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Nota di contenuto	Machine generated contents note: -- Foreword to the Second Edition by Albert Ellis -- Preface -- About the Authors -- Part I Basic Introduction to REBT -- 1. Albert Ellis and the Philosophy of REBT -- 2. Rational-Emotive Behavior Theory -- 3. The Irrational Beliefs -- Part II General Therapeutic Strategies -- 4. The A-B-C Model and Teaching Clients the B to C Connection -- 5. Getting Therapy Off to a Good Start -- 6. Basic Therapist Skills -- Part III The A-B-C's of REBT: Assessment -- 7. Identifying the A -- 8. The C: The Emotional and Behavioral Consequences -- 9. Assessing the B -- Part IV Therapy: Getting Down to D - Disputation, and E -the New Effective C -- 10. Cognitive Change Strategies -- 11. Challenges to Specific Irrational Beliefs -- 12. The Effective New Belief (EB) -- 13. Emotive, Evocative, Imaginal, and Behavioral Change Strategies -- 14. Problems and Solutions in Disputing Irrational beliefs -- 15. Therapeutic Styles: the What and the Not to Dispute -- Part V The Therapeutic Whole -- 16. Homework Assignment -- 17. Comprehensive Rational-Emotive Behavior Therapy -- 18. The Course of Therapy and Beyond -- Appendix -- References -- Index.
Sommario/riassunto	Designed for both therapists-in-training and seasoned professionals, this practical treatment guide introduces the basic principles of rational-emotive behaviour therapy, explains general therapeutic strategies, and offers many illustrative dialogues between therapist and patient. It breaks down each stage of therapy to present the exact

procedures and skills therapists need, and numerous case studies illustrate how to use these skills.
