

1. Record Nr.	UNINA9910968824503321
Autore	Dryden Windy
Titolo	Understanding emotional problems and their healthy alternatives : the REBT perspective / / Windy Dryden
Pubbl/distr/stampa	New York ; London, : Routledge, 2022
ISBN	1-00-320348-5 1-000-46073-8 1-003-20348-5 1-000-46069-X
Edizione	[Second edition.]
Descrizione fisica	1 online resource (243 pages)
Disciplina	616.8914
Soggetti	Rational emotive behavior therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
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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.

2. Record Nr.	UNIORUON00052409
Autore	ALGARDI, Z. S.
Titolo	Il petrolio sulla via di Damasco / Z. S. Algardi
Pubbl/distr/stampa	Firenze, : Parenti, 1962
Descrizione fisica	343 p. ; 21 cm
Classificazione	ARA IV C
Soggetti	Economia - Medio oriente - Petrolio
Lingua di pubblicazione	Italiano
Formato	Materiale a stampa
Livello bibliografico	Monografia