



# Rational Emotive Behaviour Group Therapy

*Windy Dryden, Michael Neenan*

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**Rational Emotive Behaviour Group Therapy** Windy Dryden, Michael Neenan

This is the first book devoted to group therapy applications of Rational Emotive Behaviour Therapy (REBT). REBT is an active-directive, psychoeducational approach to psychotherapy and as such it is very well suited to being practised with groups. This book shows the range of these applications from regular group therapy to specialised group interventions such as nine hour intensives and Albert Ellis's famous 'Friday Night Workshop'. Also featured are chapters on a brief, group-based, structured educational approach to teaching unconditional self-acceptance using REBT and the use of the group in training and supervising REBT therapists in training.

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