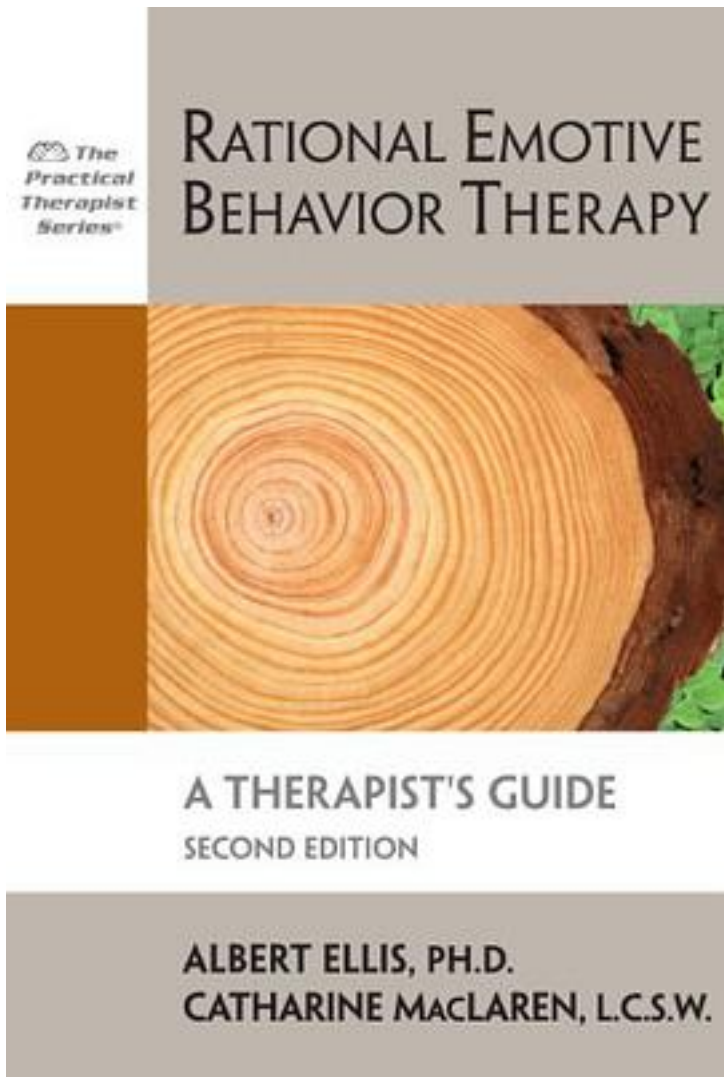


Rational Emotive Behavior Therapy



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著者:Albert Ellis

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This up-to-date comprehensive guidebook -- an all-new, revised resource for practicing therapists from the father of rational therapy -- includes thorough discussions of theory and procedures, case examples, and dozens of exercises. Modern cognitive-behavioral therapy has its roots in the rational approach created by Albert Ellis in the 1950s. Now known as Rational Emotive Behavior Therapy (REBT), Ellis's systematic, integrative approach has grown and matured into a powerful mainstream psychotherapy. Hundreds of thousands of patients have benefited from the active interventions of therapists using the REBT model. Major themes in this user-friendly manual: Theory of REBT; Practice of REBT; Main Cognitive Techniques; Main Emotive and Experiential Techniques; Main Behavioral Techniques; Integration of REBT with Other Therapies; Summary and Conclusions.

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