A primer on rational emotive behaviour therapy
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Abstract or Description

This new edition provides a concise but systematic guide to the basics of REBT — a valuable approach for helping clients overcome emotional and behavioral difficulties. The authors have updated this practical resource to reflect recent developments in REBT theory and practice.

Part I: Briefly outlines the principles considered central to an understanding of REBT.
Part II: Details a sequence of 20 REBT steps recommended for use during peer counseling and clinical work.
Part III: Illustrates the application of the REBT process to a specific case.

The brief overview of REBT practice presented in this primer is designed to complement rather than replace comprehensive texts for conducting REBT at a more advanced level.
Rational emotive behavior therapy (REBT), developed by Albert Ellis in the 1950s, was the first of the main cognitive-behavioral therapies. REBT centers on the theory that people naturally cope with the stressors of life by adjusting their cognitive, emotional, and behavioral reactions. It posits that people have a tendency toward irrational thinking—creating absolute beliefs for themselves such as "I must always be liked" and "I can't stand it when others don't treat me exactly as I think I must be treated." Such absolutist thinking is classified as irrational, a