

Download Constructive Psychotherapy : A Practical Guide

Psychotherapy — also called talk therapy, therapy, or counseling — is a process focused on helping you heal and learn more constructive ways to deal with the problems or issues within your life. Rational emotive behavior therapy (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 lives. REBT was created ...Cognitive therapy is based on the theory that much of how we feel is determined by what we think. Disorders, such as depression, are believed to be the result of faulty thoughts and beliefs. **A PRACTICAL GUIDE TO SELF-HYPNOSIS** . by Melvin Powers . You may pass this book onto anyone interested in this subject. Please distribute it to friends and family and anyone else you may wish.