

This up-to-date comprehensive guidebook -- an all-new 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, Cognitive Techniques, Emotive and Experiential Techniques, Behavioral Techniques, Integration of REBT with Other Therapies.

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Rational Emotive Behavior Therapy: A Therapist's Guide, 2nd Edition (The Practical Therapist) by Albert Ellis PhD () on dentalhealthmed.com *FREE*. Rational Emotive Behavior Therapy has 96 ratings and 4 reviews. Tim said: As much as I dislike my first impressions of the the man (Ellis) and post-moder. Books in The Practical Therapist Series are designed to answer the troubling Now known as Rational Emotive Behavior Therapy (REBT), Ellis's systematic. Now known as Rational Emotive Behavior Therapy (REBT), Ellis s Rational Emotive Behavior Therapy: A Therapist's Guide The Practical Therapist Series. Now known as Rational Emotive Behavior Therapy (REBT), Ellis's systematic integrative approach has grown and A Therapist's Guide.

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