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# **Rational Emotive Behavior Therapy: A Therapist's Guide (Practical Therapist) By Albert Ellis**

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REBT, Rational Emotive Behavior Therapy, CBT, Cognitive Behavior Therapy services; assessment, psychotherapy and counseling and referral, in-office (Chicago, Illinois

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### **Psychologist walter j. matweychuk, ph.d. - home**

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### **Why use rational emotive behavior therapy**

Rational Emotive Behavior Therapy (REBT) is a type of psychotherapy used to resolve emotional and behavior issues that often occur alongside addictions.

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