

# *Contents*



|   |      |
|---|------|
| Foreword<br><i>Albert Ellis</i>               | ix   |
| Preface                                       | xiii |
| The Authors                                   | xix  |
| 1. Overview of RET Theory and Practice        | 1    |
| 2. Irrational Beliefs and Emotional Responses | 28   |

|  |     |
|--|-----|
| 3. Goals and Values of RET                     | 55  |
| 4. Initiating RET                              | 66  |
| 5. Assessing Client Problems                   | 82  |
| 6. Changing Irrational Beliefs                 | 111 |
| 7. Assessing Progress and Overcoming Obstacles | 150 |
| 8. A Therapy Session                           | 183 |
| 9. Working with Groups                         | 212 |
| 10. RET and Other Forms of Psychotherapy       | 237 |
| Self-Supervision Inventory                     | 252 |
| References                                     | 261 |
| Index  | 269 |