



Rational Emotive Behaviour Therapy in a Nutshell (Counselling in a Nutshell)

Michael Neenan, Windy Dryden

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Rational Emotive Behaviour Therapy in a Nutshell provides a concise overview of a popular therapeutic approach, starting with the ABCDE Model of Emotional Disturbance and Change.

Written by leading REBT specialists, Michael Neenan and Windy Dryden, the book goes on to explain the core of the therapeutic process:

- Assessment

- Disputing

- Homework

- Working through

- Promoting self-change.

As an introduction to the basics of the approach, this updated and revised edition of **Rational Emotive Behaviour Therapy in a Nutshell** is the ideal first text and a springboard to further study.

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