



# Learning from Mistakes in Rational Emotive Behaviour Therapy

*Windy Dryden, Michael Neenan*

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Mistakes are often an inevitable part of training; *Learning from Mistakes in Rational Emotive Behaviour Therapy* encourages the trainee to pinpoint potential errors at the earliest possible stage in training, helping them to make fast progress towards becoming competent REBT practitioners.

Windy Dryden and Michael Neenan have compiled 111 of the most common errors, explaining what has gone wrong and how to put it right, and have divided them into eight accessible parts:

- general mistakes
- assessment mistakes
- goal-setting mistakes
- disputing mistakes
- homework mistakes
- mistakes in dealing with client doubts and misconceptions
- working through mistakes
- self-maintenance.

*Learning from Mistakes in Rational Emotive Behaviour Therapy* is an indispensable guide for anyone embarking on a career in the REBT field.

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