Record Nr. UNINA9910461912703321 Autore Dryden Windy Titolo The rational emotive behavioural approach to the rapeutic change [[electronic resource] /] / Windy Dryden & Michael Neenan London, : SAGE, 2004 Pubbl/distr/stampa **ISBN** 9786610369164 1-280-36916-7 1-4129-3189-4 0-7619-4895-3 Descrizione fisica 1 online resource (154 p.) Collana SAGE therapeutic change series Altri autori (Persone) NeenanMichael Disciplina 616.8914 616.89142 Soggetti Rational emotive behavior therapy Cognitive therapy Electronic books. Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Note generali Description based upon print version of record. Nota di bibliografia Includes bibliographical references (p. [137]-139) and index. Nota di contenuto Cover; Contents; List of Figures; Introduction; Chapter 1 - The ABCs of Rational Emotive Behaviour Therapy; Chapter 2 - Different Types of Change; Chapter 3 - The REBT Change Sequence; Chapter 4 - The Role of the Therapist; Chapter 5 - The Role of the Client; Chapter 6 - Client Obstacles and How to Address Them; Chapter 7 - Therapist Obstacles and How to Address Them; Chapter 8 - Client-Therapist Obstacles and How to Address Them; Chapter 9 - The Process of Change; References; Index Sommario/riassunto 'The Rational Emotive Behavioural Approach to Therapeutic Change' will be welcomed both by those specialising in REBT and those trained in other approaches wanting to learn more about the change process in

counselling and psychotherapy.