



Understanding Psychological Health: The REBT Perspective

Windy Dryden

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This book draws on Rational Emotive Behaviour Therapy (REBT) - which focuses on resolving emotional and behavioural problems and disturbances and enables people to lead happier and more fulfilling lives - to provide an understanding of psychological health. Each chapter looks at an important aspect of psychological health and then discusses it in relation to the REBT approach.

Divided into two parts the book looks first at how people can remain psychologically healthy in the face of adversity and then goes on to discuss how these healthy philosophies underpin certain key areas of psychological health. As such, topics of discussion include:

- flexibility
- acceptance
- self-motivation
- resilience.

Understanding Psychological Health will be of great interest to all therapists in both practice and training.

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