



# **Rational Emotive Behaviour Therapy: Theoretical Developments (Advancing Theory in Therapy)**

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## **Rational Emotive Behaviour Therapy: Theoretical Developments (Advancing Theory in Therapy)**

*Rational Emotive Behaviour Therapy: Theoretical Developments* is a cutting edge examination of the theory behind this popular approach within the cognitive-behavioural tradition. Distinguished practitioners and authors discuss the relevance of:

- cross-disciplinary factors affecting REBT
- REBT as an intentional therapy
- differentiating preferential from exaggerated and musturbatory beliefs in REBT
- irrational beliefs as schemata.

Thought-provoking presentation of case studies and the latest theory revision give *Rational Emotive Behaviour Therapy: Theoretical Developments* a distinctive slant: a challenging discussion of the approach's openness to revision from within and outside the ranks of REBT, and its implications for the future.

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