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Dealing with Clients' Emotional Problems in Life Coaching: A Rational-Emotive and Cognitive Behaviour Therapy (RECBT) Approach

Windy Dryden

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This book is a comprehensive guide for life coaches on how to react and adapt when emotional problems get in the way of coaching. Windy Dryden uses Rational-Emotive Cognitive Behaviour Therapy (RECBT) techniques to offer advice on:

- when it is and is not appropriate to work on emotional problems
- when the coach should refer the client to someone else, such as a psychotherapist or counsellor
- how to use RECBT to help clients with their emotional problems within a life coaching context
- at what point it is sensible to begin coaching again.

Dealing with Clients' Emotional Problems in Life Coaching will be a valuable resource for all those involved in life coaching.

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