



Fundamentals of Rational Emotive Behaviour Therapy: A Training Handbook (2nd Revised edition)

By Windy Dryden, Rhena Branch

John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, Fundamentals of Rational Emotive Behaviour Therapy: A Training Handbook (2nd Revised edition), Windy Dryden, Rhena Branch, * 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.



READ ONLINE
[3.7 MB]

Reviews

If you need to adding benefit, a must buy book. I am quite late in start reading this one, but better then never. I am happy to inform you that this is the best book i have read through during my own lifestyle and can be he best publication for at any time.

-- **Mrs. Phoebe Schimmel**

The ebook is fantastic and great. I am quite late in start reading this one, but better then never. I am just effortlessly could possibly get a enjoyment of looking at a created ebook.

-- **Mr. Kevin Herzog**

See Also



hc] not to hurt the child's eyes the green read: big fairy 2 [New Genuine(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2008-01-01 Pages: 95 Publisher: Jilin Art Shop Books all new book of genuine special spot any shortages will...



Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success

Brookes Publishing Co. Paperback. Book Condition: new. BRAND NEW, Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success, Eva M. Horn, Susan B. Palmer, Gretchen D. Butera, Joan A. Lieber, How can inclusive early educators plan and deliver...



Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age, David Dutwin, TV. Web Surfing. IMing. Text Messaging. Video Games. iPods. Kids today are plugged into...



A Dog of Flanders: Unabridged; In Easy-to-Read Type (Dover Children's Thrift Classics)

Dover Publications, 2011. Paperback. Book Condition: New. No Jacket. New paperback book copy of A Dog of Flanders by Ouida (Marie Louise de la Ramee). Unabridged in easy to read type. Dover Children's Thrift Classic. Reprint of original edition. Green edition. Mineola...



It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em, Greg Behrendt, Amiira Ruotola-Behrendt, A fabulous new guide to dating co-authored by Greg Behrendt, former writer on...



Hitler's Exiles: Personal Stories of the Flight from Nazi Germany to America

New Press. Hardcover. Book Condition: New. 1565843940 Never Read-12+ year old Hardcover book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with FREE tracking!! *...