

Login

Search



Menu

# A primer on rational emotive behaviour therapy

## + Tools

Dryden, Windy; DiGiuseppe, Ray and Neenan, Michael. 2010. *A primer on rational emotive behaviour therapy*. Champaign, Illinois: Research Press. ISBN 978-0-87822-636-8 [Book]



Image

5189.jpg - Cover Image

[Download \(17kB\)](#) | [Preview](#)

Official URL: <http://www.researchpress.com/product/item/5189/>

## Abstract or Description

This new edition provides a concise but systematic guide to the basics of REBT — a valuable approach for helping clients overcome emotional and behavioral difficulties. The authors have updated this practical resource to reflect recent developments in REBT theory and practice.

Part I: Briefly outlines the principles considered central to an understanding of REBT.

Part II: Details a sequence of 20 REBT steps recommended for use during peer counseling and clinical work.

Part III: illustrates the application of the REBT process to a specific case.

The brief overview of REBT practice presented in this primer is designed to complement rather than replace comprehensive texts for conducting REBT at a more advanced level.

<b>Item Type:</b>	Book
<b>Keywords:</b>	rational emotive behaviour therapy rebt counseling rebt counselling
<b>Departments, Centres and Research Units:</b>	<a href="#">Social, Therapeutic &amp; Community Engagement (STaCS)</a>
<b>Date:</b>	2010
<b>Item ID:</b>	4829
<b>Date Deposited:</b>	16 Feb 2011 15:10
<b>Last Modified:</b>	10 Jul 2017 08:37
<b>URI:</b>	<a href="http://research.gold.ac.uk/id/eprint/4829">http://research.gold.ac.uk/id/eprint/4829</a>

[View statistics for this item...](#)



Edit Record (login required)

Rational emotive behavior therapy (REBT), developed by Albert Ellis in the 1950s, was the first of the main cognitive-behavioral therapies. REBT centers on the theory that people naturally cope with the stressors of life by adjusting their cognitive, emotional, and behavioral reactions. It posits that people have a tendency toward irrational thinking—creating absolute beliefs for themselves such as "I must always be liked" and "I can't stand it when others don't treat me exactly as I think I must be treated." Such absolutist thinking is classified as irrational, a