



Reason to Change: A Rational Emotive Behaviour Therapy (REBT) Workbook

Windy Dryden

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Rational Emotive Behaviour Therapy (REBT) is an approach to counselling and psychotherapy in which great emphasis is placed on how emotional problems can be caused by the role of thoughts, beliefs and behaviour. However, no book before has taught the skills needed to use this therapeutic approach in practice in a thorough and accessible way.

Reason to Change is the first workbook which teaches the practical skills of REBT. Each skill is explained in detail, and examples are given of how each skill can be put into practice. These skills include:

- * developing a problem list and setting goals
- * choosing a target problem and assessing a specific example
- * questioning beliefs
- * dealing with your doubts, reservations and objections
- * taking action.

By using these skills in an active way, it can be possible to overcome emotional problems such as anxiety, depression, shame, guilt, hurt, unhealthy anger, unhealthy jealousy and unhealthy envy. This book can be used by people on their own, and by those who are consulting an REBT therapist. It will also be of interest to therapists and counsellors.

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