# Contents

About the authors vii

Introduction 1

1 What you need to know about the theory of rational emotive behaviour therapy to get started 3

2 What you need to know about the practice of rational emotive behaviour therapy to get started 25

3 Teaching the ‘ABCs’ of REBT 45

4 Distinguishing between healthy and unhealthy negative emotions 61

5 Being specific in the assessment process 77

6 Assessing ‘C’ 79

7 Assessing the ‘critical A’ 87

8 Assessing irrational beliefs 91

9 Assessing meta-emotional problems 97

10 Goal-setting 103
11 Eliciting your client’s commitment to change 119
12 Preparing your client and yourself for the disputing process 131
13 Disputing irrational beliefs: The three major arguments 135
14 Socratic and didactic disputing of irrational beliefs 145
15 Examples of Albert Ellis’s disputing work 155
16 Helping your client to understand the rationality of his or her rational beliefs 161
17 Negotiating homework assignments 169
18 Reviewing homework assignments 193
19 Dealing with your clients’ misconceptions of REBT theory and practice 205

Appendix I: Homework skills monitoring form 217
Appendix II: Possible reasons for not completing self-help assignments 221
Appendix III: Training in rational emotive behaviour therapy 223
References 225
Index 227