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Sommario/riassunto

Rational Emotive Behaviour Therapy (REBT) is an approach to counselling and psychotherapy rooted in the CBT tradition, and one that has a distinctive perspective on emotional problems.

Understanding Emotional Problems and their Healthy

Alternatives provides an accurate understanding of the REBT perspective on eight major emotional problems for which help is sought and their healthy alternatives: anxiety and concern depression and sadness shame and disappointment guilt and remorse unhealthy anger and healthy anger hurt and sorrow unhealthy jealousy and healthy jealousy unhealthy envy and healthy envy. Rather than discussing treatment methods, Windy Dryden encourages the reader to understand these problems accurately and suggests that doing so will provide a firm foundation for effective treatment. This new edition, updated throughout, reflects the increased interest in helping clients work towards 'healthy negative emotions'. Understanding Emotional Problems and their Healthy Alternatives will be essential reading for therapists, both in training and in practice.
