

Fundamentals of Rational Emotive Behaviour Therapy



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A complete introduction to REBT, an approach to CBT which argues that at the core of emotional disturbance lies a set of irrational beliefs that people hold about themselves and others Essential for counsellors who are beginning to use REBT with clients - recreates the 'feel' of a training course and alerts trainees to difficulties they may experience when using REBT in practice Covers all the basic theoretical and practical information that trainees need to begin using REBT, with special attention paid to disputing irrational beliefs and helping clients set goals Windy Dryden is the world's best-known and most prolific name in REBT after its founder (the late Albert Ellis), and there is no direct competition to this unique handbook

作者介绍:

目录:

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