

1: Rational Emotive Behavior Therapy - Psychology - Oxford Bibliographies

Rational emotive behavior therapy (REBT), previously called rational therapy and rational emotive therapy, is an active-directive, philosophically and empirically based psychotherapy, the aim of which is to resolve emotional and behavioral problems and disturbances and to help people to lead happier and more fulfilling lives.

The idea that our beliefs upset us was first articulated by Epictetus around 2, years ago: We want to be happy whether we are alone or with others; we want to get along with others—especially with one or two close friends; we want to be well informed and educated; we want a good job with good pay; and we want to enjoy our leisure time. To illustrate this, Dr. Ellis developed a simple ABC format to teach people how their beliefs cause their emotional and behavioral responses: You have a belief about the situation. You have an emotional reaction to the belief. Your employer falsely accuses you of taking money from her purse and threatens to fire you. If you had held a different belief, your emotional response would have been different: That would be unbearable. It is B that causes C. In the second example, it is not her accusation and threat that make you anxious; it is the belief that you must not lose your job, and that losing your job would be unbearable. The Three Basic Musts Although we all express ourselves differently, according to Albert Ellis and REBT, the beliefs that upset us are all variations of three common irrational beliefs. Each of the three common irrational beliefs contains a demand, either about ourselves, other people, or the world in general. These beliefs are known as "The Three Basic Musts. Other people must treat me considerately, fairly and kindly, and in exactly the way I want them to treat me. The first belief often leads to anxiety, depression, shame, and guilt. The second belief often leads to rage, passive-aggression and acts of violence. The third belief often leads to self-pity and procrastination. It is the demanding nature of the beliefs that causes the problem. Less demanding, more flexible beliefs lead to healthy emotions and helpful behaviors Disputing The goal of REBT is to help people change their irrational beliefs into rational beliefs. Insight Albert Ellis and REBT contend that although we all think irrationally from time to time, we can work at eliminating the tendency. No matter when and how we start upsetting ourselves, we continue to feel upset because we cling to our irrational beliefs. The only way to get better is to work hard at changing our beliefs. It takes practice, practice, practice. Acceptance Emotionally healthy human beings develop an acceptance of reality, even when reality is highly unfortunate and unpleasant. REBT therapists strive to help their clients develop three types of acceptance: Each of these types of acceptance is based on three core beliefs: I am a fallible human being; I have my good points and my bad points. There is no reason why I must not have flaws. Despite my good points and my bad points, I am no more worthy and no less worthy than any other human being. Other people will treat me unfairly from time to time. There is no reason why they must treat me fairly. The people who treat me unfairly are no more worthy and no less worthy than any other human being. There is no reason why life must go the way I want it to Life is not necessarily pleasant but it is never awful and it is nearly always bearable. Today it is one of the most widely-practiced therapies throughout the world. Ellis did not clearly see that consistent use of its philosophical system would have such a profound effect on the field of psychotherapy or on the lives of the millions of people who have benefited from it. Features News All Out! An Autobiography This candid autobiography, the last work by renowned psychologist Albert Ellis, is a tour de force of stimulating ideas, colorful descriptions of memorable people and events, and straightforward, no-nonsense talk. Ellis, the creator of one of the most successful forms of psychotherapy-Rational Emotive Behavior Therapy REBT -recounts the memorable episodes of his life; discusses how he coped with emotional problems at different stages of life; describes his love life; and subjects his own self-description to a ruthlessly honest critique. Click here to buy the book. Shameless Happiness A concise booklet that outlines the ABCs of unhealthy negative emotions and self-defeating behavior. Shows how to dispute your irrational beliefs. Great for beginners and experienced REBTers alike. Albert Ellis Tribute Book Series Launched The series will include books of readings for professionals, psychology self-help, psychotherapy theory and practice, the application of philosophy to clinical practice, professional guides for working with special populations, and classroom and college texts. Download the free eBook. Rational Emotive Education Dr. Knaus directly, forthrightly, and with no nonsense

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2: Rational emotive behavior therapy - Wikipedia

Rational emotive behavior therapy, also known as REBT, is a type of cognitive-behavioral therapy developed by psychologist Albert Ellis. REBT is focused on helping clients change irrational beliefs. REBT is focused on helping clients change irrational beliefs.

Saul McLeod, published, updated Cognitive behavioral therapy CBT can be used to treat people with a wide range of mental health problems. CBT is based on the idea that how we think cognition, how we feel emotion and how we act behavior all interact together. Specifically, our thoughts determine our feelings and our behavior. Therefore, negative and unrealistic thoughts can cause us distress and result in problems. When a person suffers with psychological distress, the way in which they interpret situations becomes skewed, which in turn has a negative impact on the actions they take. CBT aims to help people become aware of when they make negative interpretations, and of behavioral patterns which reinforce the distorted thinking. Cognitive therapy helps people to develop alternative ways of thinking and behaving which aims to reduce their psychological distress. Cognitive behavioral therapy is, in fact, an umbrella term for many different therapies that share some common elements. Beck in the s. This faulty thinking may be through cognitive deficiencies lack of planning or cognitive distortions processing information inaccurately. If our mental representations are inaccurate or our ways of reasoning are inadequate then our emotions and behavior may become disordered. The cognitive therapist teaches clients how to identify distorted cognitions through a process of evaluation. The clients learn to discriminate between their own thoughts and reality. They learn the influence that cognition has on their feelings, and they are taught to recognize observe and monitor their own thoughts. The behavior part of the therapy involves setting homework for the client to do e. The therapist gives the client tasks that will help them challenge their own irrational beliefs. The idea is that the client identifies their own unhelpful beliefs and then proves them wrong. As a result, their beliefs begin to change. For example, someone who is anxious in social situations may be set a homework assignment to meet a friend at the pub for a drink. The goal of the therapy is to change irrational beliefs to more rational ones. REBT encourages a person to identify their general and irrational beliefs e. "I must be perfect" and subsequently persuades the person challenge these false beliefs through reality testing. Albert Ellis, proposes that each of us hold a unique set of assumptions about ourselves and our world that serve to guide us through life and determine our reactions to the various situations we encounter. Albert Ellis calls these basic irrational assumptions. Some people irrationally assume that they are failures if they are not loved by everyone they know - they constantly seek approval and repeatedly feel rejected. According to Ellis, these are other common irrational assumptions: Ellis believes that people often forcefully hold on to this illogical way of thinking, and therefore employs highly emotive techniques to help them vigorously and forcefully change this irrational thinking. The first three steps analyze the process by which a person has developed irrational beliefs and may be recorded in a three-column table. The first column records the objective situation, that is, an event that ultimately leads to some type of high emotional response or negative dysfunctional thinking. In the second column, the client writes down the negative thoughts that occurred to them. The third column is for the negative feelings and dysfunctional behaviors that ensued. The negative thoughts of the second column are seen as a connecting bridge between the situation and the distressing feelings. The third column C is next explained by describing emotions or negative thoughts that the client thinks are caused by A. This could be anger, sorrow, anxiety, etc. Ellis believes that it is not the activating event A that causes negative emotional and behavioral consequences C, but rather that a person interpret these events unrealistically and therefore has a irrational belief system B that helps cause the consequences C. The Activating event, A, is that she failed her test. The Belief, B, is that she must have good grades or she is worthless. The Consequence, C, is that Gina feels depressed. This helps the client to develop more rational beliefs and healthy coping strategies. A therapist would help Gina realize that there is no evidence that she must have good grades to be worthwhile, or that getting bad grades is awful. She desires good grades, and it would be good to have them, but it hardly makes her worthless. If she realizes that getting bad grades is disappointing, but not awful, and that it means she is currently bad at math or at

studying, but not as a person, she will feel sad or frustrated, but not depressed. The sadness and frustration are likely healthy negative emotions and may lead her to study harder from then on. Critical Evaluation Rational emotive behavior therapists have cited many studies in support of this approach. Cognitive therapists help clients to recognize the negative thoughts and errors in logic that cause them to be depressed. The therapist also guides clients to question and challenge their dysfunctional thoughts, try out new interpretations, and ultimately apply alternative ways of thinking in their daily lives. As we confront the many situations that arise in life, both comforting and upsetting thoughts come into our heads. Quite often these negative thoughts will persist even in the face of contrary evidence. Beck identified three mechanisms that he thought were responsible for depression: The cognitive triad of negative automatic thinking Negative self schemas Errors in Logic i. These thoughts tended to be automatic in depressed people as they occurred spontaneously. As these three components interact, they interfere with normal cognitive processing, leading to impairments in perception, memory and problem solving with the person becoming obsessed with negative thoughts. Negative Self-Schemas Beck believed that depression prone individuals develop a negative self-schema. They possess a set of beliefs and expectations about themselves that are essentially negative and pessimistic. Beck claimed that negative schemas may be acquired in childhood as a result of a traumatic event. Experiences that might contribute to negative schemas include: Death of a parent or sibling. Parental rejection, criticism, overprotection, neglect or abuse. Bullying at school or exclusion from peer group. People with negative self schemas become prone to making logical errors in their thinking and they tend to focus selectively on certain aspects of a situation while ignoring equally relevant information. Cognitive Distortions Beck identifies a number of illogical thinking processes i. These illogical thought patterns are self-defeating, and can cause great anxiety or depression for the individual. Drawing conclusions on the basis of sufficient or irrelevant evidence: Focusing on a single aspect of a situation and ignoring others: Attributing the negative feelings of others to yourself. It was also found that the therapy was more successful than drug therapy and had a lower relapse rate, supporting the proposition that depression has a cognitive basis. In contrast, Beck stresses the quality of the therapeutic relationship. Beck places more emphasis on the client discovering misconceptions for themselves. Strengths of CBT 1. Model has great appeal because it focuses on human thought. Human cognitive abilities has been responsible for our many accomplishments so may also be responsible for our problems. Cognitive theories lend themselves to testing. Many people with psychological disorders, particularly depressive , anxiety , and sexual disorders have been found to display maladaptive assumptions and thoughts Beck et al. Limitations of CBT 1. The precise role of cognitive processes is yet to be determined. It is not clear whether faulty cognitions are a cause of the psychopathology or a consequence of it. Lewinsohn studied a group of participants before any of them became depressed, and found that those who later became depressed were no more likely to have negative thoughts than those who did not develop depression. This suggests that hopeless and negative thinking may be the result of depression, rather than the cause of it. The cognitive model is narrow in scope - thinking is just one part of human functioning, broader issues need to be addressed. RET is a directive therapy aimed at changing cognitions sometimes quite forcefully. For some, this may be considered an unethical approach. University of Pennsylvania Press. Cognitions, attitudes and personality dimensions in depression. British Journal of Cognitive Psychotherapy. Beck Anxiety Inventory Manual. Harcourt Brace and Company. A review of meta-analyses. Journal of the Norwegian Psychological Association, 37, Historical and philosophical bases of cognitive behavioral theories. Handbook of Cognitive behavioral Therapies. Rational Psychotherapy and Individual Psychology. Journal of Individual Psychology, Reason and Emotion in Psychotherapy. Cognitive and cognitive-behavioral therapies. The handbook of clinical psychology: Journal of abnormal psychology, 90 3 , The efficacy of rational-emotive therapy: A quantitative review of the outcome research. Clinical Psychology Review, 11 4 ,

3: Rational Emotive Behavior Therapy

What is Rational Emotive Behavior Therapy? A Definition. As suggested by the scenario above, rational emotive behavior therapy (REBT) differed from the other mainstream therapies of its day, mainly in the importance it placed on discussing and adapting how clients think (Jorn,).

It is characterized by an urgent need to continually seek substances, even when a person knows such a pattern is harmful. This need is driven by changes in the brain caused by harmful substances. When a person is afflicted with addiction, his brain composition is actually altered. It is this change which makes a person seek use of drugs again and again. This change is also responsible for what causes relapse in a person, or the pattern which makes affected individuals go back to substance abuse even after they have sought treatment. Many types of treatments are available, and a full treatment plan often includes a number of these methods. Some of these include medication-assisted therapy MAT , different types of cognitive behavioral therapy, and counseling individual, family, or group. Engaging in REBT helps a person to rid himself of negative behaviors, eliminate addictive tendencies, and thereby seek a life of fulfillment and happiness. This therapy also encourages positive values in its participants, such as strong self-esteem and unwavering acceptance of self and of others. Call to be connected with a compassionate treatment specialist. Because of this, people who undergo REBT are taught to look carefully at their negative thinking and to question it. Rational thinking becomes a practice. Once a person can rationalize his negative thoughts, he can begin to overcome the behaviors which inhibit life fulfillment. These are called the Three Basic Musts, and they each hold a demand about ourselves or others, and each are responsible for the events or things which upset us: I must perform well and gain approval and acceptance from other people or I am not worthy in life. I deserve to be treated fairly and kindly at all times. If other people do not treat me this way at all times, they are not worthy in life and they deserve to be penalized for their actions. I have to have what I desire, and I have to have it immediately. These beliefs, REBT suggests, often are what lead to unwelcome thoughts and behaviors. These may include feelings of anger, depression , guilt, shame, self-pity, and acts of passive-aggression. In recent years, it has been shown to be effective in treating addiction. REBT aims to teach its participants to reverse these habits. The following are examples of how to utilize REBT to help change addictive tendencies: REBT teaches a person to work through this thinking, question it, and counter it through rationale and reasoning. This need is fostered by his irrational thoughts. Once he can learn to approach his thinking in a positive, rational way, he can begin to implement this thinking to all behaviors and change them for the better. REBT teaches a person to see the positive self-image he wants and deserves. A therapist helping a person through REBT would ask the person to dispute, value insights, and practice acceptance. To dispute negative thoughts, a person would be asked to challenge irrational beliefs. For example, a person having trouble with the first Basic Must listed above would be prompted to question: Further, a participant would be asked to contemplate why he adheres to absolutes. Are your urges actually necessary, or do you just feel very strongly that they are necessary? Valuing insights involves training a person to hold fast to certain uplifting beliefs. Positive beliefs remind REBT participants that negative thoughts and behaviors do not merely happen, but are a direct result of giving in to them. Though REBT allows that everyone occasionally has irrational thoughts, it holds that people can get rid of or learn to control these thoughts most of the time. This process requires diligence and, especially, practice. Acceptance helps a person to understand that he can deal with the confines of his reality, even if they are not desirable. An addicted individual also learns to accept others and their love and support in his life. Finally, he learns to accept the world as a place which can be full of love and opportunity if he practices seeing it that way. If protective factors are not effectively implemented, and even sometimes when they are implemented, people can fall victim to addiction. However, people affected by addiction have many options to help them recover. REBT could be useful for an addicted individual in changing thinking and, as a result, changing addictive behaviors. For many people, preventing relapse requires more than just a few rounds of medication and family support. Resisting further substance abuse may require the individual to revolutionize his thinking and inhabit a new way of life—one free from the constraints of substance abuse. In

any case, treatment is a part of life which should not be lightly considered. Before making any decisions, a person should seek as many resources as possible to aid in getting treatment that best fits his needs. With new drugs entering the scene all the time, it is imperative to have a myriad of ongoing treatment options available. REBT works to help people affected by addiction adopt positive thinking and practice new ways of fulfillment. If you or someone close to you is suffering from substance abuse, and you would like to be connected with resources, we can help. Contact us today at RehabCenter.

4: Rational Emotive Behavior Therapy (REBT) For Addiction Treatment

Rational emotive behavioral therapy (REBT), developed by Albert Ellis in and originally called rational therapy, laid the foundation for what is now known as cognitive behavioral www.enganchecubano.com

Based on REBT, psychological outcomes are not generated by A the activating events, but by how one cognitively processes them. REBT theory is a motivational theory, part of the appraisal paradigm. When DEM is not confirmed by A, secondary irrational appraisal mechanisms follow: If DEM is confirmed by A, we experience dysfunctional positive feelings. When this flexible belief is. The combination of primary and secondary rational appraisal mechanisms generates functional negative feelings, adaptive behaviors, and healthy psychophysiological reactions. If PRE are confirmed by A, we experience functional positive feelings. Once generated by the ABC process, a C e. General Overviews Ellis is a fundamental article in which the author set the foundation for what he called rational therapy RT see also Ellis Indeed, as a recognition of the role that Albert Ellis played in the cognitive revolution in psychology, the American Psychological Association awarded him both the Distinguished Professional Contribution to Psychology Award and the Outstanding Lifetime Contribution to Psychology Award In Ellis changed the name of RET into rational emotive behavior therapy REBT, to acknowledge the role of behavioral techniques and homework assignments in the therapy see Ellis, thus emphasizing the multimodal aspect of REBT practice. It also frames the structure of the present REBT bibliography. Rational and irrational beliefs in human functioning and disturbances; Implication for research, theory, and practice. This book offers up-to-date guidelines regarding REBT practice. Rational psychotherapy and individual psychology. Journal of Individual Psychology Although the term rational therapy was introduced by Ellis at various professional conferences in at the American Psychological Convention in Chicago, for example, this is the article where this name was first published. Journal of General Psychology This article further detailed the new development in psychotherapy, namely rational therapy. Reason and emotion in psychotherapy. The second edition was published in Although the name of rational-emotive therapy was presented by Ellis at various professional conferences, this is the book in which the name was first published. In this article Ellis argued why the name rational-emotive therapy was changed into rational emotive behavior therapy. Rational emotive behavior therapy.

5: Rational Emotive Behavior Therapy - REBT

Rational Emotive & Cognitive-Behavior Therapy. REBT is the pioneering form of cognitive behavior therapy developed by Dr. Albert Ellis in REBT is an action-oriented approach to managing cognitive, emotional, and behavioral disturbances.

It was first introduced in by Dr. Albert Ellis who had become increasingly frustrated with the ineffectiveness of psychotherapy. Ellis drew from his knowledge of philosophy and psychology to devise a method which he believed was more directive, efficient, and effective. Rational Emotive Behavior Therapy teaches the client to identify, evaluate, dispute, and act against his or her irrational self-defeating beliefs, thus helping the client to not only feel better but to get better. Rational Emotive Behavior Therapy is an active-directive, solution-oriented therapy which focuses on resolving emotional, cognitive and behavioral problems in clients. Fundamental to Rational Emotive Behavior Therapy is the concept that emotional suffering results primarily, though not completely, from our evaluations of a negative event, not solely by the events themselves. In other words, human beings on the basis of their belief system actively, though not always consciously, disturb themselves, and even disturb themselves about their disturbances. The Rational Emotive Behavior Therapy framework assumes that humans have both rational and irrational tendencies. In other words rational beliefs reduce conflicts with others and improved health. REBT claims that irrational and self-defeating thinking, emoting and behaving are correlated with emotional difficulties such as self-blame, jealousy, guilt, Low Frustration Tolerance, depression, and anxiety. This is a view shared with some other well-known therapies, such as Re-evaluation Counseling and Person-centred counseling - as these both arose in the mid-20th century, Ellis is thought to have had an influence on them. REBT is an educational and active-directive process in which the therapist teaches the client how to identify irrational and self-defeating tendencies which in nature are unrealistic, illogical and absolutist, and then to forcefully and emotionally dispute them, and replace them with more rational and self-helping ones. By using different methods and activities, the client, together with help from the therapist and in homework exercises, can gain a more rational, logical and constructive rational way of thinking, emoting and behaving. More about Rational Emotive Therapy One of the main pillars of Rational Emotive Behavior Therapy is that irrational patterns of thinking, feeling and behaving are the cause of much human disturbance, including depression and anxiety. Rational Emotive Behavior Therapy teaches that turning flexible preferences and wishes into grandiose absolutistic demands and commands will cause disturbances. Albert Ellis has suggested three core beliefs that cause disturbances Ellis, This leads to feelings of anger, rage, fury, and vindictiveness and lead to actions like fights, feuds, wars, genocide, and ultimately, an atomic holocaust. Otherwise, life is awful, terrible, horrible, catastrophic and unbearable. Rational Emotive Behavior Therapy then holds that an irrational belief system has strong tendencies to the following self-defeating components: It is therefore the evaluative belief system, based on core philosophies, that is likely to create unrealistic, arbitrary, and crooked inferences and distortions in thinking. REBT therefore first teaches that when people in an unsensible way overuse absolutistic and rigid "shoulds", "musts", and "oughts", they will very likely disturb themselves. Essential to Rational Emotive Behavior Therapy is that most "isms" and dogmas are, by nature, unhealthy and self-defeating, and that absolutistic ways of thinking will, in most cases, create unnecessary disturbances. These inflexible philosophies are, therefore, better replaced with more flexible, un-dogmatic and self-helping attitudes. The healthy alternative to demandingness is therefore unconditional acceptance of humans -- not their behavior, but that which cannot be changed -- and rigorous, effortful problem solving. Disturbed evaluations occur through overgeneralization, wherein one exaggerates and globalizes events or traits, usually unwanted events or traits or behaviors, out of context, while almost always ignoring the positive events or traits or behaviors. For example, awfulizing is mental magnification of the importance of an unwanted situation to a catastrophe, elevating the rating of something from bad to worse than it should be, to beyond totally bad, to intolerable, to a holocaust. The same exaggeration and overgeneralizing occurs with human rating, wherein humans come to be defined by their flaws or misdeeds: Frustration intolerance occurs when one sees that tasks are more difficult, tedious, or boring than one wants,

but exaggerates the badness of this to something that is wrongly too hard, too much, not as easy as it should be or beyond what one can stand. Many of these self-defeating beliefs are both innately biological and indoctrinated in early life and might grow stronger as a person continually revisits them. By emotive, cognitive and behavioral methods the client learns to replace the absolutistic and dogmatic musts with flexible and non-rigid preferences, which are likely to cause more healthy and constructive emotions and behavior. The Rational Emotive Behavior therapist strongly believes in a rigorous application of the rules of logic, straight thinking, and of scientific method to everyday life. Ellis, REBT points out that irrational beliefs will often be obvious in how people talk to themselves. The therapist asking, "What are you telling yourself about?" The therapist is most interested in finding core-beliefs and deep-rooted philosophical evaluations. These are usually the automatic causes of negative inferences and higher level evaluative thoughts. Unconditional self-acceptance, other-acceptance and life-acceptance is of prime importance in achieving mental wellness. They consider themselves valuable just as a result of being alive and kicking; and are better off not to measure their "self" or their "being" and give themselves any global rating, because all humans are far too complex to rate, and do both good and bad deeds and have both, not either-or, good and bad attributes and traits. REBT holds that ideas and feelings about self-worth are largely definitional and are not empirically confirmable or falsifiable. Ellis, REBT believes that the client has to work hard to get better, and this work may include homework assigned by the therapist. The assignments may include desensitization tasks, i. Often Rational Emotive Behavior Therapy focuses on specific problems and is used as a brief therapy, but in deeper problems longer therapy is promoted. Another factor contributing to the brevity of Rational Emotive Behavior Therapy is that the therapist helps the client learn how to get better through hard work, and help himself to get through future adversities. It holds that hard work, and hard work only, is the only way to get, and stay, better and not only temporarily feel better. Additional Information For more information about Rational Emotive Behavior Therapy and other therapeutic approaches, please click on the linked websites listed below.

6: What Is Rational Emotive Behavior Therapy (REBT)? | Laguna Treatment Hospital

Rational Emotive Therapy, sometimes called Rational Emotive Behavioral Therapy, is a form of therapeutic psychology that emerges from behaviorism. It attempts to use reason and rationality to recognize self-defeating cognitive processes, and learn to emote more appropriately.

These coping techniques may include: This gives you a chance to apply the skills you learn in a session to your daily life. For example, they might have you write down how you feel after experiencing something that usually makes you feel anxious and think about how your response made you feel. Both approaches work to help you accept and change irrational thoughts that cause distress. But REBT places a little more emphasis on the acceptance part. The creator of REBT refers to this element of treatment as unconditional self-acceptance. This involves trying to avoid self-judgment and recognizing that humans, including you, can and will make mistakes. REBT is also unique because it sometimes uses humor as a therapeutic tool to help you take things less seriously or look at things differently. This might involve cartoons, humorous songs, or irony. REBT also makes a point of addressing secondary symptoms, such as becoming anxious about experiencing anxiety or feeling depressed about having depression. How effective is REBT? REBT is generally accepted as an effective type of therapy. But the review points out the need for more randomized trials to understand how REBT can help to treat a wider variety of conditions. A small study looked at the benefits of regular REBT sessions with a social worker for long-term depression. After a year, the participants made fewer trips to their primary care doctor. The use of prescription medications also decreased. A study similarly found that REBT may be an effective treatment for depression in young girls. Keep in mind that people respond differently to all types of therapy. What works for one person may not work for you. Finding a therapist can be a daunting task. Do you prefer either a male or female? It might also help to determine how much you can realistically spend per session. Some therapists might not take insurance, but many offer sliding-scale fees or low-cost options. Learn more about finding affordable therapy. If you live in the United States, you can find psychologists in your area here. If they sound promising, make an appointment. Some people need to see a few therapists before they find the right one. The bottom line REBT is a type of therapy that can help with a range of mental health conditions. Medically reviewed by Timothy J.

7: Cognitive Behavioral Therapy | CBT | Simply Psychology

Albert Ellis, an important contributor to the ideas behind cognitive-behavioral therapy and the founder of Rational Emotive Behavior Therapy (REBT), discovered that people's beliefs strongly.

The use, distribution or reproduction in other forums is permitted, provided the original author s or licensor are credited and that the original publication in this journal is cited, in accordance with accepted academic practice. No use, distribution or reproduction is permitted which does not comply with these terms. This article has been cited by other articles in PMC. Abstract In this article Rational Emotive Behavior Therapy REBT is proposed as a potentially important framework for the understanding and promotion of mental health in athletes. Cognitive-behavioral approaches predominate in the provision of sport psychology, and often form the backbone of psychological skills training for performance enhancement and maintenance. But far from being solely performance-focused, the cognitive-behavioral approach to sport psychology can restore, promote, and maintain mental health. This review article presents REBT Ellis, , the original cognitive behavioral therapy, as a valuable approach to addressing mental health issues in sport. REBT holds that it is not events that directly cause emotions and behaviors. Further, REBT distinguishes between rational and irrational beliefs, and suggests that in response to failure, maltreatment, and misfortune, people can react with either healthy or unhealthy emotional and behavioral responses. The extant research indicates that irrational beliefs lead to unhealthy negative emotions, a range of pathological conditions, and a host of maladaptive behaviors that undermine mental health. Therefore, REBT proposes a process for the reduction of irrational beliefs and the promotion of rational beliefs. The use of REBT in sport is seldom reported in literature, but research is growing. This review article proposes three important areas of investigation that will aid the understanding of irrational beliefs and the application of REBT within sport. Each area is discussed in turn, offering a critical and progressive review of the literature as well as highlighting research deficits, and recommendations to address each of the three areas of investigation. Indeed, many consider sport psychology to be much more than the provision of psychological skills training PST , recognizing the role sport psychology could play in the mental health of athletes. Also, many recognize the importance of viewing athletes as humans first, and athletes second, thus reinforcing a humanistic approach to helping athletes with self-defeating emotions and behaviors, inside and outside of their sport. However, providing that the practitioner is trained and competent in the use of counseling approaches, it is possible to work with athletes on deeply held attitudes and beliefs that positively influence not only sports performance, but also mental health. Inspired primarily by the Stoic philosophers, REBT holds that it is not events that directly cause emotions and behaviors. This is a common cognitive-behavioral philosophy shared across various approaches. REBT places this central idea or philosophy into an ABC framework where the event is represented by the letter A activating event or adversity , the beliefs are allocated the letter B, and finally emotions and behaviors are represented by C consequences. Not only does this ABC framework hold up scientifically when considering the role of cognitive appraisal in the generation of emotion David et al. Most prominently, it enables clients to realize that it is not outside events A that cause their dysfunctional reactions C , it is their irrational beliefs B , and thus, they are in control of how they respond to adversity because they can have autonomy over their beliefs. Theorists and practitioners e. Cold cognitions describe how an individual develops representations of situations, whereas hot cognitions refer to the evaluation of cold cognitions, or appraisals David and McMahon, ; David et al. Therefore, emotions emerge as a result of cold cognitions that deem a situation to be motivationally relevant and motivationally incongruent, mediated by rational and irrational beliefs hot cognitions. Put another way, the ability for A activating event; cold cognition to cause C emotional and behavioral response is dependent on B rational and irrational beliefs; hot cognition. Hence, the ABC philosophy that informs REBTs theoretical and therapeutic approach serves to guide treatment and capture the mechanisms driving emotional responding. Rational Emotive Behavior Therapy distinguishes itself from other cognitive-behavioral approaches by placing irrational and rational beliefs at its core. In REBT rational beliefs are defined as beliefs that are flexible, non-extreme, and logical i. Specifically, there are four

types of rational and irrational beliefs. UNEs are associated with very unpleasant physical symptoms chronic and severe and usually motivate behaviors that work against goal attainment. In contrast, HNEs facilitate goal accomplishment as they are associated with some unpleasant physical symptoms acute and mild and motivate behaviors that facilitate goal attainment. HNEs and UNEs are not necessarily distinguished by the intensity of the emotion, rather, they are qualitatively different. In other words, it is not that unhealthy anxiety is less intense than healthy anxiety, or that they are just two versions of the same emotions. It is more accurate to consider them to be different emotions altogether as they drive different behaviors or action tendencies. This binary model of distress David et al. This is done using a systematic disputation D process, which entails the practitioner helping the client to challenge specific irrational beliefs Dryden, The client is asked to consider whether there is any evidence for their belief, whether it is logical or consistent with reality, and whether the belief is pragmatic or helpful. Once the irrational belief has been disputed, a rational alternate belief is constructed, in line with theory and in collaboration between client and practitioner, a step labeled E effective new belief. Depending on the motivation of the client, REBT can be completed briefly in as little as five sessions for clearly defined issues but more long-term REBT is recommended for more complex issues Diguseppe et al. However, longer REBT in terms of minutes is considered more effective, having greater impact on treatment outcomes Lyons and Woods, ; Gonzalez et al. Practitioners wishing to ethically adopt REBT within their practice should acquire professional competencies by completing a recognized and official REBT course, and also maintain their knowledge and skills via peer support groups. Because there is a paucity of research reporting the use of REBT with athletes, meta-analyses conducted with non-athletes provides acceptable, but not strong, justification for the use of REBT with athlete populations. However, sport literature has started to report the use of REBT in athlete populations. REBT and Irrational Beliefs in Sport One of the advantages of practicing and studying sport psychology is the exposure to a broad range of psychological approaches, many of which that have their groundings in cognitive behavioral approaches. However, the author finds that REBT is particularly useful for accessing, challenging, and changing more deeply held beliefs and philosophies than the techniques included within The Canon. For example, following REBT, athletes with rational beliefs still get anxious healthy anxiety about competing and The Canon provides useful strategies for reducing symptoms such as rumination and debilitating arousal. But some athletes require deeper-level work in order to counteract core irrational beliefs that drive unhealthy emotions and behaviors that may be more effectively treated through REBT. Therefore REBT is applicable for a vast range of athlete issues apart from performance issues, such as career transition, personal life issues, and eating disorders. The goal of REBT is to enhance and maintain emotional and behavioral functionality, which then helps to drive long-term goal achievement. In the context of sport, where the result is often the most important factor and a quick fix is tempting, athlete mental health is sometimes forgotten. It is important to recognize that REBT is also a preventative approach that can bolster rational beliefs and mental health, and is not just about providing a solution to irrational beliefs and mental ill-health. This also helps athletes to self-manage emotions once they have been suitably trained to use REBT independently and competently. Sport, and many other performance contexts, can be too reactive to problems, which can cause sport psychology provision to be seen as remedial, rather than a core part of athlete support. Nonetheless, the growth of sport psychology has helped practitioners integrate well-established and also novel approaches into their practice, which in the case of REBT is reflected in the recent attention it has received in sport psychology literature. Rational Emotive Behavior Therapy can be delivered in time-constricted and access-restricted situations, typical of some sporting environments. Therefore the modes of delivery typical in REBT such as group therapy, education, and one-to-one counseling, fit well within the provision of sport psychology. Perhaps many sport psychology practitioners use REBT within their practice, but current literature has sparse examples of REBT being used with athletes. The writing concerning the use of REBT in sport has been focused on case-study reflections e. For example, Bernard provides a very detailed description of his work applying a rational-emotive training program with Australian Rules Football players. Delivered in a group setting, the program included REBT education and also broader themes such as concentration training and goal setting. Bernard reports that the athletes were better able to control their thoughts to directly influence performance. However, no performance markers were

attained and no control-group was present as this work was not a research study, deeming the extent to which the program influenced actual performance impossible to ascertain. A similar approach was taken by Marlow who applied REBT with a youth ten-pin bowler, again within a broad program of psychological skills, reporting positive performance effects alongside adaptive behavioral changes. Away from reflective case-study approaches, there have been a handful of studies that focus on changes in relevant dependent variables through the application of REBT. Elko and Ostrow applied REBT with six gymnasts and found reduced anxiety in five and enhanced performance in three of the participants. The lack of performance gain in three of the gymnasts is feasibly attributed to circumstantial events, but may indicate that the promotion of rational beliefs does not necessarily improve athletic performance. In another study, five lecture-based REBT sessions were provided to youth soft-tennis players, with results indicating that cognitive-anxiety was significantly reduced Yamauchi and Murakoshi, However, this study is written in Japanese, has not been translated, and therefore the author has been unable to discern the precise details of the study. One study examined the efficacy of REBT for managing trait and state anxiety direction, and ten-pin bowling performance, compared to an imagery and relaxation intervention, and a placebo intervention Lerner et al. The relaxation and imagery intervention comprised rehearsal of alternate physiological and mental states during competition, and the placebo intervention emphasized general attention and reflective counseling. The REBT intervention reduced irrational thinking significantly more than the comparison interventions, which is to be expected. However, REBT also significantly moderated negative directional interpretations of trait and state anxiety symptoms, and improved performance to a greater extent than the comparison interventions. Using coach and teammate evaluation and video analysis, results showed a reduction in behaviors related to LFT, and performance enhancement in competitions. More recent research has emerged that has adopted single-case designs to assess the effectiveness of REBT with athletes. In a study by Turner and Barker , four elite youth cricketers received three one-to-one REBT counseling sessions regarding their performance anxiety. Results showed a significant reduction in irrational beliefs and cognitive anxiety when REBT was applied, but no objective performance markers were collected and therefore the impact of REBT on performance was not evidenced. Two further studies Turner et al. However, when REBT education was applied in a single session, reductions in irrational beliefs were short-term, returning to baseline levels at a follow-up timepoint Turner et al. Whereas REBT education applied in three sessions yielded longer-term reductions in irrational beliefs, lending support to the idea that REBT is not a quick fix. Again, although in both studies subjectively athletes felt that the REBT helped them improve emotional control and performance, no objective markers of performance were sought. More recently Cunningham and Turner, , REBT was used with three semi-professional Mixed Martial Arts athletes on a one-to-one basis, to reduce irrational beliefs, in particular self-depreciation, and increase unconditional self-acceptance. Results showed that two of the three athletes reported decreases in self-depreciation, and all three showed increases in unconditional self-acceptance USA. Also, in a detailed case-study paper REBT was applied with a country-level archer across seven sessions Wood et al. Further, the research that exists has focused on the application of REBT with athletes in the field, and not on testing and validating the theoretical proponents of REBT in sport settings, or with athletes. The number of empirical research papers and practitioner reflections are growing in the sport and REBT literature, but most articles focus on how the application of REBT reduces irrational beliefs in athletes, with the use of social validation data to explore broader changes at an emotional and behavioral level. With the research in sport in its infancy, there are a number of areas in which future research should be directed. In this article the author presents three key areas in which further research should be invested in order to advance the understanding of irrational and rational beliefs and REBT in sport. First, the influence of irrational and rational beliefs and REBT on the mental health of athletes should be more fully investigated. Although extant sport research has reported shifts in irrational and rational beliefs and emotional outcomes e. Second, given that sport is a performance-driven industry, the influence of irrational and rational beliefs and REBT on performance should be more fully empirically tested. While the extant research provides growing support for the applicability of REBT for sport performance e. Further, the potential mechanisms for sport performance effects stemming from irrational and rational beliefs have not been suitably investigated. Third, the

development of irrational beliefs in athletes should be investigated to provide a clear picture of how and when irrational beliefs emerge in athletes. This can open the door for early-years development of rational beliefs in order to avoid mental health issues stemming from irrational beliefs as the athlete progresses in their career. This article addresses each of these three areas in detail and in turn. The Influence of Irrational Beliefs and Rational Beliefs on Mental Health Rational Emotive Behavior Therapy did not stem from performance literature, and like many other cognitive-behavioral approaches, REBT has been adopted by sport and exercise psychologists for use in performance settings. The origins of REBT are within clinical psychotherapeutic settings, where the chief goal is mental health. Therefore the preponderance of extant research examines mental health outcomes, and indicates that irrational beliefs lead to, and are associated with, a vast range of emotional and behavioral outcomes that undermine mental health.

8: Rational-emotive therapy | Define Rational-emotive therapy at www.enganchecubano.com

Rational emotive behavior therapy (REBT) is a type of therapy introduced by Albert Ellis in the s. It's an approach that helps you identify irrational beliefs and negative thought patterns.

Precursors of certain fundamental aspects of Rational Emotive Behavior Therapy have been identified in ancient philosophical traditions, particularly Stoicism. The A-B-C model states that it is not an A, adversity or activating event that cause disturbed and dysfunctional emotional and behavioral Cs, consequences, but also what people B, irrationally believe about the A, adversity. A, adversity can be an external situation, or a thought, a feeling or other kind of internal event, and it can refer to an event in the past, present, or future. E- The effective new philosophy or belief that develops in that person through the occurrence of D in their minds of A and B F- The developed feelings of ones self either at point and after point C or at point after point E. The Bs, irrational beliefs that are most important in the A-B-C model are explicit and implicit philosophical meanings and assumptions about events, personal desires, and preferences. The Bs, beliefs that are most significant are highly evaluative and consist of interrelated and integrated cognitive, emotional and behavioral aspects and dimensions. Through REBT, by understanding the role of their mediating, evaluative and philosophically based illogical, unrealistic and self-defeating meanings, interpretations and assumptions in disturbance, individuals can learn to identify them, then go to D, disputing and questioning the evidence for them. At E, effective new philosophy, they can recognize and reinforce the notion no evidence exists for any psychopathological must, ought or should and distinguish them from healthy constructs, and subscribe to more constructive and self-helping philosophies. The REBT framework assumes that humans have both innate rational meaning self-helping, socially helping, and constructive and irrational meaning self-defeating, socially defeating, and unhelpful tendencies and leanings. REBT claims that people to a large degree consciously and unconsciously construct emotional difficulties such as self-blame , self-pity , clinical anger, hurt, guilt, shame, depression and anxiety , and behaviors and behavior tendencies like procrastination , compulsiveness, avoidance, addiction and withdrawal by the means of their irrational and self-defeating thinking, emoting and behaving. By using different cognitive, emotive and behavioral methods and activities, the client, together with help from the therapist and in homework exercises, can gain a more rational, self-helping and constructive rational way of thinking, emoting and behaving. Insight 1 â€” People seeing and accepting the reality that their emotional disturbances at point C are only partially caused by the activating events or adversities at point A that precede C. Insight 2 â€” No matter how, when, and why people acquire self-defeating or irrational beliefs i. They do so not because they held them in the past, but because they still actively hold them in the present often unconsciously , while continuing to reaffirm their beliefs and act as if they are still valid. In their minds and hearts, the troubled people still follow the core "musturbatory" philosophies they adopted or invented long ago, or ones they recently accepted or constructed. Insight 3 â€” No matter how well they have gained insights 1 and 2, insight alone rarely enables people to undo their emotional disturbances. They may feel better when they know, or think they know, how they became disturbed, because insights can feel useful and curative. Insight 4 â€” That in order for point D to occur in ones life often circumstances need to occur or transpire in order for the dispute in ones self and ones own emotions to happen. This way the dispute is reinforced by actions taken by the self if the action is strong enough. However if this is not executed by others with the person in affect not aware of what is going on the situation could become dangerous or life threatening by the person being treated. Regarding cognitive-affective-behavioral processes in mental functioning and dysfunctioning, originator Albert Ellis explains: Much of what we call emotion is nothing more nor less than a certain kind â€” a biased, prejudiced, or strongly evaluative kind â€” of thought. But emotions and behaviors significantly influence and affect thinking, just as thinking influences emotions and behaviors. Evaluating is a fundamental characteristic of human organisms and seems to work in a kind of closed circuit with a feedback mechanism: First, perception biases response, and then response tends to bias subsequent perception. Also, prior perceptions appear to bias subsequent perceptions , and prior responses appear to bias subsequent responses. What we call feelings

almost always have a pronounced evaluating or appraisal element. Ellis alludes to similarities between REBT and the general semantics when explaining the role of irrational beliefs in self-defeating tendencies, citing Alfred Korzybski as a significant modern influence on this thinking. Psychological dysfunction[edit] One of the main pillars of REBT is that irrational and dysfunctional ways and patterns of thinking, feeling and behaving are contributing to much, though hardly all, human disturbance and emotional and behavioral self-defeatism and social defeatism. REBT generally teaches that when people turn flexible preferences, desires and wishes into grandiose, absolutistic and fatalistic dictates, this tends to contribute to disturbance and upset. These dysfunctional patterns are examples of cognitive distortions. Core beliefs that disturb humans[edit] Albert Ellis has suggested three core beliefs or philosophies that humans tend to disturb themselves through: If I fail in these important and sacred respects, that is awful and I am a bad, incompetent, unworthy person, who will probably always fail and deserves to suffer. Otherwise, it is terrible and they are rotten, bad, unworthy people who will always treat me badly and do not deserve a good life and should be severely punished for acting so abominably to me. My life is impossible and hardly worth living. Holding this belief when faced with adversity tends to contribute to feelings of anger, rage, fury, and vindictiveness. Holding this belief when faced with adversity tends to contribute to frustration and discomfort, intolerance, self-pity, anger, depression, and to behaviors such as procrastination, avoidance, addictive behaviors and inaction. Rigid demands that humans make[edit] REBT commonly posits that at the core of irrational beliefs there often are explicit or implicit rigid demands and commands, and that extreme derivatives like awfulizing, frustration intolerance, people deprecation and over-generalizations are accompanied by these. REBT therefore first teaches that when people in an insensible and devout way overuse absolutistic, dogmatic and rigid "shoulds", "musts", and "oughts", they tend to disturb and upset themselves. Over-generalization[edit] Further REBT generally posits that disturbed evaluations to a large degree occur through over-generalization, wherein people exaggerate and globalize events or traits, usually unwanted events or traits or behavior, out of context, while almost always ignoring the positive events or traits or behaviors. For example, awfulizing is partly mental magnification of the importance of an unwanted situation to a catastrophe or horror, elevating the rating of something from bad to worse than it should be, to beyond totally bad, worse than bad to the intolerable and to a "holocaust". The same exaggeration and overgeneralizing occurs with human rating, wherein humans come to be arbitrarily and axiomatically defined by their perceived flaws or misdeeds. Secondary disturbances[edit] Essential to REBT theory is also the concept of secondary disturbances which people sometimes construct on top of their primary disturbance. This does not by any means mean that a relatively un-disturbed person never experiences negative feelings, but REBT does hope to keep debilitating and un-healthy emotions and subsequent self-defeating behavior to a minimum. To do this, REBT generally promotes a flexible, un-dogmatic, self-helping and efficient belief system and constructive life philosophy about adversities and human desires and preferences. REBT clearly acknowledges that people, in addition to disturbing themselves, also are innately constructivists. Because they largely upset themselves with their beliefs, emotions and behaviors, they can be helped to, in a multimodal manner, dispute and question these and develop a more workable, more self-helping set of constructs. REBT generally teaches and promotes: That the concepts and philosophies of life of unconditional self-acceptance, other-acceptance, and life-acceptance are effective philosophies of life in achieving mental wellness and mental health. That they are better off not measuring their entire self or their "being" and give up the narrow, grandiose and ultimately destructive notion to give themselves any global rating or report card. REBT holds that ideas and feelings about self-worth are largely definitional and are not empirically confirmable or falsifiable. That people had better accept life with its hassles and difficulties not always in accordance with their wants, while trying to change what they can change and live as elegantly as possible with what they cannot change. REBT intervention[edit] As explained, REBT is a therapeutic system of both theory and practice; generally one of the goals of REBT is to help clients see the ways in which they have learned how they often needlessly upset themselves, teach them how to "un-upset" themselves and then how to empower themselves to lead happier and more fulfilling lives. Although REBT teaches that the therapist or counsellor is better served by demonstrating unconditional other-acceptance or unconditional positive regard, the therapist is not necessarily always encouraged to build a

warm and caring relationship with the client. In traditional REBT, the client together with the therapist, in a structured active-directive manner, often work through a set of target problems and establish a set of therapeutic goals. After working through these problems, the client learns to generalize insights to other relevant situations. In therapy, the first step often is that the client acknowledges the problems, accepts emotional responsibility for these and has willingness and determination to change. This normally requires a considerable amount of insight, but as originator Albert Ellis [17] explains: Central through these methods and techniques is the intent to help the client challenge, dispute and question their destructive and self-defeating cognitions, emotions and behaviors. REBT seeks to acknowledge that understanding and insight are not enough; in order for clients to significantly change, they need to pinpoint their irrational and self-defeating constructs and work forcefully and actively at changing them to more functional and self-helping ones. REBT posits that the client must work hard to get better, and in therapy this normally includes a wide array of homework exercises in day-to-day life assigned by the therapist. The assignments may for example include desensitization tasks, i. By doing so, the client is actively acting against the belief that often is contributing significantly to the disturbance. Another factor contributing to the brevity of REBT is that the therapist seeks to empower the client to help himself through future adversities. REBT only promotes temporary solutions if more fundamental solutions are not found. The client then moves toward unconditional self-acceptance, other-acceptance and life-acceptance while striving to live a more self-fulfilling and happier life. Efficacy[edit] REBT and CBT in general have a substantial and strong research base to verify and support both their psychotherapeutic efficiency and their theoretical underpinnings. A great quantity of scientific empirical studies has proven REBT to be an effective and efficient treatment for many kinds of psychopathology, conditions and problems. For instance, originator Albert Ellis has on occasions emphasized the difficulty and complexity of measuring psychotherapeutic effectiveness, because many studies only tend to measure whether clients merely feel better after therapy instead of them getting better and staying better. It has also been argued by Ellis and by other clinicians that REBT theory on numerous occasions has been misunderstood and misconstrued both in research and in general. He repudiated the claim by saying that REBT on the contrary emphasizes that thinking, feeling, and behaving are interrelated and integrated, and that it includes a vast amount of both emotional and behavioural methods in addition to cognitive ones. Prominent REBTers have promoted the importance of high quality and programmatic research, including originator Ellis, a self-proclaimed "passionate skeptic". He has on many occasions been open to challenges and acknowledged errors and inefficiencies in his approach and concurrently revised his theories and practices. This includes its theoretical concepts, practices and methodology. Applications and interfaces[edit] Applications and interfaces of REBT are used with a broad range of clinical problems in traditional psychotherapeutic settings such as individual-, group - and family therapy. It is used as a general treatment for a vast number of different conditions and psychological problems normally associated with psychotherapy. In addition, REBT is used with non-clinical problems and problems of living through counselling , consultation and coaching settings dealing with problems including relationships, social skills, career changes, stress management , assertiveness training, grief, problems with aging, money, weight control etc. Comprehensive Method of Treating Human Disturbances: Evolution of a Revolution: Selections from the Writings of Albert Ellis, Ph. Reflections of Albert Ellis in the Work of Others. Albert Ellis in the Wilds of Arizona. Paper read at Amer.

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