mental Health Counselor – New York: License No. 003680-1

### Professional Affiliates:

- *Australian Psychological Society, Member*
- *American Psychological Association, International Affiliate Member*
- *American Group Psychotherapy Association, Member*
- *Association for Behavioral and Cognitive Therapies, Member*
- *North American Society of Adlerian Psychology, Member*
- *American Counseling Association, Member*
- *Society for the Scientific Study of Sexuality, Member*
- *Society for the Psychological Study of Social Issues, Member*
- *Association for Psychological Science, Member*
- *American Psychological Association Division 52: Division of International Psychology, Member*
- *American Psychological Association Division 46: Division of Media and Technology, Member*
- *American Psychological Association Division 1: Society for General Psychology, Member*
- *American Psychological Association Division 48: Society for the Study of Peace, Conflict, and Violence, Member*
- *International Council of Psychologists, Member*

## EXPERIENCE

### **New York, NY.**

2015 – Present: \* Adjunct Professor of Psychology, Department of Clinical and Counseling Psychology, Columbia University TC in New York City.

2007 – Present: \* Lectures, Seminars, Workshops, Webinars – in NYC, throughout the USA and Countries across the globe  
\* Author and Co-Author of books, articles and reviews  
\* Presenter in Professional Training DVD's  
\* Adjunct Professor, Psychology, Columbia University  
\* Private practice.

2002 – 2007: Worked with her husband, Dr. Albert Ellis, in every aspect of his work including:

- Co-leading public workshops, seminars and lectures
- Co-leading group therapy sessions
- Research for books, papers and articles
- Co-Authoring books
- Proofreading Dr. Ellis's professional papers, books and articles

2004: Therapist and Supervising Therapist, Albert Ellis Institute, New York.

2002 – 2004: Therapist, Albert Ellis Institute, New York, NY.

### **Melbourne, Australia.**

1995 – 2002: Psychologist in private practice, providing individual counseling and group therapy.

Lecturer, *Australian College of Natural Medicine*, teaching

- Counseling
- Personal Development
- Communication for the Health Practitioner

Public Workshops and Seminars on Rational Emotive Behavior Therapy

Stress Management Trainings/Relaxation Classes

Radio interviews as expert consultant on issues of mental health and well-being

## **ACADEMIC DETAILS**

### **Education**

- 1995      Doctorate in Alternative Medicine (MDAM),  
*Indian Board of Alternative Medicine in Affiliation with the World Health Organization*
- 1978      Post Graduate Diploma in Educational Psychology,  
*Monash University, Melbourne, Victoria, Australia*
- 1977      Bachelor of Arts Degree (Psychology),  
*University of Melbourne, Melbourne, Victoria, Australia*

### **Continuing Education**

- 2002 – 2004    Post Graduate Fellowship in Rational Emotive Behavior Therapy (REBT).  
Graduated as a Fellow and an REBT Supervisor in July, 2004
- 1999      Completed and graduated with Primary and Advanced Certificates in the Therapeutic Method of REBT at the Albert Ellis Institute, New York, NY
- 1998      Intensive Training, advanced, in the Voice Dialogue Method (the Psychological approach) with Dr. Hal Stone and Dr. Sidra Winkelman, Albion, CA
- 1994      Completed one year certificate course in Art Therapy, with Dr. Christina Virago, Melbourne, Australia
- 1993      Awarded Gold Medal for contributions to the field of Alternative Medicine and Natural Therapies, from *Indian Board of Alternative Medicine in Affiliation with the World Health Organization*
- 1993      Intensive Training in the Voice Dialogue Method of therapy with its Founders Drs. Hal Stone and Sidra Winkelman, Albion, CA

- 1991 Training in Dream Analysis with Gabriella Lopez Waterman in Los Angeles, CA
- 1990 Completed training course in Grief Work and Counseling with Mary Anne Schneider at the Center for Living with Dying, Santa Clara, CA
- 1989 Training in REBT with Dr. Albert Ellis, Melbourne, Australia

### **PUBLICATIONS and AUDIOVISUAL MATERIALS**

- 1999 *Relax*, by Dr Debbie Joffe, a top selling relaxation tape. Distributed Internationally
- 2002 Ellis, A. and Joffe, D. A study of volunteer clients who experienced live Sessions of Rational Emotive Behavior Therapy in front of a live audience. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 20, 151-158.
- 2009 Ellis, Debbie Joffe: Foreword to *How to Hug a Porcupine*. Hatherleigh Press: New York, USA.
- 2009 Krippner, S. and Ellis, D.J. Editors: *Perchance to Dream*. New York. Nova Science Publishers.
- 2010 Ellis, Albert, with final chapter by Debbie Joffe Ellis: *All Out! An Autobiography*. Amherst, NY. Prometheus Books.
- 2011 Ellis, Albert & Ellis, Debbie Joffe: *Rational Emotive Behavior Therapy*. American Psychological Association Books: Washington, D.C.
- 2011 Ellis, Debbie Joffe & Eckstein, Daniel: Al Ellis: Up Close and Personal in *The Family Journal: Counseling and Therapy for Couples and Families*. 19 (4) 407-411, Sage Publications.
- 2012 Eckstein, Daniel & Ellis, Debbie Joffe: *Up Close and Personal* chapter in Eckstein, D.: *The Couple's Match Book*, Trafford Publishing, USA.
- 2012 Ellis, Debbie Joffe: **Albert Ellis** entry in *Encyclopedia of Psychology*, Springer Publications. New York.
- 2013 Ellis, Debbie Joffe: *The Brief, Lasting and Vigorous Approach of Rational Emotive Behavior Therapy* DVD. Milton Erickson Foundation DVD series, CE's. Recorded at Brief Therapy Conference of Milton Erickson Foundation, recorded December, 2012. (Clinical Demonstration and Lecture).

- 2013 Ellis, Albert & Ellis, Debbie Joffe: *Rational Emotive Behavior Therapy* chapter in Corsini, R.J. and Wedding, D. *Current Psychotherapies*, 10<sup>th</sup> Edition, Brooks/Cole Cengage Learning, CA.
- 2014 Ellis, Debbie Joffe: *Systems of Psychotherapy DVD: Rational Emotive Behavior Therapy*. American Psychological Association: Washington D.C. (Clinical Demonstration and Discussion).
- 2014 Ellis, Albert & Ellis, Debbie Joffe: *Rational Emotive Behavior Therapy* chapter, and *Rational Emotive Behavior Therapy Process* chapter in *Psychotherapy Theories and Techniques: A Reader*, Eds: Vandenbos, G. R., Meidenbauer, E & Frank-McNeil, J. American Psychological Association Books: Washington D.C.
- 2014 Ellis, Debbie Joffe: *Counseling and Psychotherapy Transcripts: REBT with client*. Alexander Street Press, Alexandria, VA.
- 2015 *The SAGE Encyclopedia of Theory in Counseling and Psychotherapy* Sage Publications: USA:  
Ellis, Debbie Joffe & Neukrug, Edward S.: **Albert Ellis** entry  
Ellis, Debbie Joffe: **Rational Emotive Behavior Therapy** entry.
- 2015 Ellis, Dr D.J.: *Zapping Anxiety and Depression, and Healing Trauma, with the Vigorous and Compassionate Approach of Rational Emotive Behavior Therapy*. The Milton H. Erickson Foundation: Phoenix, Arizona. 2 Disc Audio CD Set.
- 2015 Ellis, Debbie Joffe: **Reflections: The Profound Impact of Gratitude: In Times of Ease and Times of Challenge**. In *American Psychological Association (APA) Journal of Spirituality in Clinical Practice*. Volume 2, Issue No. 1, March, 2015.
- 2015 Ellis, Dr Debbie Joffe: Presentations for DVD Series: “Great Teachers, Great Courses”, Produced by Alexander Street Press:  
<https://www.academicvideostore.com/series/great-teachers-great-courses>  
Titles:
1. On Being an Effective, Empowering and Compassionate Therapist.
  2. Rational Emotive Behavior Therapy: The Theory of a Comprehensive Cognitive Behavior Therapy.
  3. Rational Emotive Behavior Therapy: Tools, Techniques and Practice.
- 2016 Ellis, D.J. & Ivey, Allen: **Getting to know (and love) Albert Ellis and his theory**. In *Counseling Today*: Magazine of the American Counseling Association (ACA): Volume 58, Number 7, January 2016.
- 2016 Ellis, Debbie Joffe with Jeffrey Mishlove: *New Thinking Allowed* Video Interview Series: **Part One: Rational Emotive Behavior Therapy: Life’s Hardships**  
**Part Two: Rational Emotive Behavior Therapy: The “A-B-C’s”**

2016 Ellis, Debbie Joffe: *Encyclopedia of Sex and Sexuality: Understanding Biology, Psychology, and Culture*. **Albert Ellis** entry. ABC-Clio Publisher: Santa Barbara California.

2017 Ellis, Debbie Joffe: **Remembering We Are Human Too!** Chapter in *Counselor Self Care*. Editor Gerald Corey PhD. Publisher: American Counseling Association.

2017 Ellis, Debbie Joffe: **Journeying With Meichenbaum: A review of The Evolution of Cognitive Behavior Therapy: A Personal and Professional Journey With Don Meichenbaum**. *PsycCRITIQUES*, Vol. 62, No. 37, Article 4. Washington D.C.: American Psychological Association.

2018 Ellis, Debbie Joffe: **Rational Emotive Behavior Therapy and Individual Psychology**. In *Journal of Individual Psychology*: Special Edition edited by Jon Carlson.

2008 to present: Reviews and articles for APA journal *PsycCritiques*, The Family Journal, and various APA divisions' newsletters.

**Forthcoming books and DVDs in progress.**