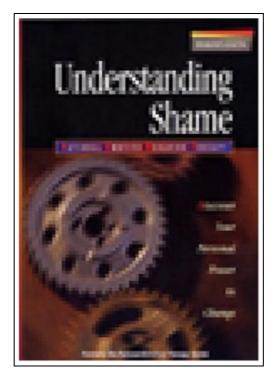
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UNDERSTANDING SHAME: RATIONAL EMOTIVE BEHAVIOR THERAPY (REBT) LEARNING PROGRAM



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Hazelden Information Educational Services, United States, 2006. Digital. Condition: New. Language: N/A. Brand New Book. Shame. Anger. Depression. Anxiety. Perfectionism.These unhealthy feelings are often the result of unhealthy thought patterns and ultimately lead to self-defeating behaviors. This is especially true among clients with addictions or compulsive behavior problems. Rational-Emotive Therapy, or RET, was developed by Dr. Albert Ellis in 1955 as a method to help clients challenge and change irrational beliefs. It has since been renamed Rational Emotive Behavior Therapy, or REBT, to reflect its cognitive roots. Understanding Shame DVD is part of the complete REBT Series. Also available on DVD is Understanding Anger, Understanding Depression, Understanding Guilt, Understanding Self Esteem and Understanding Perfectionism. Each topic has a corresponding workbook and pamphlet.

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