



Understanding Emotional Problems: The REBT Perspective

Windy Dryden

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Rational emotive behaviour therapy (REBT) is an approach to counselling and psychotherapy rooted in the CBT tradition and one that has a distinctive perspective on emotional problems.

Understanding Emotional Problems provides an accurate understanding of the REBT perspective on eight major emotional problems for which help is sought:

- anxiety
- depression
- shame
- guilt
- unhealthy anger
- hurt
- unhealthy jealousy
- unhealthy envy.

Rather than discussing treatment methods, Windy Dryden encourages the reader to accurately understand these problems and suggests that a clear, correct understanding of each disorder will provide a firm foundation for effective treatment.

This concise, straightforward text presents each emotional problem in a similar way, allowing the reader to compare and contrast the similarities and differences between problems. *Understanding Emotional Problems* will be essential reading for therapists both in training and in practice.

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