



Rational Emotive Behaviour Therapy in a Nutshell (Counselling in a Nutshell)

Michael Neenan, Windy Dryden

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Students embarking on Rational Emotive Behavior Therapy training are often faced with lengthy and complicated texts from which to learn the theory and practice of the approach. **Rational Emotive Behaviour Therapy in a Nutshell** provides a relief from this by providing a concise and comprehensive guide to all the key elements of REBT. The authors believe that students of REBT can enhance their knowledge of the approach only if they have fully grasped the basics first. They offer a succinct introduction to REBT which students can use as a starting point before adding to their knowledge through further reading and learning. The book opens with an explanation of the ABCDE Model of Emotional Disturbance and Change which is the centrepiece of REBT theory and practice. The authors present the model in a way which is easy to grasp, but also has the depth of coverage needed for full understanding.

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