



## Rational Emotive Behaviour Group Therapy

By Windy Dryden

Wiley. Paperback. Book Condition: New. Paperback. 224 pages. Dimensions: 9.2in. x 6.0in. x 0.6in. This is the first book devoted to group therapy applications of Rational Emotive Behaviour Therapy (REBT). REBT is an active-directive, psychoeducational approach to psychotherapy and as such it is very well suited to being practised with groups. This book shows the range of these applications from regular group therapy to specialised group interventions such as nine hour intensives and Albert Ellis famous Friday Night Workshop. Also featured are chapters on a brief, group-based, structured educational approach to teaching unconditional self-acceptance using REBT and the use of the group in training and supervising REBT therapists in training. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



**READ ONLINE**  
[ 6.04 MB ]

### Reviews

*This book is really gripping and fascinating. Of course, it is actually play, nonetheless an interesting and amazing literature. You will not feel monotony at anytime of the time (that's what catalogs are for about if you request me).*

-- **Delbert Gleason**

*It is easy in study better to understand. Of course, it is actually play, nonetheless an amazing and interesting literature. I am quickly could possibly get a satisfaction of reading through a published ebook.*

-- **Ms. Lucinda Koelpin**

## See Also



### [To Thine Own Self](#)

Dog Ear Publishing, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Carefree and self assured Carolyn loves her life. Her uncle runs the day-to-day details of her company leaving...



### [iPhone 6 iPhone 6s in 30 Minutes: The Unofficial Guide to the iPhone 6 and iPhone 6s, Including Basic Setup, Easy IOS Tweaks, and Time-Saving Tips](#)

I30 Media Corporation, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In 30 minutes, learn how to unlock the secrets of your iPhone 6, iPhone 6S, or iPhone 6/6S...



### [Boosting Your Pet's Self-Esteem: Or How to Have a Self-Actualized, Addiction-Free, Non-Co-Dependent Animal Companion](#)

Macmillan General Reference. PAPERBACK. Book Condition: New. 087605680X The book is brand new. For some reason, half of the very last page in the book is missing. It in no way affects the index of the book or any of the text...



### [Play Baby by Disney Book Group Staff and Susan Amerikaner 2011 Board Book](#)

Book Condition: Brand New. Book Condition: Brand New.



### [Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade](#)

Book Condition: Brand New. Book Condition: Brand New.



### [Games with Books : Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade](#)

Book Condition: Brand New. Book Condition: Brand New.