

## USING RATIONAL EMOTIVE THERAPY EFFECTIVELY%0A

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Learn about rational emotive behavior therapy, which was developed by Albert Ellis in the 1950s and remains a popular form of cognitive therapy.

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[Rational Emotive Therapy - Psychologist World](#)

Rational Emotive Therapy, sometimes called Rational Emotive Behavioral Therapy, is a form of therapeutic psychology that emerges from behaviorism. It attempts to use reason and rationality to recognize self-defeating cognitive processes, and learn to emote more appropriately. Effectively, the idea

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Rational emotive behavior therapy (REBT), previously called rational therapy and rational emotive therapy, is an

active-directive, philosophically and empirically based psychotherapy, the aim of which is to resolve emotional and behavioral problems and disturbances and to help people to lead happier and more fulfilling lives. REBT was created and developed by the American psychotherapist and

### **Managing Depression Using Rational Emotive Behavior ...**

REBT Depression Manual Protocol BBU, David et al., (2004) | Managing Depression Using Rational Emotive Behavior Therapy (REBT) To be Used Free for Research, Educational, and Training Purposes

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### **Rational Emotive Behaviour Therapy - CounsellingResource.com**

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Rational emotive behaviour therapy : a reader / Published: (1995) Handbook of rational-emotive therapy / Published: (1977) Dealing with difficulties in rational emotive behaviour therapy / by: Neenan, Michael.

### **A Brief Introduction To Rational Emotive Behaviour Therapy**

Page 1 of 15 A Brief Introduction To Rational Emotive Behaviour Therapy By Wayne Froggatt Third Ed.(this version Feb 2005) Rational Emotive Behaviour Therapy (REBT) is based on the concept that emotions and behaviours result from cog-