

1. Record Nr.	UNINA9910822644103321
Titolo	Stress counselling : a rational emotive behaviour approach // Albert Ellis ... [et al.]
Pubbl/distr/stampa	London ; ; New York, : Continuum, 2001, c1997
ISBN	1-4462-3713-3 1-283-88017-2 1-4462-6570-6
Edizione	[1st ed.]
Descrizione fisica	1 online resource (vi, 200 p.)
Collana	Stress counselling series
Altri autori (Persone)	EllisAlbert
Disciplina	155.9042
Soggetti	Behavior therapy Counseling Stress (Psychology)
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 and index.
Nota di contenuto	Cover; Contents; Foreword; Preface; Chapter 1 - Stress: A Rational Emotive Behaviour Perspective; Chapter 2 - Assessment in Rational Emotive Behaviour Therapy; Chapter 3 - The Beginning Stage of Stress Counselling; Chapter 4 - The Middle Stage of Stress Counselling; Chapter 5 - The Ending Stage of Stress Counselling: Working Towards Termination of Stress Counselling; Chapter 6 - Additional Techniques for Stress Counselling with REBT; Chapter 7 - Brief Psychotherapy and Crisis Intervention in Rational Emotive Behaviour Therapy; Chapter 8 - How to Deal with Difficult Clients Chapter 9 - Occupational Stress and Group Work Afterword: Training in Rational Emotive Behaviour Therapy; References; Appendix 1 - REBT Self-Help Form; Appendix 2 - Assignment Task Sheet; Appendix 3 - Techniques for Disputing Irrational Beliefs (DIBS); Appendix 4 - How to Maintain and Enhance Your Rational Emotive Behaviour Therapy Gains; Appendix 5 - An ABCDE Form; Appendix 6 - An Introduction to Rational Emotive Behaviour Therapy; Appendix 7 - Stress Mapping; Appendix 8 - Big I/Little i Diagram; Appendix 9 - Irrational Belief: Cost-Benefit Form Appendix 10 - Rational Belief: Cost-Benefit Form Index

Sommario/riassunto

This book discusses techniques and solutions to common problems and also provides guidance on conducting group work. Its comprehensive coverage includes additional material on techniques such as skills training, relaxation methods, hypnosis and biofeedback.
