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[CBT | Windy Dryden, leading RECBT Therapist, Trainer ...](#)

Windy Dryden is one of the leading practitioners and trainers in the UK in the Cognitive Behaviour Therapy (CBT) tradition of psychotherapy. He is best known for his work in Rational-Emotive Cognitive Behaviour Therapy (RECBT), a leading CBT approach. He has been working in the field of counselling and psychotherapy since 1975 and was one of

[Cognitive Behavioural Therapy, RECBT by Windy Dryden](#)

About Rational-Emotive Cognitive Behaviour Therapy (RECBT) I regard myself as a Rational-Emotive Cognitive Behaviour Therapist. Cognitive Behaviour Therapy (CBT) is a major tradition in psychotherapy which holds that the ways in which people think and act have a major impact on whether they respond healthily or unhealthily to life's adversities.

[Windy Dryden, Rational Emotive Behavior Therapy](#) Rational Emotive Behavior Therapy (REBT) is a counseling approach that is used to resolve emotional, cognitive, and behavioral problems. Windy Dryden explain

[How Rational Emotive Behavior Therapy Works - Verywell Mind](#)

In 1959, the technique was redubbed rational emotive therapy and later rechristened rational emotive behavior therapy in 1992. Ellis continued to work on REBT until his death in 2007. Ellis continued to work on REBT until his death in 2007.

[Fundamentals of Rational Emotive Behaviour Therapy: A ...](#)

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[Rational Emotive Behavior Therapy - Psych Central](#) Albert Ellis, an important contributor to the ideas behind cognitive-behavioral therapy and the founder of Rational Emotive Behavior Therapy (REBT), discovered that people's beliefs strongly

[Rational Emotive Behavior Therapy | Psychology Today](#)

Rational Emotive Behavior Therapy (REBT) is a short-term form of psychotherapy that helps you identify self-defeating thoughts and feelings, challenge the rationality of those feelings, and

Rational Emotive Behaviour Therapy

Further Reading on Rational Emotive Behaviour Therapy
Our annotated bibliography includes pointers to additional reading on this and other therapeutic approaches. The comment referenced in the section on Criticisms, on the easiness of practising REBT poorly, is due to Dryden (2002b) , p. 367; the notion of selective eclecticism is due to Dryden (1987) .

Rational emotive behavior therapy - Wikipedia

Rational emotive behavior therapy (REBT), previously called rational therapy and rational emotive therapy, is an active-directive, philosophically and empirically based psychotherapy, the aim of which is to resolve emotional and behavioral problems and disturbances and to help people to lead happier and more fulfilling lives.

What is Rational Emotive Behavior Therapy (REBT)? - REBT ...

Rational Emotive Behavior Therapy (REBT) is a form of psychotherapy and a philosophy of living created by Albert Ellis in the 1950's. REBT (pronounced R.E.B.T, it is not pronounced rabbit) is based on the premise that whenever we become upset, it is not the events taking place in our lives that upset us; it is the beliefs that we hold that cause us to become depressed, anxious, enraged, etc.