



Essential Rational Emotive Behaviour Therapy

Michael Neenan, Windy Dryden

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The theories and practices of REBT have been revised, expanded, corrected and updated since its inception in 1995. This volume takes into consideration those REBT therapists who criticise the constant dissection of the therapy, claiming that these innovations make it too complicated for most clients and even for some therapists. Innovations are the life-blood of any therapy that wishes to remain dynamic. This work, written in an easy-to-read style, seeks to strip away the sophistication that can cause confusion and focuses on the essential elements of REBT.

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