



A Wounded Psychotherapist:: The childhood of Albert Ellis, and the limitations of REBT/CBT

By Dr Jim Byrne

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- Sales Rank: #2464721 in Books
- Published on: 2013-07-06
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .58" w x 6.00" l, .76 pounds
- Binding: Paperback
- 254 pages

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Editorial Review

About the Author

Dr Jim Byrne gained his professional doctorate in counselling from the University of Manchester, and has spent 15 years in private practice in West Yorkshire. He was originally trained as a Rational Emotive Behaviour Therapist, and has now created his own integrative form of psychotherapy, which includes elements of REBT, Transactional Analysis, narrative therapy, attachment theory, Zen Buddhism and moral philosophy. He writes extensively on counselling and therapy issues.

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