

Rational Emotive Behaviour Therapy

A R E A D E R



EDITED BY
WINDY DRYDEN

Rational Emotive Behaviour Therapy A Reader

Windy Dryden



Rational Emotive Behaviour Therapy A Reader:

Rational Emotive Behaviour Therapy Windy Dryden, 1995-02-01 This practical Reader brings together the major writings of the past decade on rational emotive behaviour therapy REBT originally called rational emotive therapy RET An overview by Albert Ellis founder of REBT introduces its theory and practice The book then addresses preliminary issues such as building a therapeutic alliance with clients and assessing their problems The bulk of the discussion that follows focuses on therapeutic intervention including disputing irrational beliefs activity and directiveness vivid methods and therapeutic efficiency Chapters are included on the step by step practicalities of the counselling sequence and process An afterword defends the tough minded approach of REBT against the *Rational Emotive Behaviour Therapy Integrated* Anjali Joshi, K.M. Phadke, 2024-12-30 This book offers a comprehensive overview of rational emotive behaviour therapy REBT a significant cognitive behavioural approach to counselling and psychotherapy originating from the pioneering work of Dr Albert Ellis Within its pages you will find a detailed exploration of REBT's historical evolution the framework of ABC activating event belief system and consequences its theoretical and philosophical foundations and its relationship with various religions atheism and morality The therapeutic process and techniques are thoroughly covered along with the wide reaching applications in real world scenarios One of the book's highlights is the inclusion of multiple case studies focusing on psychological disturbances representing different categories of irrational beliefs Through these cases readers gain a deeper understanding of psychological disturbances and discover possible remedies Foundational principles such as unconditional self acceptance unconditional acceptance of others and unconditional acceptance of life are vividly explained empowering readers to grasp these concepts and their potential for personal growth Moreover this book serves as a comprehensive reference encompassing major contributions to REBT theory and research both from the past and recent developments The second edition of this book updated and revised presents the latest advancements in the field ensuring that readers are up to date with REBT knowledge It provides a valuable resource for those seeking to explore and understand the intricacies of REBT Whether you are a student practitioner or simply curious about the field of counselling and psychotherapy this book offers a wealth of knowledge and insights into the theory and practice of REBT and its transformative potential in promoting psychological well being and resilience In this latest edition readers discover new age topics like the application of REBT in sports and exercise REBT group therapy the role of low frustration tolerance in addiction and much more Rational Emotive Behaviour Therapy in a Nutshell Michael Neenan, Windy Dryden, 2005-12-15 Students embarking on Rational Emotive Behavior Therapy training are often faced with lengthy and complicated texts from which to learn the theory and practice of the approach Rational Emotive Behaviour Therapy in a Nutshell provides a relief from this by providing a concise and comprehensive guide to all the key elements of REBT The authors believe that students of REBT can enhance their knowledge of the approach only if they have fully grasped the basics first They offer a succinct introduction to REBT which

students can use as a starting point before adding to their knowledge through further reading and learning The book opens with an explanation of the ABCDE Model of Emotional Disturbance and Change which is the centrepiece of REBT theory and practice The authors present the model in a way which is easy to grasp but also has the depth of coverage needed for full understanding

Rational Emotive Behaviour Therapy Windy Dryden, 2008-09 Rational Emotive Behaviour Therapy REBT encourages the client to focus on their emotional problems in order to understand challenge and change the irrational beliefs that underpin these problems REBT can help clients to strengthen conviction in their alternative rational beliefs by acting in ways that are consistent with them and thus encourage a healthier outlook This accessible and direct guide introduces the reader to REBT while indicating how it is different from other approaches within the broad cognitive behavioural therapy spectrum Divided into two sections The Distinctive Theoretical Features of REBT and The Distinctive Practical Features of REBT this book presents concise straightforward information in 30 key points derived from the author's own experience in the field Rational Emotive Behaviour Therapy Distinctive Features will be invaluable to both experienced clinicians and those new to the field It will appeal to psychotherapists and counsellors together with students and practitioners who are keen to learn how REBT can be differentiated from the other approaches to CBT

Rational Emotive Behaviour Therapy Windy Dryden, 2024-08-06 Rational Emotive Behaviour Therapy Responses to Frequently Asked Questions aims to answer the 50 most frequently asked questions on REBT by trainees novice practitioners and clients themselves This concise and readable book is divided into five parts with each focusing on responding to questions about different elements of REBT from theory to practice and applications Part 1 The Nature of Rational Emotive Behaviour Therapy in Context Part 2 The Practice of REBT Part 3 Miscellaneous Questions Part 4 Personal Questions about REBT Part 5 FAQs from Clients The book will appeal to a wide range of counsellors and psychotherapists It will provide trainee and novice therapists with answers to some of their own questions give trainers and supervisors helpful responses to frequently asked questions in training and aid all levels of practitioners in answering questions from clients

Rational Emotive Behaviour Therapy Windy Dryden, 1999 This book introduces the basic principles and practice of rational emotive behaviour therapy REBT an approach to counselling and psychotherapy Essentially practical in nature this book shows how to help people in a structured and educational manner by helping them to identify their unhealthy thoughts and beliefs and by suggesting healthy alternatives

Fundamentals of Rational Emotive Behaviour Therapy Windy Dryden, 2023-10-23 Fundamentals of Rational Emotive Behaviour Therapy Understand the basics of the essential approach to cognitive behavioural psychotherapy Rational Emotive Behaviour Therapy REBT is a cognitive behavioural approach to psychotherapy in which patients are taught to identify and reject irrational and damaging thought patterns and emotional responses By emphasizing patients control over their mental and emotional lives it cultivates honest self assessment and healthy emotional responses Since its development in the 1950s it has stood as one of the most widely used and successful forms of cognitive behavioural therapy Fundamentals of Rational Emotive Behaviour

Therapy looks to cultivate a robust foundational understanding of this essential mode of treatment Seeking to replicate the conditions and learning patterns of an introductory seminar it emphasizes concrete clinical applications and a continuous connection between theory and practice The third edition of this pathbreaking guide offers expanded coverage and fully up to date research Readers of the third edition of Fundamentals of Rational Emotive Behaviour Therapy will also find Detailed treatment of subjects including meta emotional problem assessment client misconceptions and more Appendices including a homework skills monitoring form training in REBT and more An author with decades of experience in REBT and related forms of cognitive behavioural therapy Fundamentals of Rational Emotive Behaviour Therapy is ideal for students and researchers looking to develop a working understanding of REBT

Skills in Rational Emotive Behaviour Counselling & Psychotherapy Windy Dryden, 2009-07-09 Seminars by Professor Windy Dryden See the man live and in action To find out more and to book your place go to www.cityminds.com

A masterly exposition of REBT skills by a master practitioner of them An essential addition to your REBT reading list Michael Neenan Centre for REBT Bromley Kent Skills in Rational Emotive Behaviour Counselling and Psychotherapy is a practical guide to the application of the rational emotive behaviour approach at each stage of the therapeutic process Taking the reader through these stages the book focuses on skills which arise out of rational emotive behaviour theory REBT as well as those invoked by the therapeutic relationship Accessibly written by the authority in this field Windy Dryden uses his 30 years of experience in REBT training to draw on skills that trainees and those seeking to incorporate REBT into their existing practice find particularly difficult He discusses theoretical and practical features of REBT and the importance of the therapeutic alliance the skills involved in the active directive approach specific examples of clients problems helping clients to identify and deal with core irrational beliefs homework negotiation common reasons for and skills in responding to client lack of progress For all those training in REBT or who wish to sharpen their skills as practitioners this is essential reading

Rational Emotive Behaviour Therapy in India Windy Dryden, 2019-02-21 Rational Emotive Behaviour Therapy in India Very Brief Therapy for Problems of Daily Living is the first book of its kind to look specifically at using Rational Emotive Behaviour Therapy REBT for helping people with problems that are common in India Based on training workshops given by Professor Windy Dryden in Mumbai this book presents transcripts of the workshop sessions alongside professional commentary followed by reflections from the volunteers themselves With the emphasis on everyday problems and clear examples of how REBT is applied Rational Emotive Behaviour Therapy in India will be essential reading for psychotherapists students and other mental health professionals working in India and anyone interested in the cross cultural application of psychotherapy

The Albert Ellis Reader Albert Ellis, Shawn Blau, 1998 A collection of 30 of the most popular and controversial articles by Albert Ellis founder of Rational Emotive Behavior Therapy Each piece is updated by Dr Ellis especially for this volume Topics include sex love marriage anger rational living and more

The SAGE Handbook of Counselling and Psychotherapy Colin Feltham, Ian

Horton,2012-01-20 Electronic Inspection Copy available for instructors here At about 700 pages and with contributions from more than 100 authors the editors have shown considerable skill not to mention application in sculpting a text that is economically delivered and lucid in its writing Dave Mearns Professor Emeritus University of Strathclyde Glasgow The field of counselling and psychotherapy moves on but The Sage Handbook of Counselling and Psychotherapy keeps up Professor Sue Wheeler Director of the Doctoral Programme Institute of Lifelong Learning University of Leicester This book is the definitive text on the theory and practice of counselling and psychotherapy The editors are to be commended Professor Robert Bor CPsychol FBP s CSci UKCP Reg FRAeS Lead Consultant Clinical Counselling Health Psychologist Royal Free Hospital and Co Director Dynamic Change Consultants www dccclinical com The what s what from the who s who in counselling in psychotherapy Professor Del Loewenthal RCTE University of Roehampton This long awaited third edition brings together the fundamentals of counselling and psychotherapy theory research skills and practice It addresses what every successful trainee or practitioner needs to know do think feel and use in a way that is entirely comprehensive accessible and jargon free Including new material on interpersonal psychotherapy cognitive analytic therapy pluralistic therapy and mindfulness as well as body psychotherapy hypnotherapy Asperger Syndrome ADHD and low self esteem this book continues to be essential reading for trainees or experienced practitioners alike Colin Feltham is Emeritus Professor of Critical Counselling Studies Sheffield Hallam University Fellow of the British Association for Counselling and Psychotherapy BACP Senior Registered Practitioner and former co editor of the British Journal for Guidance and Counselling Ian Horton is now retired and was Principal Lecturer in Counselling and Psychotherapy at University of East London Chair of the UKRC Executive a BACP accredited counsellor and UKRC registered independent counsellor He is a fellow of the BACP

RATIONAL EMOTIVE BEHAVIOUR THERAPY INTEGRATED 2ND EDITION. ANJALI. JOSHI,2025

Fundamentals of Rational Emotive Behaviour Therapy Windy Dryden,2023-10-18 Fundamentals of Rational Emotive Behaviour Therapy Understand the basics of the essential approach to cognitive behavioural psychotherapy Rational Emotive Behaviour Therapy REBT is a cognitive behavioural approach to psychotherapy in which patients are taught to identify and reject irrational and damaging thought patterns and emotional responses By emphasizing patients control over their mental and emotional lives it cultivates honest self assessment and healthy emotional responses Since its development in the 1950s it has stood as one of the most widely used and successful forms of cognitive behavioural therapy Fundamentals of Rational Emotive Behaviour Therapy looks to cultivate a robust foundational understanding of this essential mode of treatment Seeking to replicate the conditions and learning patterns of an introductory seminar it emphasizes concrete clinical applications and a continuous connection between theory and practice The third edition of this pathbreaking guide offers expanded coverage and fully up to date research Readers of the third edition of Fundamentals of Rational Emotive Behaviour Therapy will also find Detailed treatment of subjects including meta emotional problem assessment client misconceptions and

more Appendices including a homework skills monitoring form training in REBT and more An author with decades of experience in REBT and related forms of cognitive behavioural therapy **Fundamentals of Rational Emotive Behaviour Therapy** is ideal for students and researchers looking to develop a working understanding of REBT **Rational Emotive Behaviour Therapy in a Nutshell** Michael Neenan, Windy Dryden, 2006 Seminars by Professor Windy Dryden See the man live and in action To find out more and to book your place go to www.cityminds.com _____ Size wise these books span an open palm and have a very handy flap on the back and front as an integral feature of the cover which can be used as a bookmark They are concise yet thorough providing introductions to the key elements of the theory and practice underpinning major therapeutic approaches An ideal intro I would recommend these books because in a nutshell they work Therapy Today Students embarking on Rational Emotive Behaviour Therapy REBT training are often faced with lengthy and complicated texts from which to learn the theory and practice of the approach Rational Emotive Behaviour Therapy in a Nutshell provides a relief from this by providing a concise and comprehensive guide to all the key elements of REBT The authors believe that students of REBT can enhance their knowledge of the approach only if they have fully grasped the basics first They offer a succinct introduction to REBT which students can use as a starting point before adding to their knowledge through further reading and learning The book opens with an explanation of the ABCDE Model of Emotional Disturbance and Change which is the centrepiece of REBT theory and practice The authors present the model in a way which is easy to grasp but also has the depth of coverage needed for full understanding Rational Emotive Behaviour Therapy in a Nutshell provides coverage of other fundamental areas including o assessment o disputing o homework o working through o promoting self change This book will be invaluable to those embarking on REBT training who want a concise clear and informed introduction to the approach Windy Dryden currently works at Goldsmiths College where he is Professor of Psychotherapeutic Studies as well as being the Programme Co ordinator of the MSc in Rational Emotive Behaviour Therapy and the Diploma in Cognitive Approaches to Counselling and Psychotherapy Michael Neenan works for the Centre for Stress Management Blackheath **New Directions in Rational Emotive Behaviour Therapy** Windy Dryden, 2021-09-28 New Directions in Rational Emotive Behaviour Therapy brings together leading figures from the world of Rational Emotive Behaviour Therapy REBT both as a testament to the work of Albert Ellis and as a reminder of the vibrancy and vigour of the approach The chapters in this book taken together show that REB therapists are open to broader developments in the fields of counselling and psychotherapy in general and can also contribute to these developments The book introduces REBT to readers who are more familiar with CBT and locates REBT within the broader fields of CBT and modern psychotherapy The book will interest REBT and CBT therapists and more broadly it will interest those in the helping professions wishing to explore what REBT can currently offer them and how this approach can be practiced **Getting Started with REBT** Windy Dryden, 2006 What is Rational Emotive Behaviour Therapy Rational Emotive Behaviour Therapy REBT encourages direct

focus on emotional problems encouraging understanding of the thoughts beliefs and behaviours that are responsible for maintaining these problems REBT encourages a healthier outlook by teaching individuals to challenge their irrational thoughts Getting Started with REBT provides a concise guide to assessing the suitability of REBT and using this method to address your emotional problems The book is divided into two sections beginning with an introduction to the theory and practice of REBT that will enable the reader to make an informed decision about whether this method is right for them The second section guides the reader through issues that are relevant to all emotional problems demonstrating how to Formulate emotional problems and set goals Question irrational and rational beliefs Strengthen conviction in rational beliefs Getting Started with REBT is suitable for use either alone or in conjunction with work with an REBT therapist It will also be of interest to therapists and counsellors

Progress in Rational Emotive Behaviour Therapy Windy Dryden,1994-03-22 This book which celebrates Albert Ellis's eightieth birthday outlines eighty ways in which rational emotive behaviour therapists can develop their effective practice

The Working Alliance in Rational Emotive Behaviour Therapy Windy Dryden,2021-05-30 The Working Alliance in Rational Emotive Behaviour Therapy explores the principles and practice of REBT from the perspective of working alliance theory Windy Dryden seeks to debunk the myth that REBT neglects the therapeutic relationship by breaking down working alliance theory into specific domains in order to highlight its potential in this form of therapy He introduces the reader to the ABCs of REBT and its basic practice followed by the working alliance concept that forms the basis of this book He then shows how the practice of REBT can be enhanced by the therapist attending to each of the four components of the alliance bonds views goals and tasks The book is written for trainees and established therapists within REBT

Dealing with Emotional Problems Using Rational Emotive Behaviour Therapy (REBT) Windy Dryden,2023-11-28 The second edition of Dealing with Emotional Problems Using Rational Emotive Behaviour Therapy A Client's Guide offers clear practical advice on how to deal with some of the most common emotional difficulties we face Rational Emotive Behaviour Therapy REBT is a therapy approach that encourages a direct focus on emotional problems helping you to understand the attitudes thoughts and behaviours that lead you to maintain these problems This understanding will enable you to overcome problems and lead a happier and more fulfilling life The book begins by outlining foundations of emotional problems Each problem is then presented in a similar way allowing the reader to compare and contrast similarities and differences between each emotion and teaching them how to cope with it This book covers anxiety depression guilt shame hurt unhealthy anger unhealthy jealousy unhealthy envy and a new chapter on unhealthy regret Featuring newly revised information and language on REBT this Client's Guide is an accessible user friendly guide that can be used on your own or in conjunction with a therapist who can use the Practitioner's Guide

Case Studies in Rational Emotive Behavior Therapy with Children and Adolescents Albert Ellis,Jerry Wilde,2002 For undergraduate and graduate courses in Child Therapy and Counseling Preeminent psychologist Dr Albert Ellis combines forces with other renowned

therapists to create this rare and inclusive book that captures the realities of counseling with children Rather than using a traditional case study approach this work features verbatim transcripts that convey real issues ranging from anger management and self esteem to peer pressure and bed wetting

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