



A Practitioner's Guide to Rational Emotive Therapy

By Susan Walen, Raymond Diguseppe, Windy Dryden

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This is a second edition of a well-received and successful text first published by Oxford in 1980. Designed for both therapists-in-training and seasoned professionals, the work introduces the basic principles of rational-emotive therapy, explains general therapeutic strategies, and offers many illustrative dialogues between therapist and patient. The authors have extensively revised the book to include many of the clinical findings which have accumulated over the last decade.

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Editorial Review

Review

From reviews of the first edition: "Among the scores of books dealing with Albert Ellis's rational-emotive therapy (RET), this one is unsurpassed as a how-to-do-it handbook for professionals. . . . This guide is complete, readable, and clear, and. . . will benefit any therapist-in-training and many therapists whose formal training is complete." --Contemporary Psychology

"This is a well-written, well-organized and clinically powerful summary of how to conduct rational-emotive therapy." --The Behavior Therapist

"I was deeply impressed with how the authors conceptualized various client problems and appropriate treatments. . . . Anyone interested in observing the thought processes of experienced clinicians at work would find this text a delight to read." --The School Counselor

About the Author

Susan R. Walen, Ph.D., is Associate Professor of Psychology at Towson State University, Instructor in Psychiatry at the Johns Hopkins University School of Medicine, and Director of the Center for Cognitive and Rational-Emotive Therapy, Baltimore and Rockville, Maryland. Raymond DiGiuseppe, Ph.D., is Associate Professor of Psychology at St. John's University, and Director of Professional Education at the Institute for Rational-Emotive Therapy. Windy Dryden, Ph.D., is Professor of Counselling at Goldsmith's College, University of London, and Director of the Institute for Rational- Emotive Therapy (U.K.).

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