

The Association for Rational Emotive Behaviour Therapy



Rational Emotive Behavioural Therapy (REBT) founded by **Albert Ellis** is an active/directive psycho-educational approach to psychotherapy in which great emphasis is placed on how emotional problems can be caused by thoughts, beliefs and self-defeating behaviours. The core assumption being that what individuals label 'stress' or distress' is determined not by unpleasant events or stressors experienced, but mainly by 'Irrational Beliefs' they perceive as happening to them. Thus creating blocks to change, fuelled by excessive self doubt; seeking perfect outcomes amid rigid procrastination. Rational, meaning self-helping is an essential component of Health Coaching and Therapy. Although the word Cognitive is not in its title it is a fundamental core element of REBT, in fact Ellis and Beck originally worked together on the concept of Cognitions.

This bibliography has been created to assist those interested in REBT to access not only the latest writings on REBT but also companion works in CBT and Coaching. The later because an additional accreditation system has been set up for qualified REB Therapists who have also trained in Psychological Coaching to seek additional qualifications as REB Coaches.

Latest REBT BOOKS/ARTICLES SOURCEABLE IN THE UNITED KINGDOM

Neenan, M. & Dryden, W. (2011) **Rational Emotive Behaviour Therapy in a Nutshell, 2nd edn.** London: Sage.

Dryden, W., DiGiuseppe, R. & Neenan, M. (2010) **A Primer on Rational Emotive Behaviour Therapy**, 3rd edn. Champaign, IL: Research Press.

Dryden, W. (2010). **Strange, but rational.** Ross-on-Wye: PCCS Books.

Bernard, M.E., Froh, J.J., DiGiuseppe, R., Joyce, M.R., & Dryden, W. (2010). **Albert Ellis: Unsung hero of positive psychology.** Journal of Positive Psychology, 5, 302-310.

Dryden, W. (2009). **Rational emotive behaviour therapy: Distinctive features.** Hove, East Sussex: Routledge.

Dryden, W. (2009). **Understanding emotional problems: The REBT perspective.** Hove, East Sussex: Routledge..

Dryden, W. (2009). **How to think and intervene like an REBT therapist.** Hove, East Sussex: Routledge.

Dryden, W. (2009). **Skills in rational emotive behaviour counselling and psychotherapy.** London: Sage.

Dryden, W., David, D., & Ellis, A. (2009). **Rational emotive behaviour therapy**. In K.S. Dobson (Ed.), *Handbook of cognitive-behavioural therapies*. Third edition. New York: Guilford.

Dryden, W., & Branch, R. (2008). **The fundamentals of rational emotive behaviour therapy: A training handbook**. 2nd edition. Chichester: Wiley.

Dryden, W., Hurton, N., Malki, D., Manias, P., & Williams, K. (2008). **Patients' doubts, reservations and objections to the ABC's of REBT and their application**. *Journal of Rational-Emotive & Cognitive-Behaviour Therapy*, 26, 63-88.

Dryden, W., & David, D. (2008). **Rational emotive behaviour therapy: Current Status**. *Journal of Cognitive Psychotherapy*, 22, 195-209.

Dryden, W. & Neenan, M. (2006) **Rational Emotive Behaviour Therapy: 100 Key Points and Techniques**. Hove: Routledge.

Dryden, W. (2006). **First steps in REBT: A guide to practising REBT in peer counselling**. New York: Albert Ellis Institute. .

Dryden, W. (2006). **Getting started with REBT: A concise guide for clients**. Hove, East Sussex: Routledge.

Dryden, W. (2006). **Helping yourself with REBT: First steps in for clients**. New York: Albert Ellis Institute.

Dryden, W., & Still, A. (2006). **Historical aspects of mindfulness and self-acceptance in psychotherapy**. *Journal of Rational-Emotive and Cognitive-Behaviour Therapy*, 24(1), 3-28.

Harris, S., Davies, M.F., & Dryden, W. (2006). **An experimental test of a core REBT hypothesis: Evidence that irrational beliefs lead to physiological as well as psychological arousal**. *Journal of Rational-Emotive and Cognitive-Behaviour Therapy*, 24, 101-111.

Dryden, W., & Neenan, M. (2004). **The rational emotive behavioural approach to therapeutic change**. London: Sage.

Dryden, W., & Neenan, M. (2004). **Counselling individuals: A rational emotive behavioural Handbook**. London: Whurr.

Dryden, W. & Neenan, M. (2004) **Rational Emotive Behavioural Counselling in Action, 3rd edn**. London: Sage.

Dryden, W. & Neenan, M. (2004) **The Rational Emotive Behavioural Approach to Therapeutic Change**. London: Sage.

Dryden, W. (2004). **Rational emotive behaviour therapy: Clients' manual**. London: Whurr.

Dryden, W. (Ed.). (2003). **Rational emotive behaviour therapy: Theoretical developments**. Hove, East Sussex: Brunner-Routledge.

Dryden, W. (2003) **The REBT pocket companion for clients**. New York: Albert Ellis Institute.

Dryden, W., DiGiuseppe, R., & Neenan, M. (2003). **A primer on rational emotive behaviour therapy**. 2nd edition. Champaign, IL: Research Press.

Dryden, W., & Ellis, A. (2003). **Albert Ellis Live!** London: Sage.

Still, A., & Dryden, W. (2003). **Ellis and Epictetus: Dialogue vs. method in psychotherapy**. *Journal of Rational-Emotive & Cognitive-Behaviour Therapy*, 21(1), 37-55.

Ellis, A., (2002) **Overcoming resistance: a rational emotive therapy integrated approach** (second ed.) New York: Springer

Dryden, W. (2002). **Fundamentals of rational emotive behaviour therapy: A training manual**. London: Whurr.

Dryden, W. (Ed.). (2002). **Idiosyncratic rational emotive behaviour therapy**. Ross-on-Wye: PCCS Books.

Dryden, W., & Neenan, M. (Eds.), (2002). **Rational emotive behaviour group therapy**. London: Whurr.

Ellis, A (2001) **Feeling Better, Getting Better, Staying Better**. Atascadero, CA: Impact Publishers

Ellis, A. (2001) **Rational and irrational aspects of counter transference**. *Journal of Clinical Psychology/In session: Psychotherapy in Practice*, 57, 999-1004

Neenan, M., & Dryden, W. (2001). **Learning from errors in rational emotive behaviour therapy**. London: Whurr.

Dryden, W. (2001). **Reason to change: A rational emotive behaviour therapy (REBT) workbook**. Hove, East Sussex: Brunner-Routledge.

Dryden, W., & Ellis, A. (2001). **Rational emotive behaviour therapy**. In K.S. Dobson (Ed.), Handbook of cognitive-behavioural therapies. Second edition. New York: Guilford. (pp. 295-348).

Neenan, M., & Dryden, W. (2000). **Essential rational emotive behaviour therapy**. London: Whurr.

Dryden, W. (2000). **Invitation to rational emotive behavioural psychology**. 2nd edition. London: Whurr.

Latest REBT BOOKS SOURCEABLE IN THE UNITED STATES OF AMERICA

The Albert Ellis Institute website <http://www.rebt.org> has an online store providing books/C.D's/DVD's collection of self-help and professional materials for a range of problems such as: Anger; Anxiety/Stress; Assertiveness; Depression; Eating; Happiness; Procrastination; Professional; Religious; Relationship/sexuality; Self-acceptance; Self-help; Substance abuse; Workplace & career issues; Ellis biography & Bibliography; Children/Adolescents; Parents & families; Frustration tolerance; New releases. Most materials have been reviewed by therapists who have written a description to help you determine their suitability for your needs. **For example:**

Albert Ellis, Ph.D. & Mike Abrams, Ph.D. **Personality Theories: Critical Perspectives.** This college textbook — written for the advanced undergraduate or graduate student in counselling, clinical psychology, and social work — is **Albert Ellis' final work.** It thoroughly explains all the major personality theories from a historical perspective and in the light of recent research.

Edited by Emmett Velten, Ph.D. **Under the Influence: Reflections of Albert Ellis in the Works of Others.** Albert Ellis is widely acknowledged as the founder of REBT and the originator of cognitive-behaviour therapy — but is not often enough given the credit he deserves for it.

Previous published works in REBT

Bond, F.W., & Dryden, W. (2000). How rational beliefs and irrational beliefs affect people's inferences: An experimental investigation. Behavioural and Cognitive Psychotherapy, 28(1), 33-43.

Bernard, M.E. & Wolfe, J.L (Eds) 2000 The REBT resource book for practitioners – New York: Albert Ellis Institute

Neenan, M., & Dryden, W. (1999). Rational emotive behaviour therapy: Advances in theory and practice. London: Whurr.

Dryden, W. (1999). Rational emotive behaviour therapy: A training manual. New York: Springer.

Dryden, W. (1999). Rational emotive behaviour therapy: A personal approach. Bicester: Oxon: Winslow Press.

Dryden, W (1999). Rational emotive behavioural counselling in action. 2nd edition. London: Sage.

Dryden, W. (1999). How to accept yourself. London: Sheldon.

Dryden, W., Neenan, M., & Yankura, J. (1999). Counselling individuals: A rational emotive Behavioural handbook. 3rd edition. London: Whurr (pp. 312).

Ellis, A. & Maclaren, C. (1998). Rational emotive Behavior Therapy: a Therapist's Guide. San Luis Obispo, CA: Impact Publishers

Yankura, J., & Dryden, W. (Eds.). (1997). Special applications of REBT: A therapist's casebook. New York: Springer

Ellis, A., & Dryden, W. (1997). The practice of rational emotive behaviour therapy. 2nd edition. New York: Springer. [Also published by Free Association Books, London, 1999].

Dryden, W., Gordon, J., & Neenan, M. (1997). What is rational emotive behaviour therapy? A personal and practical guide. Loughton, Essex: Gale Centre Publications.

Yankura, J., & Dryden, W. (Eds.). (1997). Using REBT with common psychological problems: A therapist's casebook. New York: Springer.

Bond, F.W., & Dryden, W. (1997). Testing an REBT theory: The effects of rational beliefs, irrational beliefs, and their control and certainty contents on the functionality of inferences. I: In a social context. Journal of Rational-Emotive and Cognitive-Behaviour Therapy, 15(2) 157-188.

Ellis, A., Gordon, J., Neenan, M. and Palmer S: (1997) Stress counselling: a rational emotive Behaviour Approach. London: Cassell.

Bond, F.W., & Dryden, W. (1996). Testing an REBT theory: The effects of rational beliefs, irrational beliefs, and their control or certainty contents on the functionality of inferences, II: In a personal context. International Journal of Psychotherapy, 1(1), 55-77.

Neenan, M., & Dryden, W. (1996). Trends in rational emotive behaviour therapy: 1955-1995. In W. Dryden (Ed.), Developments in psychotherapy: Historical perspectives. London: Sage. (pp. 213-237).

Gordon, J., & Dryden, W. (1996). Rational emotive behaviour therapy. In S. Palmer, S. Dainow & P. Milner (Eds.), Counselling: The BAC Counselling reader. London: Sage. (pp. 99-113).

Neenan, M., & Dryden, W. (1996). Rational emotive behaviour therapy: An overview. Counselling: The Journal of British Association for Counselling, 7(4), 317-321. [Also published in P. Milner & S. Palmer (Eds.). (2001). Counselling: The BACP Counselling Reader. Volume 2. London: Sage]

Neenan, M., & Dryden, W. (1996). The intricacies of inference chaining. Journal of Rational-Emotive and Cognitive-Behaviour Therapy, 14, 231-243.

Yapp, R., & Dryden, W. (1995). The role of concurrent beliefs in emotional disturbance. The Rational Emotive Behaviour Therapist, 3(1), 20-33.

Weinrach, S.G., Ellis, A., DiGiuseppe, R., Bernard, M. E., Dryden, W., Kassinove, H., Morris, G. B., Vernon, A., & Wolfe, J. (1995). Rational emotive behaviour therapy after Ellis: Predictions for the future. Journal of Mental Health Counselling, 17, 413-427.

Dryden W. Neenan, M (1995) Dictionary of Rational emotive Behaviour Therapy. London: Whurr

Palmer, S., Dryden, W., Ellis, A., and Yapp R. (Eds) 1995) Rational Interviews. London: Centre for Rational Emotive therapy

Ellis, A (1994) Reason and emotion in psychotherapy (revised and updated ed) New York: Birch Lane Press

Yapp, R., & Dryden, W. (1994). Supervision in REBT: The thirteen step self-supervision inventory. The Rational Emotive Behaviour Therapist, 2(1), 16-24.

Dryden, W., & Bond, F. (1994). Books reconsidered - Reason and emotion in psychotherapy: Albert Ellis. British Journal of Psychiatry, 164, 131-135.

Dryden, W. (1994). Progress in rational emotive behaviour therapy. London: Whurr Publishers.

Dryden, W. (1994). Invitation to rational-emotive psychology. London: Whurr Publishers. .

Yankura, J., & Dryden, W. (1994). Albert Ellis. London: Sage.

Palmer, S., Dryden, W., & Ellis, A. (1993). Ellis on REBT: An interview. The Rational-Emotive Therapist, 1(2), 44-52.

Ellis, A., & Dryden, W. (1993). A therapy by any other name?: An interview. The Rational-Emotive Therapist, 1(2), 34-37.

Dryden, W., & Hill, L.K. (Eds.). (1993). Innovations in rational-emotive therapy. Newbury Park, CA: Sage. (pp. 297).

Dryden, W., & Gordon, J. (1993). A rational-emotive approach to anger management. Directions in Rehabilitation Counselling, Volume 4 Lesson 8, New York: Hatherleigh Co.

Dryden, W., & Yankura, J. (1993). Counselling individuals: A rational-emotive handbook (2nd edition). London: Whurr Publishers. (pp. 280).

Dryden, W., & Yankura, J. (1992). Daring to be myself: A case study in rational-emotive therapy. Buckingham: Open University Press..

Walen, S.R., DiGiuseppe, R., & Dryden, W. (1992). A practitioner's guide to rational-emotive therapy (2nd edition). New York: Oxford University Press.

DiGiuseppe, R. (1991) Comprehensive cognitive disputing in RET. In M.E. Bernard (Ed), Using rational-emotive therapy (pp.22-29) Milton Keynes: Open University Press

Haaga, D.A.F., Dryden, W., & Dancy, C.P. (1991). Measurement of rational-emotive therapy in outcome studies. Journal of Rational-Emotive and Cognitive Behaviour Therapy, 9(2), 73-93.

Dryden, W. (1991). A dialogue with Albert Ellis: Against dogma. Milton Keynes: Open University Press.

Grieger, R. M. (1991) Keys to effective RET. In M.E., Bernard (ed.) Using rational emotive therapy effective: a practitioner's guide. New York: Plenum

Dryden, W. (1990). Rational-emotive counselling in action. London: Sage.

Dryden, W. (1990). Creativity in rational-emotive therapy. London: Gale Centre Publications. (pp. 116).

Dryden W. (Ed.). (1990). The essential Albert Ellis: Seminal writings on psychotherapy. New York: Springer..

Dryden, W., & Gordon, J. (1990). What is rational-emotive therapy? A personal and practical guide. London: Gale Centre Publications.

Dryden, W., & DiGiuseppe, R. (1990). A primer on rational-emotive therapy. Champaign, IL: Research Press. (pp. 99).

Yankura, J., & Dryden, W. (1990). Doing RET: Albert Ellis in action. New York: Springer Publishing Co. (pp. 185).

Dryden, W. (1990). Dealing with anger problems: Rational-emotive therapeutic interventions. Sarasota, FL: Professional Resource Exchange.

Dryden, W. (Ed.). (1989). Howard Young - rational therapist: Seminal papers in rational-emotive therapy. London: Gale Centre Publications.

Dryden, W., Ferguson, J., & Clark, A. (1989). Beliefs and inferences: A test of a rational-emotive hypothesis, 1: Performing in an academic seminar. Journal of Rational-emotive and Cognitive Behaviour Therapy, 7, 119-129.

Dryden, W., Ferguson, J., & Hylton, B. (1989). Beliefs and inferences: A test of a rational-emotive hypothesis. 3: On expectations about enjoying a party. British Journal of Guidance & Counselling, 17, 68-75.

Gordon, J., & Dryden, W. (1989). Counselling employees: The rational-emotive approach. Employee Counselling Today, 1(4), 14-20.

Dryden, W., Ferguson, J., & McTeague, S. (1989). Beliefs and inferences: A test of a rational-emotive hypothesis. 2: On the prospect of seeing a spider. Psychological Reports, 64, 115-123.

Ellis, A., McInerney, J.F., DiGiuseppe, R., & Yeager, R.J. (1988) Rational-emotive therapy with alcoholics and substance abusers. New York Pergamon

Spires, A., & Dryden, W. (1988). Visions of reality in different approaches to counselling and psychotherapy. Counselling: Journal of the British Association for Counselling, No. 64, 9-14.

Dryden, W., & Trower, P. (Eds.). (1988). Developments in rational-emotive therapy. Milton Keynes: Open University Press. [Initially published as Dryden, W., & Trower, P. (Eds.). (1986). Rational-emotive therapy: Recent developments in theory and practice. Bristol: Institute for RET (UK)].

Ellis, A., & Dryden, W. (1987). The practice of rational-emotive therapy. New York: Springer.

Ellis, A., & Dryden, W. (1987). Rational-emotive therapy: An excellent counselling theory for NPs. The Nurse Practitioner: The American Journal of Primary Health Care, 12(7), 16-37.

Dryden, W. (1987). Counselling individuals: The rational-emotive approach. London: Taylor & Francis.

Dryden, W. (1987). Current issues in rational-emotive therapy. London: Croom Helm.

Gordon, J., & Dryden, W. (1987). Rational-emotive therapy: I. Values and goals. Counselling: Journal of the British Association for Counselling, No. 61, 12-18.

Gordon, J., & Dryden, W. (1987). Rational-emotive therapy: II. Basic clinical theory and practice. Counselling: Journal of the British Association for Counselling, No. 62, 18-26.

Dryden, W. (1986) Vivid methods in rational-emotive therapy. In A. Ellis & R.M. Grieger (Eds) Handbook of rational-emotive therapy. Volume 2 (pp 221-245)

Maultsby, M.C. Jr. (1984) Rational behaviour therapy. Englewood Cliffs, NJ: Prentice Hall

Ellis, A. (1984) How to maintain and enhance your rational-emotive therapy gains. New York: Albert Ellis Institute

Dryden, W. (1984). Rational-emotive therapy: Fundamentals and innovations. London: Croom Helm. (pp. 158).

Dryden, W., Trower, P., & Casey, A. (1983). A comprehensive approach to social skills training II: Contributions from rational-emotive therapy. The Counsellor, 3(7), 2-12.

Hauck, P. (1980) Brief counselling with RET. Philadelphia, PA: Westminster Press

Grieger, R., & Boyd, J. (1980). Rational-emotive therapy: a skills-based approach. New York: Van Nostrand Reinhold

Wessler, R.A. & Wessler R.L. (1980) The principles and practice of rational-emotive therapy. San Francisco, CA Jossey- Bass

Ellis, a. (1978) Personality characteristics of rational emotive therapists and other kinds of therapists. *Psychotherapy: Theory, Research and Practice*, 15, 329-332

Ellis, A. (1959) Requisite conditions for basic personality change. *Journal of Consulting Psychology*, 23, 538-540

CBT APPROACHES RELATED TO REBT

Trower, P., Jones, J., Dryden, W., & Casey, A. (2011). **Cognitive-behavioural counselling in action**. 2nd edition. London: Sage.

Dryden, W. (2011). **Counselling in a nutshell**. 2nd edition. London; Sage.

Neenan, M. & Dryden, W. (2011) **Cognitive Therapy in a Nutshell**, 2nd edn. London: Sage

Woolfe, R., Strawbridge, S., Douglas, B., & Dryden, W. (Eds.). (2010). **Handbook of counselling psychology**. 3rd edition. London: Sage. (pp. 712).

F Dryden, W., & Reeves, A. (Eds.). (2008). **Key issues for counselling in action**. Second edition. London: Sage.

Branch, R., & Dryden, W. (2008). **The cognitive behaviour counselling primer**. Ross-on-Wye: PCCS Books.

Feltham, C., & Dryden, W. (2006). **Brief counselling: A practical integrative approach**. 2nd edition. Maidenhead: Open University Press.

Leahy, R. (2006). **The Worry Cure**. London: Piatkus.

Edgerton, N. and Palmer, S. (2005). **SPACE: A psychological model for use within cognitive behavioural coaching, therapy and stress management**. *The Coaching Psychologist*, 2, 2, 25-31. (SPACE Model)

Neenan, M. & Dryden, W. (2004) **Cognitive Therapy: 100 Key Points and Techniques**. Hove: Routledge.

Neenan, M. (2009) **Developing Resilience: A Cognitive-Behavioural Approach**. Hove: Routledge.

Dryden, W., & Opie, S. (2003). **Overcoming depression**. London: Sheldon.

Scott, M. J. & Dryden, W. (2003). **The cognitive-behavioural paradigm**. In R. Woolfe, W. Dryden & S. Strawbridge (Eds.), *Handbook of counselling psychology*. London: Sage. (pp. 161-179).

Bond, F. W., & Dryden, W. (Eds.), (2002). **Handbook of brief cognitive behaviour therapy**. Chichester: Wiley.

Kottler, J. A. (2001). **Making Changes Last**. Philadelphia, PA: Brunner-Routledge.

Neenan, M., & Dryden, W. (2000). **Essential Cognitive Therapy**. London: Whurr.

Previous CBT/COUNSELLING published works by known REBT authors. Plus published CBT books/articles referenced in REBT publications

Palmer, S. and Cooper, C. (2007). How to Deal with Stress. London: Kogan Page. (Sunday Times Series)

Froggatt, W. (2003) Choose to Be Happy: Your step-by-step guide (2nd Edition) Auckland: HarperCollins

Froggatt, W. (2003) FearLess: Your guide to overcoming anxiety. Auckland: HarperCollins

Neenan, M., & Dryden, W. (2001). Assertiveness training today. *Counselling and Psychotherapy Journal*, 12(4), 10-13.

Leahy, R.L. (2001) Overcoming resistance in cognitive therapy. New York: Guilford

Bor, R., Josse, J & Palmer, S. (2001) Die angst vor dem fliegen uberwinden. Zurich: Oesch Verlag AG

Neenan, M. and Palmer, S. (2000). Problem Focused Counselling and Psychotherapy. In S. Palmer (Ed), *Introduction to Counselling and Psychotherapy: The Essential Guide*. London: Sage.

Dryden, W., & Matweychuk, W (2000). Overcoming your addictions. London: Sheldon.

Dryden, W. (2000). Overcoming Procrastination. London: Sheldon.

Dryden, W., Mearns, D., & Thorne, B. (2000). *Counselling in the United Kingdom: Past, present and future*. British Journal of Guidance and Counselling, 28, 467-483.

Curwen, B., Palmer, S and Ruddell, P. (2000) Brief Cognitive Behaviour Therapy. London: Sage

Bor R., Josse, J. & Palmer, S. (2000) Stress-Free Flying. Dinton: Mark Allen Publishing.

Dryden, W., & Mytton, J. (1999). Four approaches to counselling and psychotherapy. London: Routledge.

Neenan, M. and Palmer, S. (1998). A cognitive-behavioural approach to tackling stress. Counselling, 9, 4, 315-319. (Dual systems model)

Froggatt, W. (1998) Good Stress: The life that can be yours. Auckland: HarperCollins

Milner, P. & palmer, S. (1998) Integrative Stress Counselling: a Humanistic, Problem Focused Approach. London: Cassell

Heller, R. (1998) Managing Change. London: Dorling Kindersley.

Hindle, T. (1998). Manage Your Time. London: Dorling Kindersley.

Dowd, E.T. (1996) Resistance and reactance in cognitive therapy. International Cognitive Therapy Newsletter, 10 (3) 3-5

Woolfe, R., & Dryden, W. (Eds.). (1996). Handbook of counselling psychology. London: Sage.

Veale, D., Gournay, K., Dryden, W., Boocock, A., Shah, F., Willson, R., & Wallburn, J. (1996). Body dysmorphic disorder: A cognitive behavioural model and pilot randomised controlled trial. Behaviour Research and Therapy, 34, 717-729.

Salkovskis, P.M. (1996) The cognitive approach to anxiety: threat beliefs, safety-seeking behaviour and the special case of health anxiety and obsessions. In P.M Salkovskis (Ed.) Frontiers of cognitive therapy. New York: Guilford

Palmer, S. & Burton. T. (1996) Dealing with people problems at Work. Maidenhead: McGraw-Hill

Scott, M.J., Stradling, S.G., & Dryden, W. (1995). Developing cognitive-behavioural counselling. London: Sage. (pp. 141).

Ludgate, J.W. (1995) Maximizing psychotherapeutic gains and preventing relapse in emotionally distressed clients. Sarasota, FL: Professional Resource Press.

Padesky, C.A., & Greenberger, D. (1995) Clinician's guide to mind over mood. New York: Guilford

Palmer, S., & Dryden, W. (1995). Counselling for stress problems. London: Sage.

Dryden, W., & Feltham, C. (1995). Counselling and psychotherapy: A consumer's guide. London: Sheldon Press. .

Palmer, S. & Strickland, L. (1995) Stress Management: a quick Guide. Cambridge: Daniels

Dryden, W., & Feltham, C. (1994). Developing the practice of counselling. London: Sage.

Dryden, W., & Feltham, C. (1994). Developing counsellor training. London: Sage.

- Feltham, C., & Dryden, W. (1994). Developing counsellor supervision. London: Sage.
- Feltham, C., & Dryden, W. (1993). Dictionary of counselling. London: Whurr Publishers. (pp. 216).
- Teasdale, J. D., & Barnard, P.J. (1993) Affect, cognition and change: re-modelling depressive thought. Hillsdale, NJ: Lawrence Erlbaum Associates.
- Thorne, B., & Dryden, W. (Eds.) (1993). Counselling: Interdisciplinary Perspectives. Buckingham: Open University Press. (pp. 182).
- Dryden, W., & Watts, A. G. (Eds.). (1993). Guidance and Counselling in Britain: A 20-year perspective. Cambridge: CRAC/Hobsons. (pp. 287).
- Beck, A.T., Wright, F.D., Newman, C.F. & Liese, B.S. (1993) Cognitive therapy of substance abuse. New York: Guilford
- Dryden, W., & Gordon, J. (1993). Beating the comfort trap. London: Sheldon Press.
- Dryden, W., & Feltham, C. (Eds.). (1992). Psychotherapy and its discontents. Buckingham: Open University Press.
- Dryden, W., & Feltham, C. (1992). Brief counselling: A practical guide for beginning practitioners. Buckingham: Open University Press.
- Dryden, W., & Thorne, B. (Eds.) (1991). Training and supervision for counselling in action. London: Sage.
- Dryden, W., & Branco Vasco, A. (1991). Dryden on counselling. Vol. 2: A dialogue. London: Whurr Publishers.
- Heap, M., & Dryden, W. (Eds.). (1991). Hypnotherapy: A handbook. Milton Keynes: Open University Press.
- Dryden, W., & Rentoul, R. (Eds.). (1991). Adult clinical problems: A cognitive-behavioural approach. London: Routledge.
- Dryden, W., & Gordon, J. (1991). How to untangle your emotional knots. London: Sheldon Press.
- Hauck, P. A. (1991). Hold Your Head Up High. London: Sheldon.
- Honey, P. & Mumford, A. (1982; 3rd Ed.1992). The Manual of Learning Styles. Maidenhead: Honey Publications.
- Burns, D. (1990). The Feeling Good Handbook. New York: Plume.

Beck, A., T. Freeman, & Associates (1990) Cognitive therapy of personality disorders. New York: Guildford

Mearns, D., & Dryden, W. (Eds.). (1990). Experiences of counselling in action. London: Sage.

Dryden, W., & Gordon, J. (1990). Think your way to happiness. London: Sheldon.

Dryden, W., & Scott, M. (Eds.). (1990). Introduction to cognitive behaviour therapy: Theory and applications. London: Gale Centre Publications.

Burns, d.D. (1989) The feeling good handbook. New York: William Morrow

Dryden, W., & Trower, P. (Eds.). (1989). Cognitive psychotherapy: Stasis and change. London: Cassell. (pp. 198). [Also published by Springer Publishing Co., New York, 1989].

Dryden, W., Charles-Edwards, D., & Woolfe, R. (Eds.). (1989). Handbook of counselling in Britain. London: Routledge.

Trower, P., Casey, A., & Dryden, W. (1988). Cognitive-behavioural counselling in action. London: Sage.

Dryden, W., & Trower, P. (Eds.). (1988). Developments in cognitive psychotherapy. London: Sage.

Epstein, N., Schlesinger, S., & Dryden, W. (Eds.). (1988). Cognitive-behavioural therapy with families. New York: Brunner/Mazel.

Dryden, W., & Golden, W.L. (Eds.). (1986). Cognitive-behavioural therapies: commonalities, divergences and future developments. In W. Dryden & W.L. Golden (eds) Cognitive-behavioural approaches to psychotherapy. London: Harper & Row.

Kwee, M./G.T., & Lazarus, A.A. (1986) Multimodal therapy: the cognitive-behavioural tradition and beyond. In W. Dryden & W.L. Golden (eds) Cognitive-behavioural approaches to psychotherapy. London: Harper & Row.

PSYCHOLOGICAL COACHING APPROACH RELATED TO REBT/CBT

Dryden, W. (2011). **Dealing with emotional problems in life coaching**. Hove, East Sussex: Routledge.

Dryden, W. (2011). **Understanding psychological health: The REBT perspective**. Hove, East Sussex: Routledge. .

McMahon, G, Archer A, (2010) **101 Coaching Strategies and Techniques**, Routledge

Leimon A, McMahon, G, (2008) **Positive Psychology for Dummies**, John Wiley & Son, London.

McMahon, G, Leimon A (2008) **Performance Coaching for Dummies**, London: John Wiley and Sons Ltd.

Zeus, P. & Skiffington, S., (2007). **The Complete Guide to Coaching at Work**. Maidenhead: McGraw-Hill Professional.

McMahon, G (2007). **No More Anger – be your own Anger Management Coach**, London: Karnac Books.

Jackson, P.Z. and McKergow, M. (2007) (2nd Edition). **The solutions focus: Making coaching & change SIMPLE**. London: Nicholas Brealey. (OSKAR & SIMPLE Models)

Newton, J., Long, S. and Sievers, B. (2006). **Coaching in depth: The Organizational Role Analysis approach**. London: Karnac Books.

Buckley, A. & Buckley, C. (2006). **A Guide to Coaching and Mental Health**, Essential Coaching Skills and Knowledge Series, Eds. McMahon, G., Palmer, S., Leimon, A. London: Brunner Routledge.

Passmore, J. (2006). **Excellence in Coaching: The industry guide**. London: Kogan Page.

Stober, D. R. and Grant, A. M. (2006). **Evidence Based Coaching Handbook: Putting best practices to work for your clients**. Hoboken: John Wiley & Sons.

Persaud, R. (2005). **The Motivated Mind: How to Get What You Want From Life**. London: Bantam Press.

Leimon, A., Moscovici, F., McMahon, G., (2005). **Business Coaching**. Essential Coaching Skills and Knowledge Series, Eds. McMahon, G., Palmer, S., Leimon, A. London: Brunner Routledge.

Cavanagh, M., Grant, A. M. and Kemp, T. (2005). **Evidence-Based Coaching**. Vol. 1, Theory, Research and Practice from the Behavioural Sciences. Bowen Hills: Australian Academic Press.

McMahon, G. (2005). **No More Anxiety – learn to be your own Anxiety Coach**. London: Karnac Books.

McMahon, G. Palmer, S., Wilding, C. (2005). **Achieving Excellence in Your Coaching Practice**, Essential Coaching Skills and Knowledge Series, Eds. McMahon, G, Palmer, S., Leimon, A. London: Brunner Routledge.

Meggison, D. & Clutterbuck, D. (2005). **Techniques for Coaching and Mentoring**. Oxford: Butterworth-Heinemann.

Sperry, L. (2004). **Executive Coaching: The Essential Guide for Mental Health Professionals**. New York: Brunner-Routledge.

Starr, J. (2003). **The Coaching Manual**. London: Prentice Hall.

Palmer, S., Cooper, C. and Thomas, K. (2003). **Creating a Balance: Managing Stress**. London: British Library. (**Multimodal coaching**)

Lee, G. (2003). **Leadership Coaching: From Personal Insight to Organisational Performance**. London: Chartered Institute of Personnel Development.

Chapman, T., Best, B. & Van Casteren, P.(2003). **Executive Coaching**. Basingstoke: Palgrave Macmillan.

Halpern, D. F. (2003). **Thought and Knowledge: An Introduction to Critical Thinking**, 4th ed. Mahwah, NJ: Lawrence Erlbaum Associates.

Grant, A. M. & Greene, J. (2003). **Solution-Focused Coaching: Managing People in a Complex World**. Harlow: Pearson Education.

West, L. & Milan, M. (2002). **The Reflecting Glass – professional coaching for leadership Development**. Basingstoke: Palgrave Macmillan.

Fitzgerald, C. and Berger, J. G. (2002). **Executive Coaching: Practices & Perspectives**. New York: Davies-Black.

Williams, P. & Davis, D. C. (2002). **Therapist as Life Coach: Transforming Your Practice**. New York: Norton.

McMahon, G. (2001). **Confidence Works: learn to be your own Life Coach**. London: Sheldon Press.

Peltier, B. (2001). **The Psychology of Executive Coaching: Theory and Application**. New York: Brunner-Routledge.

Martin, C. (2001). **The Life Coaching Handbook**. Carmarthen: Crown House Publishing Limited.

Auerbach, J. (2001). **Personal and Executive Coaching: The Complete Guide for Mental Health Professionals**. Ventura, CA: Executive College Press.

Grant, A. M. & Greene, J. (2001). **Coach Yourself: Make Real Changes in Your Life**. Harlow: Pearson Education.

Neenan, M. and Palmer, S. (2001). **Cognitive Behavioural Coaching**. *Stress News*, 13, 3, 15-18.

Neenan, M. and Palmer, S. (2001). **Rational Emotive Behaviour Coaching**. *Rational Emotive Behaviour Therapist*. 9, 1, 34-41.

Neenan M. & Dryden W. (2001). **Life Coaching – a Cognitive-Behavioural Approach**. London: Brunner-Routledge.

Whitten, H., **Cognitive Behavioural Coaching Techniques for Dummies**, John Wiley & Son, London.

Grant, A.M. (2001). **Towards a Psychology of Coaching**. Sydney: Coaching Psychology Unit, University of Sydney. (Definitions of coaching – article available online)

Harold, F. (2001). **Be Your Own Life Coach**. London: Hodder & Stoughton.

Whittaker, M. & Cartwright, A. (2000). **The Mentoring Manual**. Aldershot: Gower.

Orlick, T. (2000). **In Pursuit of Excellence: How To Win in Sport and Life Through Mental Training**, 3rd ed. Leeds: Human Kinetics Europe Ltd.

Fournies, F. F. (2000). **Coaching for Improved Work Performance**, 2nd Ed. New York: McGraw-Hill.

Brounstein, M. (2000). **Coaching and Mentoring for Dummies**. New York: Wiley.

Mulligan, E. (1999). **Life Coaching – Change your life in 7 days**. London: Piatkus.

Parsloe, E. (1999). **The Manager as Coach and Mentor**, 2nd ed. London: Chartered Institute of Personnel and Development.

Cook, M. J. (1999). **Effective Coaching**. New York: McGraw-Hill.

Whitworth, L., Kimsey-House, H. & Sandahl, P. (1998). **Co-Active Coaching**. Mountain View, CA: Davies-Black.

Fleming, I. & Taylor, A. (1997). **The Coaching Pocketbook**. Alresford: Management Pocketbooks.

Mumford, A. (1995). **Effective Learning**. London: Chartered Institute of Personnel and Development.

Prochaska, J. O., DiClemente, C. C. & Norcross, J. C. (1992). 'In search of how people change: applications to addictive behaviors', *American Psychologist*, 47, 1102-1114.

Whitmore, J. (1992). **Coaching for performance**. London: Nicholas Brealey. (GROW model)

Kolb, D. A. (1984). **Experiential Learning: experience as the source of learning and development**. Upper Saddle River, NJ: Prentice Hall.

Updated I.A. Tubbs 2011