



Rational Emotive Behavioural Counselling in Action (Counselling in Action series)

Windy Dryden, Michael Neenan

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'The book is highly readable and makes extensive use of an actual case study in order to illustrate the approach' - *Mark Edwards, Nurturing Potential*

'As the creator of Rational Emotive Therapy I have probably read more books dealing with its theory and practice than has anyone else. Of all these books, Windy Dryden and Michael Neenan's is easily one of the best. In a remarkably concise way they have distilled most of the main principles and methods into a small, highly practical and exceptionally readable volume. Any counsellor or therapist will find this book unusually useful and valuable' - *Albert Ellis, Albert Ellis Institute*

Rational Emotive Behavioural Counselling in Action, Third Edition is a brand new edition of this highly popular guide to a much used approach. Combining the theoretical with the practical, the book provides an accessible guide for newcomers to this form of counselling.

The book describes the way in which the REB approach helps clients to identify the self-defeating beliefs behind their problems and instead to think, feel and behave differently as a means of achieving valued goals. Fully revised and updated, the book includes an important client case study following therapeutic work with 'Paula', which introduces the reader to the strategies and techniques needed at every stage of the process. Here, the reader is given an insight into the nuts and bolts of the therapeutic session, including conversations between client and therapist to illustrate the counselling sequence, how to help the client achieve goals, and how to end the counselling process.

Rational Emotive Behavioural Counselling in Action, Third Edition is invaluable for trainees of REB counselling, as well as those who want to incorporate elements of the approach into their own therapeutic work.

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