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Titolo	Cognitive behavioral approaches for counselors // Diane Shea, Holy Family University
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ISBN	1-4833-7817-9 1-4833-9365-8 1-4833-2474-5 1-4833-1329-8
Descrizione fisica	1 online resource (120 pages) : illustrations
Collana	Theories for counselors series
Disciplina	616.89/1425
Soggetti	Cognitive therapy Rational emotive behavior therapy Counselor and client Counseling
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	chapter 1. Client and relationship in REBT/CBT -- chapter 2. Basic tenets of REBT/CBT -- chapter 3. Evolution of REBT/CBT -- chapter 4. Multiculturalism -- chapter 5. A case illustration using REBT/CBT.
Sommario/riassunto	REBT/CBT therapies are presented with an emphasis on the therapeutic relationship from a common factors perspective. -- REBT/CBT therapies are presented with an emphasis on the therapeutic relationship from a common factors perspective. -- Research demonstrating that REBT/CBT is highly compatible with major world religions such as Christianity, Judaism, and Islam is imparted. -- The author shows that as "third wave" cognitive therapies-such as Mindfulness-Based CBT, Dialectical Behavioral Therapy, and Acceptance and Commitment Therapy-evolved, these approaches incorporated elements of spirituality into treatments while continuing to emphasize the therapeutic alliance.