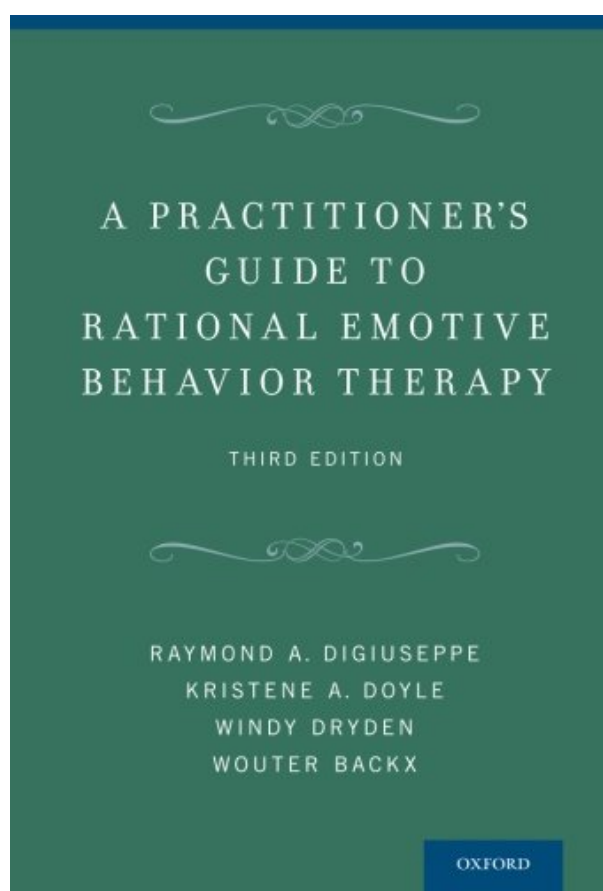



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A PRACTITIONER'S
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THIRD EDITION



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This book *A Practitioner's Guide To Rational Emotive Behavior Therapy* By Raymond A. DiGiuseppe, Kristene A. Doyle, Windy Dryden, Wouter Backx is anticipated to be one of the most effective vendor book that will make you really feel satisfied to buy and also read it for completed. As recognized can common, every book will certainly have particular things that will make someone interested a lot. Also it comes from the author, kind, content, and even the publisher. Nonetheless, lots of people likewise take the book *A Practitioner's Guide To Rational Emotive Behavior Therapy* By Raymond A. DiGiuseppe, Kristene A. Doyle, Windy Dryden, Wouter Backx based on the theme and title that make them surprised in. and right here, this *A Practitioner's Guide To Rational Emotive Behavior Therapy* By Raymond A. DiGiuseppe, Kristene A. Doyle, Windy Dryden, Wouter Backx is extremely suggested for you considering that it has appealing title as well as motif to read.

Review

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Extensively updated to include clinical findings over the last two decades, this third edition of A Practitioner's Guide to Rational-Emotive Behavior Therapy reviews the philosophy, theory, and clinical practice of Rational Emotive Behavior Therapy (REBT). This model is based on the work of Albert Ellis, who had an enormous influence on the field of psychotherapy over his 50 years of practice and scholarly writing.

Designed for both therapists-in-training and seasoned professionals, this practical treatment manual and guide introduces the basic principles of rational-emotive behavior therapy, explains general therapeutic strategies, and offers many illustrative dialogues between therapist and patient. The volume breaks down each stage of therapy to present the exact procedures and skills therapists need, and numerous case studies illustrate how to use these skills. The authors describe both technical and specific strategic interventions, and they stress taking an integrative approach. The importance of building a therapeutic alliance and the use of cognitive, emotive, evocative, imaginal, and behavioral interventions serves as the unifying theme of the approach. Intervention models are presented for the treatment of anxiety, depression, trauma, anger, personality disorders, and addictions. Psychologists, clinical social workers, mental health counselors, psychotherapists, and students and trainees in these areas will find this book useful in learning to apply rational-emotive behavior therapy in practice.

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Great update for a therapy that actually works!

By Jorge Munoz-Bustamante, LCSW

The Practitioner's guide does a great job of bringing the principles of Rational Emotive Behavior Psychology and Therapy (REBT) up to date. In a clear, thorough and concise manner the authors go over the principles of REBT, teach you the ABCs (bad pun)of this very effective yet simple therapy and provide extensive examples of REBT in practice. The Guide is a fairly long read but is easily understood and down-to-earth.

One of the fundamental aspects of REBT is it's teach-ability. Clients are encouraged to become familiar with it's principles and strategies in order to optimize their experience. In this, the Guide does not disappoint and I will be recommending it to some of my clients as well as to many of my colleagues. If they ever take this work and aim it at clients -A Client's Guide to Rational Emotive Behavior Therapy- it will be a home run.

Summarily, this would be a great read for anyone with an interest in therapies that actually work, are cost effective, and can be self-taught to a significant degree.

Kudos to the authors!

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fantastic book written by dr windy dryden .preferably read by everyone. i want to give 10 star but this option is not available.

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