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Collana	Counselling in action
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Nota di bibliografia	Includes bibliographical references (p. 111-113) and index.
Nota di contenuto	Cover; Contents; Preface; Part I: The basic principles of rational emotive behavioural counselling; Part II: The rational emotive behavioural counselling sequence; Part III: The rational emotive behavioural counselling process; Appendix 1: Possible reasons for not completing self-help assignments; Appendix 2: How to maintain and enhance your rational emotive behavior therapy gains; References; Index
Sommario/riassunto	Windy Dryden introduces the key elements of rational emotive behavioural theory and practice, and outlines the counselling sequence when working through a particular problem with a client.