



Rational Emotive Behaviour Therapy: 100 Key Points and Techniques

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Routledge, 2006. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Preface. The Basics of Rational Emotive Behaviour Therapy. Part I: Therapeutic Alliance Issues. Use the Concept of the Therapeutic Alliance. Vary Your Bond with Different Clients. Vary Your Influence Base. Vary the Extent of Your Directiveness Over the Course of Therapy. Work to Facilitate Your Clients' Learning. Use the 'Challenging, but not Overwhelming' Principle. Establish the Reflection Process. Use a Common Language with Your Clients. Maintain a Goal-directed Stance in Therapy. Elicit Your Clients' Commitment to Effect Change. Strive for Philosophical Change, but be Prepared to Compromise. Engage Clients in the Most Productive Therapeutic Arena. Part II: Educational Issues. Suggest that Clients Record and Review their Counselling Sessions. Educate Clients in the Model and Process of REBT and Help Them Understand Your Respective Roles Within that Process. Explain What You are Doing and Why You are Doing it. Pay Attention to Clients' Non-Verbal and Paraverbal Behaviour. Teach and Re-Teach Your Clients the Principle of Emotional Responsibility. Teach the Full Distinction Between Rational Beliefs and Irrational Beliefs. Teach Your Clients to Distinguish Between Healthy and Unhealthy Negative Emotions. Teach Your Clients the Importance of Dealing...



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