

Understanding Emotional Problems: The Rebt Perspective

- Windy Dryden

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Rational emotive behaviour therapy (REBT) is an approach to counselling and psychotherapy rooted in the CBT tradition and one that has a distinctive perspective on emotional problems. Understanding Emotional Problems provides an accurate understanding of the REBT perspective on eight major emotional problems for which help is sought: anxiety depression shame guilt unhealthy anger hurt unhealthy jealousy unhealthy envy. Rather than discussing treatment methods, Windy Dryden encourages the reader to accurately understand these problems and suggests that a clear, correct understanding of each disorder will provide a firm foundation for effective treatment. This concise, straightforward text presents each emotional problem in a similar way, allowing the reader to compare and contrast the similarities and differences between problems. Understanding Emotional Problems will be essential reading for therapists both in training and in practice. Author: Dryden, Windy Publisher: Routledge Illustration: N Language: ENG Title: Understanding Emotional Problems: The REBT Perspective Pages: 00152 (Encrypted EPUB) / 00152 (Encrypted PDF) On Sale: 2012-08-21 SKU-13/ISBN: 9780415481960 Category: Psychology : Psychotherapy - Counseling

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