



Rational-emotive Consultation in Applied Settings (School Psychology Series)

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For the past 20 years, rational-emotive therapy (RET) has been employed by consultants to help bring about changes not only in the way parents and teachers manage mental health and educational problems of school-age children, but also within organizations and families. This is the first book devoted exclusively to the applications of RET in consultation.

For the first time, international experts reveal the ways that RET can be applied at different levels of consultation -- client-centered, consultee-centered, systemic-centered -- to help identify and overcome obstacles to effective consultation. This volume reveals the missing link to effective consultation, namely, the emotional problems consultees bring with them to the practical problems with which they are faced. Rational-emotive consultation methods are ideally suited to help give consultees empowerment over their emotional problems. In addition, RET is an ideal adjunct to be included along with behavioral and organizational consultation methods already in use.

Written largely for school psychologists and consultants who work in educational and mental health settings, this book demonstrates the variety of ways that RET can be used to conduct in-service and professional/personal development programs for teachers, parents, school administrators and other professional groups. It is also a unique resource for practitioners working with the emotional, behavioral and learning problems of school-age children, and looking for new and effective ways of incorporating caregivers in the treatment of these children.

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