

How To Think And Intervene Like An Rebt Therapist Dryden Windy

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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

leading psychologist lecturer and author windy dryden has compiled his most valuable writings on rational emotive behaviour therapy from the last thirty five years this collection reveals the thinking concepts and practical experience that have made dryden one of the most respected and cited rebt authorities of our time dryden has authored or edited over 195 books and established europe s first masters in rebt while his primary allegiance remains with rebt he has published extensively on cbt and

the wider issues of psychotherapy dryden's pluralistic perspective on rebt comes through in such seminal pieces as the therapeutic alliance in rational emotive individual therapy compromises in rational emotive therapy adapting cbt to a broad clientele unconditional self acceptance and self compassion

windy dryden is known to counsellors and psychotherapists worldwide for his accessible interesting and useful books on many aspects of helping people to change and cope rational emotive behaviour therapy rebt is in fact a field of special interest to him and this book represents a timely combination of his special expertise in this area and a response to the growing need for brief time-limited methods for counselling and therapy among the many books on rational emotive behaviour therapy this is one of the few which provide concepts and methods in the context of a brief therapy process practitioners will find in this book useful insights and guidance on applying these methods throughout the process of therapy including building the working alliance assessment formulation and work both within and outside sessions the whole process is illustrated by a case study which reflects the problems of real life work with a client from a pre-publication review i have read the manuscript and find it to be excellent in practically all respects and indeed to be one of the very best of the many books that windy has published on rebt it not only tells counselors and therapists who will read it how to conduct rational emotive behavior therapy briefly and quite adequately but it also will be very useful for any therapists who want to conduct regular rebt in more than the eleven sessions that windy emphasizes in this book so it is a fine introduction to rebt but it also will be good for many experienced rebt therapists who want to see exactly what windy does in his therapy sessions and what methods might be helpful in their own work albert ellis phd president iret new york usa this book appears in the wiley series in brief therapy and counselling series editor windy dryden goldsmiths college university of london uk

reissued with a new foreword by raymond digiuseppe phd scd st john's university new trainees often get the theory of psychopathology they struggle to get the case conceptualization and the strategic plan then they ask themselves what do i do now going from the abstractions to the actions is not always clear the practice of rational emotive behavior therapy represents a compilation of years of theoretical and clinical insights distilled into a specific theory of disturbance and therapy and deductions for specific clinical strategies and techniques the structure of this book focuses on an explication of the theory a chapter on basic practice and a chapter on an in-depth case study a detailed chapter follows on the practice of individual psychotherapy although the book is not broken into sections the next four chapters represent a real treasure the authors focus on using rebt in couples family group and marathons sessions doing rebt with one person is difficult to learn once the clinician adds more people to the room with different and sometimes competing agendas things get more complicated these chapters will not only help the novice clinician but also the experienced rebt therapists work better in these types of sessions so consider yourself lucky for having picked up this book reading it will help many people get better from the foreword by raymond digiuseppe phd scd director of professional education albert ellis institute professor and chair department of psychology st john's university this edition involving a unique collaboration between albert ellis and the world's greatest ellis scholar windy dryden modernizes ellis's pioneering theories the book begins with an explanation of rational emotive behavior therapy as a general treatment model and then addresses different treatment modalities including individual couple family and sex therapy the authors have added material new since the book's original edition on teaching the principles of unconditional self acceptance in a structured group setting with extensive use of actual case examples to illustrate each of the different settings and a new brand new foreword by raymond digiuseppe that sets the book into its 21st century context

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

trainee therapists often stick rigidly to the therapeutic guidelines that are taught to them on their training course or adopted from a book regardless of their approach how to think and intervene like an rebt therapist provides the trainee with an opportunity to discover how experienced therapists think and how their thoughts influence their interventions when using rational emotive behaviour therapy rebt in this book windy dryden compares the thinking and intervening characteristics of experienced rebt therapists with the actions of trainees making errors typical of people at an introductory level by using clinical vignettes case scenarios and verbatim dialogue he demonstrates how rebt therapists can make better use of the working alliance between themselves their clients and their trainees and use rebt more flexibly in practice this new edition is updated with modern language and examples to make it more user friendly and accessible for readers new references and the citing of developments in theory bring the book up to date with advancements in the field and create greater flexibility for both therapist and client this highly practical guide remains essential reading for all those who have recently been introduced to rebt

rational emotive behaviour therapy rebt is an approach to counselling and psychotherapy in which great emphasis is placed on how emotional problems can be caused by the role of thoughts beliefs and behaviour however no book before has taught the skills needed to use this therapeutic approach in practice in a thorough and accessible way reason to change is the first workbook which teaches the practical skills of rebt each skill is explained in detail and examples are given of how each skill can be put into practice these skills include developing a problem list and setting goals choosing a target problem and assessing a specific example questioning beliefs dealing with your doubts reservations and objections taking action by using these skills in an active way it can be possible to overcome emotional problems such as anxiety depression shame guilt hurt unhealthy anger unhealthy jealousy and unhealthy envy this book can be used by people on their own and by those who are consulting an rebt therapist it will also be of interest to therapists and counsellors

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 relevance of rational emotive behaviour therapy for modern cbt and psychotherapy explores the contemporary relevance of this treatment for modern psychotherapy from the point of view of a leading contributor first founded in 1955 by albert ellis rebt still has much to offer the field despite this the therapy has been increasingly neglected by cognitive behaviour therapy and other practitioners to demonstrate its contributed relevance professor windy dryden outlines in this book his current thinking and practice in regard to rebt he advocates its key features of flexibility and non extremeness and explores what he believes rebt has to contribute to the discussion surrounding contemporary issues in psychotherapy the relevance of rational emotive behaviour therapy for modern cbt and psychotherapy is an excellent resource for cbt and other therapists who would like to know more about the relevance of rebt to their work

in this book professor dryden outlines seven core principles of rational emotive behaviour therapy arguing that effective rebt is based on the development and maintenance of a good working alliance professor dryden states that the reb therapist first needs to encourage the client to assume emotional responsibility and see that their problems are underpinned by a set of rigid and extreme attitudes which need to be changed professor dryden emphasises that effective rebt is also based on an accurate adversity based assessment of the client s problems and on goal setting that acknowledges that it is healthy to experience negative but non disturbed emotions about the adversities that feature in the client s problems perhaps the key task of the reb therapist is to promote attitude change as a way to help the client to solve their emotional problems and this is given due weight in this book however since rebt is flexible the therapist needs to be able to promote different forms of change and deal with a range of client issues in therapy those that reflect disturbance dissatisfaction and development

rational emotive behaviour therapy rebt is an approach to counselling and psychotherapy in which great emphasis is placed on how attitudes are at the root of emotional problems and their solution the first edition of reason to change was written as a one of a kind workbook teaching the practical skills of rebt in this updated edition windy dryden teaches in a very specific way the skills needed to use this therapeutic approach in practice in a thorough and accessible way each skill is explained in detail and examples are given of how each skill can be put into practice these skills include developing a problem list and setting goals choosing a target problem and assessing a specific example examining attitudes dealing with your doubts reservations and objections taking action by using these skills in an active way it can be possible to address effectively emotional problems such as anxiety depression shame guilt hurt unhealthy anger unhealthy jealousy and unhealthy envy this book can be used by people on their own and by those who are consulting an rebt therapist it will also be of interest to therapists and counsellors

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

seminars by professor windy dryden see the man live and in action to find out more and to book your place go to cityminds com rational emotive behaviour therapy rebt founded by albert ellis recently celebrated its fortieth anniversary as a leading therapy approach within the cognitive behavioural tradition windy dryden has made numerous contributions to rebt s development over the last 15 years many of these contributions are contained in this volume the book opens with a brief overview of basic rebt theory and practice for readers new to the field the following chapter compares ret as it was practised in the early 1960s with rebt some 30 years on subsequent chapters are devoted to the theoretical developments and practical innovations that have taken place in recent years looking at areas such as brief rebt behaviour and the abcs and using rebt in supervision and in group settings

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

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

seminars by professor windy dryden see the man live and in action to find out more and to book your place go to 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

productive therapeutic change is facilitated when the therapist and client have a good therapeutic relationship share views on salient therapeutic matters agree on goals to enhance client well being and understand what they each have to do to achieve the goals of therapy in this book windy dryden and michael neenan address the difficulties that both client and therapist bring to rational emotive behaviour therapy rebt when either party is resistant to change divided into two parts client resistance and therapist resistance working with resistance in rational emotive behaviour therapy tackles the challenges experienced by both client and clinician when using rebt addressing issues of resistance enables both the client and practitioner to move beyond problems in the consulting room and build a more productive relationship resulting in more effective sessions and assisting in the resolution of underlying problems for which the client has sought help working with resistance in rational emotive behaviour therapy is essential reading for any practitioner hoping to use rebt more effectively in their day to day practice

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

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

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

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