

Rational Emotive Behavioural Therapy

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REBT principles



- ▶ Responsible hedonism
- ▶ Humanism
- ▶ Unconditional Self/others acceptance
- ▶ Rationality



- ▶ Rational – does *not* mean cold and calculating

Rational thinking

- reflects preferences rather than demands
- is flexible
- is realistic
- is functional, helpful, useful – in terms of someone's long-term goals and values

The core of REBT



- ▶ If disturbance-creating ideas are vigorously disputed by logical/empirical thinking, they can be eliminated or minimized and will ultimately cease to reoccur.

Goals of Therapy



- ▶ A general goal of REBT is to help clients minimize emotional disturbances, decrease self-defeating behaviors, and become happier.
- ▶ If individuals can think rationally and have fewer irrational beliefs, Ellis believes they will live happier lives.
- ▶ REBT teaches clients how to deal with negative feelings such as sorrow, regret, frustration, depression, and anxiety.
- ▶ Virtually all client problems are viewed from the perspective of the contribution of their irrational beliefs.

Counsellor/Client relationship



- ▶ Counsellors believe that a Warm relationship isn't necessary

The ABC–DE model



- ▶ Video
- ▶ <https://www.youtube.com/watch?v=Vzp-7-LKQIs>

Disputing



1. Detecting
2. Discriminate (irrational and rational)
3. Accepting 1 & 2

Effect



- ▶ Developing an effective philosophy in which irrational beliefs have been replaced by rational beliefs

Cognitive techniques



- ▶ Coping self-statements
- ▶ Cost-benefit analysis
- ▶ Psychoeducational methods
- ▶ Teaching others
- ▶ Problem solving

Emotive Techniques



- ▶ Imagery
- ▶ Role-playing
- ▶ Shame-attacking exercises
- ▶ Forceful self-statements
- ▶ Forceful self-dialogue

Behavioral Techniques

- ▶ Activity Homework
- ▶ Reinforcements & penalties
- ▶ Skill Training





▶ Questions?