

DEALING WITH
EMOTIONAL
PROBLEMS USING
RATIONAL EMOTIVE
BEHAVIOUR THERAPY
(REBT)

A CLIENT'S GUIDE

Second Edition

WINDY DRYDEN

Rational Emotive Behaviour Therapy Client Manual

Windy Dryden



Rational Emotive Behaviour Therapy Client Manual:

Rational Emotive Behaviour Therapy Windy Dryden, 2008-09-01 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, 2006

Rational Emotive Behavior Therapy Windy Dryden, 1999 The author creates a training manual through reconstructed verbatim transcript material between a trainer and trainee in order to highlight difficult concepts and appropriate REBT trainer responses to common questions *Fundamentals of Rational Emotive Behaviour Therapy* Windy Dryden, Rhena Branch, 2008-07-31 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 **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

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

[The ABCs of REBT Revisited](#) Windy Dryden, 2012-11-09 The cornerstone of Rational Emotive Behavior Therapy is its ABC framework which helps therapists make sense of clients problems As it turns out however this model is often misunderstood by both clients and professionals Research investigation on this misunderstanding forms the basis of this book It addresses the doubts reservations and objections clients had to the ABC framework in a research study of an REBT based program in a psychiatric hospital Additionally errors and confusions on the part of those writing about the therapy is reviewed Further study was made on the accuracy of REBT therapists themselves in teaching this therapy to students Also included is an analysis of how Albert Ellis himself has explicated the ABC s This book is the first to systematically study how different groups conceptualise the ABCs of REBT and the errors that are commonly made in interpreting and putting them into practice It will be of value to students and practitioners of REBT and those teaching REBT in academic settings

Dealing with Emotional Problems Using Rational Emotive Behaviour Therapy (REBT) Windy Dryden, 2023-11-28 In this practical companion to the client manual Windy Dryden draws on Rational Emotive Behaviour Therapy REBT an approach that focuses on identifying examining and changing the rigid extreme attitudes that largely determine emotional and behavioural issues to encourage people to deal with their emotional problems Including all of the information presented in the Client s Guide with the addition of helpful hints and tips for the therapist the Practitioner

s Guide is straightforward to use in the consulting room with no need for further references It allows the therapist to work through and help the client learn to deal with their problems from an REBT perspective covering anxiety depression guilt shame hurt unhealthy anger unhealthy jealousy unhealthy envy and a new chapter on unhealthy regret This practical guide presents each emotion in a similar way allowing the reader to compare and contrast common and distinctive features of each problem With new REBT research and updated accessible terminology this new edition will remain essential reading for any professional using REBT with their client Flexibility-Based Cognitive Behaviour Therapy Windy Dryden,2018-03-05 In this book Windy Dryden brings together the four major strands that have shaped his idiosyncratic approach to clinical practice i Cognitive Behaviour Therapy ii flexibility in practice iii Rational Emotive Behaviour Therapy and iv pluralism an approach he calls Flexibility Based Cognitive Behaviour Therapy Perhaps uniquely for the literature this volume provides an extended account of how a world leading therapist personally thinks about and practices psychotherapy As well as insights from over 40 years as a therapist the book reflects the most the recent developments in Dryden s work and highlights both the different theories he is using and the core building blocks of his practice Aimed at therapists in training and practice Flexibility Based Cognitive Behaviour Therapy presents a rare opportunity to gain an insight from one of the leading figures in the field of psychotherapy **Handbook of Rational-emotive Therapy** Albert Ellis,Russell Grieger,1977

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