

Rational-Emotive Therapy: Fundamentals and Innovations (Paperback)



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Reviews

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(Bernadette Baumbach)

RATIONAL-EMOTIVE THERAPY: FUNDAMENTALS AND INNOVATIONS (PAPERBACK)



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Taylor Francis Ltd, United Kingdom, 2015. Paperback. Book Condition: New. 216 x 138 mm. Language: English . Brand New Book. Rational-emotive therapy was developed over a number of years from the work of Albert Ellis, who set up the Institute of Rational-Emotive Therapy in New York. As a form of therapy it integrates some of the features of both the behaviour therapies and the more traditional psychotherapies, although its closest links are with cognitive behaviour therapy. Originally published in 1984, this was the first book by a British author on this subject and it brings together all the author s previous work in this area. Its unique character is that it presents both the fundamentals, based on the work of Ellis, and innovations, developed in part by the author, extending this work. The book therefore combines theory and practice and will be of interest to those in counselling, clinical psychology, psychiatry and social work, as well as those in nursing and occupational therapy.



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