



Inquiries in Rational Emotive Behaviour Therapy

Windy Dryden

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Inquiries in Rational Emotive Behaviour Therapy Windy Dryden

Rational Emotive Behaviour Therapy (REBT), founded by Albert Ellis, recently celebrated its fortieth anniversary as a leading therapy approach within the cognitive-behavioural tradition. Windy Dryden has made numerous contributions to REBT's development over the last 15 years; many of these contributions are contained in this volume.

The book opens with a brief overview of basic REBT theory and practice for readers new to the field. The following chapter compares RET as it was practised in the early 1960s with REBT some 30 years on. Subsequent chapters are devoted to the theoretical developments and practical innovations that have taken place in recent years, looking at areas such as brief REBT, behaviour and the ABCs, and

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