



# Rational Emotive Behaviour Therapy: 100 Key Points and Techniques

*Windy Dryden, Michael Neenan*

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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.

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