



# **Rational Emotive Behavior Therapy: A Therapist's Guide, 2nd Edition (The Practical Therapist)**

*Albert Ellis PhD, Catharine MacLaren MSW*

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## **Rational Emotive Behavior Therapy: A Therapist's Guide, 2nd Edition (The Practical Therapist)**

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Updated resource for practicing therapists from the father of rational therapy. Modern cognitive-behavioral therapy has its roots in the rational approach created by Ellis in the 1950s. Now known as Rational Emotive Behavior Therapy (REBT), Ellis's systematic integrative approach has grown and matured into a powerful mainstream psychotherapy. Hundreds of thousands of patients have benefited from the active interventions of therapists using REBT. Includes a thorough description of REBT theory and procedures, case examples, exercises. Major themes include: The Theory of Rational Emotive Behavior Therapy; The Practice of REBT; The Main Cognitive Techniques of REBT; The Main Emotive and Experiential Techniques of REBT; The Main Behavioral Techniques of REBT; The Integration of REBT with Other Psychotherapies; Summary and Conclusions.

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