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Descrizione fisica	1 online resource (77 pages)
Collana	Routledge focus on mental health
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Pathways to help -- Rational emotive behaviour therapy: an introduction -- Single-session therapy and one-at-a-time therapy: an introduction -- Good practice in SST/OAAT therapy -- Contributions from REBT to OAAT therapy -- The role of context in OAAT therapy -- REBT -based OAAT therapy -- REBT-based OAAT therapy in action.
Sommario/riassunto	Single-Session 'One-at-a-Time' Therapy: A Rational Emotive Behaviour Therapy Approach details a specific approach to Single-Session Therapy (SST) known as 'One-At-A-Time' (OAAT) Therapy and shows how this can be implemented from a Rational Emotive Behaviour Therapy (REBT) perspective. Windy Dryden argues that OAAT Therapy is a time-efficient, cost-effective means of providing help according to need. Single-Session 'One-at-a-Time' Therapy outlines an innovative and experimental approach to improving mental health and will appeal to psychotherapists and counsellors looking for an accessible and authoritative guide to brief therapeutic work.