



Stress Counselling: A Rational Emotive Behaviour Approach

Albert Ellis, Jack Gordon, Michael Neenan, Stephen Palmer

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Stress Counselling is a comprehensive study of the theory and practice of the Rational Emotive Behaviour approach applied to stress counselling and psychotherapy. Albert Ellis pioneered Rational Emotive Behaviour Therapy (REBT), which has since been adopted internationally. This approach enables the clients to embark on a course of effective counselling which has a clear beginning and end.

This book discusses techniques and solutions to common problems and also provides guidance on conducting group work. Its comprehensive coverage includes additional material on techniques such as skills training, relaxation methods, hypnosis and biofeedback.

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