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Therapy – Professor Windy Dryden

Professor Windy Dryden chats to Noel Bell (Audio only) about CBT and integrative psychotherapy  
In Vivo announces a lecture series by Prof. Windy Dryden  
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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.

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CBT | Windy Dryden, leading RECBT Therapist, Trainer ...

Windy Dryden Ph.D Goldsmiths University of London . REBT 2

Introduction There have been many approaches to outline the defining features of Rational Emotive Behaviour Therapy (e.g. Dryden,

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2009, Ellis, 1994) but none have done so just by detailing the four elements that comprise the name of the therapy: i) rational; ii) emotive iii) behaviour and iv) therapy. In this article I will show how ...

REBT - Windy Dryden

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There are a number of different approaches within the CBT tradition and the one that best explains the way I work is known as Rational Emotive Behaviour Therapy (REBT) which was originated by Dr. Albert Ellis in the mid-1950s and is the longest established approach within

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CBT. Thus, when I refer to “ Rational-  
Emotive Cognitive Behaviour  
Therapy ” (RECBT), I am saying that  
the approach ...

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Windy Dryden is an REBT therapist and Professor of Counselling at Goldsmiths College, Univesity of London. He has written numerous books, including Four Approaches to Counselling and Psychotherapy, Becoming a Psychotherapist and Adult Clinical Problems. Page 1 of 1

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Reason to Change: A Rational Emotive Behaviour Therapy ... Following in the tradition of his mentor, Albert Ellis, who used rational humorous songs in teaching and therapy, Windy Dryden sings a

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contemporary song to m...

The ABCDEs of REBT (Moves Like Dryden) - YouTube

Windy Dryden Goldsmiths, University of London . 2 Introduction Rational Emotive Behaviour Therapy (REBT) is generally regarded as an approach to

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counselling and psychotherapy firmly rooted in the cognitive-behavioural tradition. This foundation, however, does not exhaust the features of this approach to therapy. In the first edition of his pioneering book, “ Reason and Emotion in ...

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The Examined Life: A Rational  
Emotive ... - Windy Dryden

Email w.dryden (@gold.ac.uk) Phone  
+44 (0)20 7919 7221 Prof. Windy

Dryden is one of the leading  
practitioners and trainers in the UK in  
the Cognitive Behaviour Therapy  
(CBT) tradition of psychotherapy. He

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is best known for his work in Rational-Emotive Cognitive Behaviour Therapy (RECBT), a leading CBT approach.

Prof. Windy Dryden | Goldsmiths,  
University of London  
Alexandra Chalfont speaks to  
Professor Windy Dryden on Rational

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Dr Windy Dryden is Sheldon's leading author on psychological and counselling topics, and one of the

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world's most renowned CBT therapists. He is Professor of Psychotherapeutic Studies at Goldsmiths College, London, and author of 200 books.

Ten Steps to Positive Living: New Edition: Amazon.co.uk ...



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Windy Dryden is an REBT therapist and a Professor of Psychotherapeutic Studies at Goldsmiths College, London --This text refers to the paperback edition.

Getting Started with REBT: A Concise  
Guide for Clients ...

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Windy Dryden has worked in the fields of counselling and psychotherapy since 1975. He is author/editor of over 200 books. Andrew Reeves is a BACP Senior Accredited Counsellor/Psychotherapist at the Univeristy of Liverpool and a

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freelance writer, trainer and supervisor. He is former Editor of the Counselling and Psychotherapy Research journal.

Windy Dryden - Amazon.co.uk

Dr Windy Dryden, Ph.D., is professor of counselling at Goldsmiths College,

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University of London, UK. He is a Fellow of the British Psychological Society and of the British Association for Counselling and Psychotherapy.

A Primer on Rational Emotive  
Behavior Therapy: Amazon.co ...  
Rational emotive behavior therapy

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(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

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lives.

Rational emotive behavior therapy -  
Wikipedia

Correspondence should be addressed  
to: Windy Dryden Ph.D, PACE, 2  
Goldsmiths College, New Cross,  
London SE14 6NW, England. Email:

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windy@thedrydens.clara.net This article was first published in: Neenan, M., & Dryden, W. (1999). Rational emotive behaviour therapy: Advances in theory and practice. London: Whurr (out of print) Until recently, there has been little written in the non textbook REBT ...

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Windy Dryden Ph.D Goldsmiths  
University of London  
Windy Dryden, PhD, is Professor of  
Counseling at Goldsmith's College,  
University of London. He has  
authored or edited more than 100  
books, numerous book chapters and



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articles, and he has edited 12 book series. Among those books published by Springer Publishing Company is the first edition of this book, *The Practice of Rational-Emotive Therapy, The Essential Albert Ellis: Seminal Writings on ...*

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