



Rational Emotive Behaviour Therapy: Theoretical Developments (Advancing Theory in Therapy)

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Rational Emotive Behaviour Therapy: Theoretical Developments is a cutting edge examination of the theory behind this popular approach within the cognitive-behavioural tradition. Distinguished practitioners and authors discuss the relevance of:

- · cross-disciplinary factors affecting REBT
- · REBT as an intentional therapy
- · differentiating preferential from exaggerated and musturbatory beliefs in REBT
- · irrational beliefs as schemata.

Thought-provoking presentation of case studies and the latest theory revision give Rational Emotive Behaviour Therapy: Theoretical Developments a distinctive slant: a challenging discussion of the approach's openness to revision from within and outside the ranks of REBT, and its implications for the future.



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