

SAGE COUNSELLING IN ACTION

SERIES EDITOR WINDY DRYDEN

RATIONAL EMOTIVE
BEHAVIOURAL
COUNSELLING
IN ACTION

THIRD EDITION

WINDY DRYDEN AND MICHAEL NEENAN



Developing Rational Emotive Behavioural Counselling

Windy Dryden



Developing Rational Emotive Behavioural Counselling:

Rational Emotive Behavioural Counselling in Action Windy Dryden, Michael Neenan, 2004-05-18 The book is highly readable and makes extensive use of an actual case study in order to illustrate the approach Mark Edwards Nurtuting Potential As the creator of Rational Emotive Therapy I have probably read more books dealing with its theory and practice than has anyone else Of all these books Windy Dryden and Michael Neenan s is easily one of the best In a remarkably concise way they have distilled most of the main principles and methods into a small highly practical and exceptionally readable volume Any counsellor or therapist will find this book unusually useful and valuable Albert Ellis Albert Ellis Institute Rational Emotive Behavioural Counselling in Action Third Edition is a brand new edition of this highly popular guide to a much used approach Combining the theoretical with the practical the book provides an accessible guide for newcomers to this form of counselling The book describes the way in which the REB approach helps clients to identify the self defeating beliefs behind their problems and instead to think feel and behave differently as a means of achieving valued goals Fully revised and updated the book includes an important client case study following therapeutic work with Paula which introduces the reader to the strategies and techniques needed at every stage of the process Here the reader is given an insight into the nuts and bolts of the therapeutic session including conversations between client and therapist to illustrate the counselling sequence how to help the client achieve goals and how to end the counselling process Rational Emotive Behavioural Counselling in Action Third Edition is invaluable for trainees of REB counselling as well as those who want to incorporate elements of the approach into their own therapeutic work

Rational Emotive Behavioural Counselling in Action Windy Dryden, 1999-09-13 Revised and updated to take account of developments in the field the new edition of Rational Emotive Behavioural Counselling in Action is a practical and accessible introduction for anyone starting counselling training and for counsellors who want to expand their practice with a different approach The book describes the approach which focuses on helping clients to identify the self defeating beliefs behind their problems and to think feel and behave differently as a means of achieving valued goals A carefully selected case study is developed throughout the book to show how rational emotive behavioural techniques work in practice The author follows the client and counsellor through the stages of the counselling p

Developing Rational Emotive Behavioural Counselling Windy Dryden, Joseph Yankura, 1995-11-13 This volume will help practising counsellors improve their skills within the rational emotive behavioural counselling REBC approach Following an introduction to the basic principles and practice of the approach the book is organized into four parts which examine crucial REBC areas In the first part Windy Dryden and Joseph Yankura look at developing and maintaining a therapeutic alliance covering such issues as developing a shared language with clients and ensuring that clients have reasonable self helping goals They go on to explore how REBC skills such as identifying clients core irrational beliefs can be improved In the third part the authors discuss helping clients to use REBC between counselling sessions

Rational Emotive Behaviour Therapy

in a Nutshell Michael Neenan, Windy Dryden, 2011-01-19 Rational Emotive Behaviour Therapy in a Nutshell provides a concise overview of a popular therapeutic approach starting with the ABCDE Model of Emotional Disturbance and Change. Written by leading REBT specialists Michael Neenan and Windy Dryden, the book goes on to explain the core of the therapeutic process: Assessment, Disputing, Homework, Working through, Promoting self change. As an introduction to the basics of the approach, this updated and revised edition is the ideal first text and a springboard to further study. **Rational Emotive Behaviour Therapy in a Nutshell**

Mr Michael Neenan, Windy Dryden, 2005-11-22 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. **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**

Windy Dryden, 2014-12-08 Rational Emotive Behaviour Therapy (REBT) encourages the client to focus on their emotional problems in order to understand and change the irrational beliefs that underpin these problems. Following on from the success of the first edition, this accessible guide introduces the reader to REBT while indicating how it

is different from other approaches within the 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 information in 30 key points Updated throughout this new edition of Rational Emotive Behaviour Therapy Distinctive Features will be invaluable to both experienced clinicians and those new to the field **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

Reporting in Counselling and Psychotherapy Linda Papadopoulos,Malcolm C. Cross,Robert Bor,2024-12-30 Showing practical competence through the production of client reports and case studies is a key aspect of training therapists and other mental health professionals This Classic Edition of Reporting in Counselling and Psychotherapy offers a unique hands on guide to this element of practical work Using clinical examples to guide the reader and a detailed analysis of case study and process report writing it shows readers how to present clear concise and properly presented reports This book remains an invaluable tool not only for those embarking on practical training in psychotherapy counselling and psychology but also for trainers in these areas and for clinicians writing clinical reports or case presentations **Essential Rational Emotive**

Behaviour Therapy Michael Neenan,Windy Dryden,2000-02-03 REBT explores how beliefs affect outlook REBT is a form of psychotherapy that places personal beliefs front and center inviting the patient to evaluate how their beliefs affects their thoughts and feelings Essential Rational Emotive Behaviour Theory provides a clear introduction to the concepts and theories of REBT with technical jargon stripped away to leave an open engaging exploration of the field Beginning with the central ABCDE model of emotional disturbance and change the book delves into assessment homework disputing common obstacles and working through to give patients and therapists a true picture of how helpful REBT can be **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

Rational Emotive Behavioural Counselling in Action Windy Dryden, 1999-09-13 Will undoubtedly become required reading on all basic courses in counselling this book provides a succinct and intelligible introduction to RET and a manual for trying it out excellent material for students practitioners and trainers a valuable addition to an excellent series British Psychological Society Counselling Psychology Review Revised and updated to take account of developments in the field Rational Emotive Behavioural

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Rational Emotive Behaviour Group Therapy Windy Dryden, Michael Neenan, 2002-05-17 This is the first book devoted to group therapy applications of Rational Emotive Behaviour Therapy REBT REBT is an active directive psychoeducational approach to psychotherapy and as such it is very well suited to being practised with groups This book shows the range of these applications from regular group therapy to specialised group interventions such as nine hour intensives and Albert Ellis's famous Friday Night Workshop Also featured are chapters on a brief group based structured educational approach to teaching unconditional self-acceptance using REBT and the use of the group in training and supervising REBT therapists in training

Rational Emotive Behaviour Therapy Walter J. Matweychuk, Windy Dryden, 2017-05-12 This straightforward guide introduces the newcomer to the core theoretical principles and therapeutic strategies of Rational Emotive Behaviour Therapy REBT Starting with the ABC model of emotion popularized by Albert Ellis from the outset when he developed his approach to CBT the guide then shows how REBT distinguishes between unhealthy and healthy negative emotions From there it outlines the four irrational attitudes theorized to be at the core of emotional and behavioural disturbance Finally the newcomer to REBT will develop an appreciation for how REBT inoculates clients against future problems and teaches them to maintain and extend their treatment gains This Newcomer's Guide will be a useful contribution to counsellors and psychotherapists in training either in Rational Emotive Behaviour Therapy or another

cognitive behavioural approach *Rational Emotive Behaviour Therapy* Windy Dryden, Michael Neenan, 2007-01-24 Rational Emotive Behaviour Therapy REBT is practised all over the world and has many therapeutic occupational and educational applications Rational Emotive Behaviour Therapy 100 Key Points and Techniques presents 100 main features of this system to help therapists improve their practice These essential points have been derived from the authors own practice and also from their experience as trainers and supervisors of novice rational emotive behaviour therapists Beginning with an introduction outlining the basics of the approach this book offers thorough coverage of all the vital topics including therapeutic alliance issues educational issues dealing with clients misconceptions about REBT encouraging clients to work at change dealing with obstacles to client change using the system in a creative way This concise and highly practical book will be invaluable to psychotherapists and counsellors in training and practice ensuring comprehensive understanding of the REBT approach **Rational Emotive Behaviour Therapy** Windy Dryden, 2004-06-02 Rational Emotive Behaviour Therapy Theoretical Developments is a cutting edge examination of the theory behind this popular approach within the cognitive behavioural tradition Distinguished practitioners and authors discuss the relevance of cross disciplinary factors affecting REBT REBT as an intentional therapy differentiating preferential from exaggerated and musturbatory beliefs in REBT irrational beliefs as schemata Thought provoking presentation of case studies and the latest theory revision give Rational Emotive Behaviour Therapy Theoretical Developments a distinctive slant a challenging discussion of the approach s openness to revision from within and outside the ranks of REBT and its implications for the future *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 Good Practice in Rational Emotive Behaviour Therapy Windy Dryden, 2024-10-03 Good Practice in Rational Emotive Behaviour Therapy does exactly what it promises It helps the Rational Emotive Behaviour Therapy REBT therapist to pinpoint areas of good practice enabling them to make progress towards becoming competent practitioners Instead of focusing on what not to do in practice this revised second edition instead emphasises what to do Covering 101 areas of good practice this thoroughly updated second edition places emphasis on developing and maintaining the therapeutic alliance how to outline REBT for potential clients so that they can make an informed decision about whether to engage with the service and how to prepare clients to carry out their tasks in the therapy A new focus is also placed on online therapy This highly accessible and practical book is an indispensable guide for anyone embarking on a career in the REBT field *Developing Counsellor Training* Windy Dryden, Colin Feltham, 1994-06-14 Assessing how counselling training may be analyzed systematized reconsidered and improved this book raises the central issues which face those with an interest in the design or improvement of training courses and puts forward ideas about how such courses can be better organized how training methods can be made more effective and how counselling skills can be more appropriately taught The book also covers areas such as trainers self care

working relationships interpersonal dynamics and trainees supervised work with clients It does not disguise the problems involved in starting or running a training course but provides encouraging advice supported by case studies and examples to show how these difficulties can be

Special Applications of REBT Joseph Yankura, Windy Dryden, 1997

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Table of Contents Developing Rational Emotive Behavioural Counselling

1. Understanding the eBook Developing Rational Emotive Behavioural Counselling
 - The Rise of Digital Reading Developing Rational Emotive Behavioural Counselling
 - Advantages of eBooks Over Traditional Books
2. Identifying Developing Rational Emotive Behavioural Counselling
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Developing Rational Emotive Behavioural Counselling
 - User-Friendly Interface
4. Exploring eBook Recommendations from Developing Rational Emotive Behavioural Counselling
 - Personalized Recommendations
 - Developing Rational Emotive Behavioural Counselling User Reviews and Ratings
 - Developing Rational Emotive Behavioural Counselling and Bestseller Lists
5. Accessing Developing Rational Emotive Behavioural Counselling Free and Paid eBooks
 - Developing Rational Emotive Behavioural Counselling Public Domain eBooks
 - Developing Rational Emotive Behavioural Counselling eBook Subscription Services
 - Developing Rational Emotive Behavioural Counselling Budget-Friendly Options

6. Navigating Developing Rational Emotive Behavioural Counselling eBook Formats
 - ePub, PDF, MOBI, and More
 - Developing Rational Emotive Behavioural Counselling Compatibility with Devices
 - Developing Rational Emotive Behavioural Counselling Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Developing Rational Emotive Behavioural Counselling
 - Highlighting and Note-Taking Developing Rational Emotive Behavioural Counselling
 - Interactive Elements Developing Rational Emotive Behavioural Counselling
8. Staying Engaged with Developing Rational Emotive Behavioural Counselling
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Developing Rational Emotive Behavioural Counselling
9. Balancing eBooks and Physical Books Developing Rational Emotive Behavioural Counselling
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Developing Rational Emotive Behavioural Counselling
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Developing Rational Emotive Behavioural Counselling
 - Setting Reading Goals Developing Rational Emotive Behavioural Counselling
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Developing Rational Emotive Behavioural Counselling
 - Fact-Checking eBook Content of Developing Rational Emotive Behavioural Counselling
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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