



Brief Rational Emotive Behaviour Therapy

Windy Dryden

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Brief Rational Emotive Behaviour Therapy Windy Dryden

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 REBTers 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

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