



# Current Issues in Rational-Emotive Therapy (Psychology Revivals)

*Windy Dryden*

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In his earlier book *Rational-Emotive Therapy: Fundamentals and Innovations* Dr Dryden outlined the central features of Rational-Emotive Therapy (RET) as it had developed in and from the work of Albert Ellis. He then proceeded to discuss innovations within the theory, several of which had been instigated by the author.

Originally published in 1987, this book builds upon these latter elements. It discusses the theoretical basis of RET, arguing that it can be accurately described as theoretically consistent eclectic therapy, and analyses the problems encountered in, and the benefits derived from, its practice. At the time this book provided a state of the art discussion of RET and will still be of interest for those involved in counselling, psychotherapy, clinical psychology, psychiatry and social work.

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