

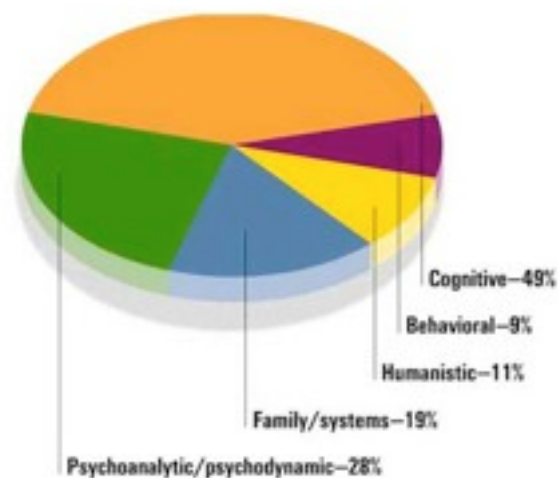
*Basic Concepts of*  
**RATIONAL  
EMOTIVE  
BEHAVIORAL  
THERAPY**



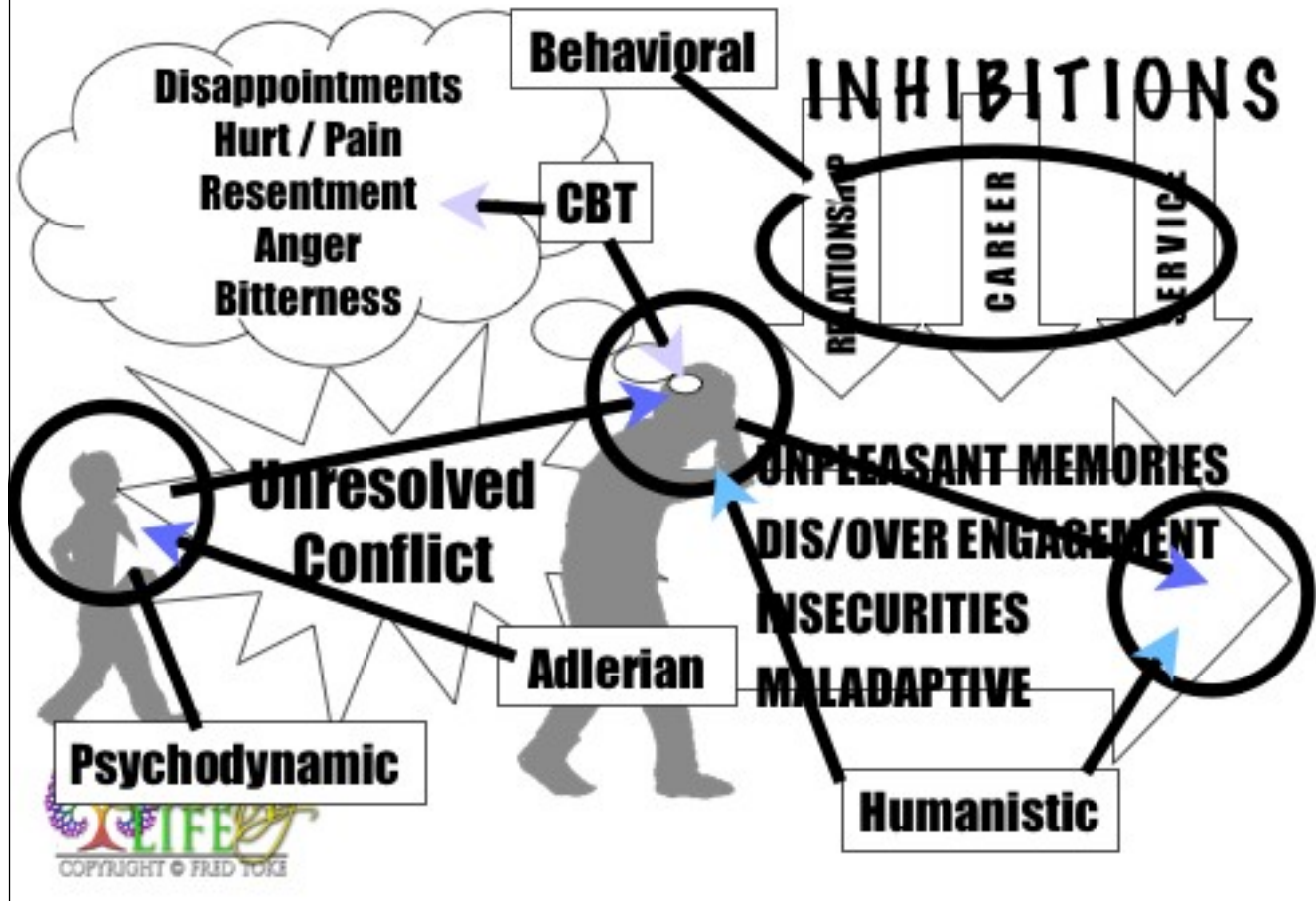
## Varieties of Psychotherapy

- 💡 **Many different theories of approach to mental problems**
- 💡 **400 different forms of psychotherapy have appeared**
- 💡 **Most common**

- psychodynamic**
- humanistic**
- behavioral**
- cognitive**



The Ohio State University & Worth Publishers.



# EFFECTIVENESS OF PSYCHOTHERAPY

## Comparing to Untreated Controls

- Smith, Glass & Miller (1980)

TREATMENT TYPE	%ile
Psychodynamic	75
Gestalt	72
Client Centered	71
Transactional Analysis	74
Systematic Desensitization	85
Cognitive Behavioral	88



# Origins of REBT

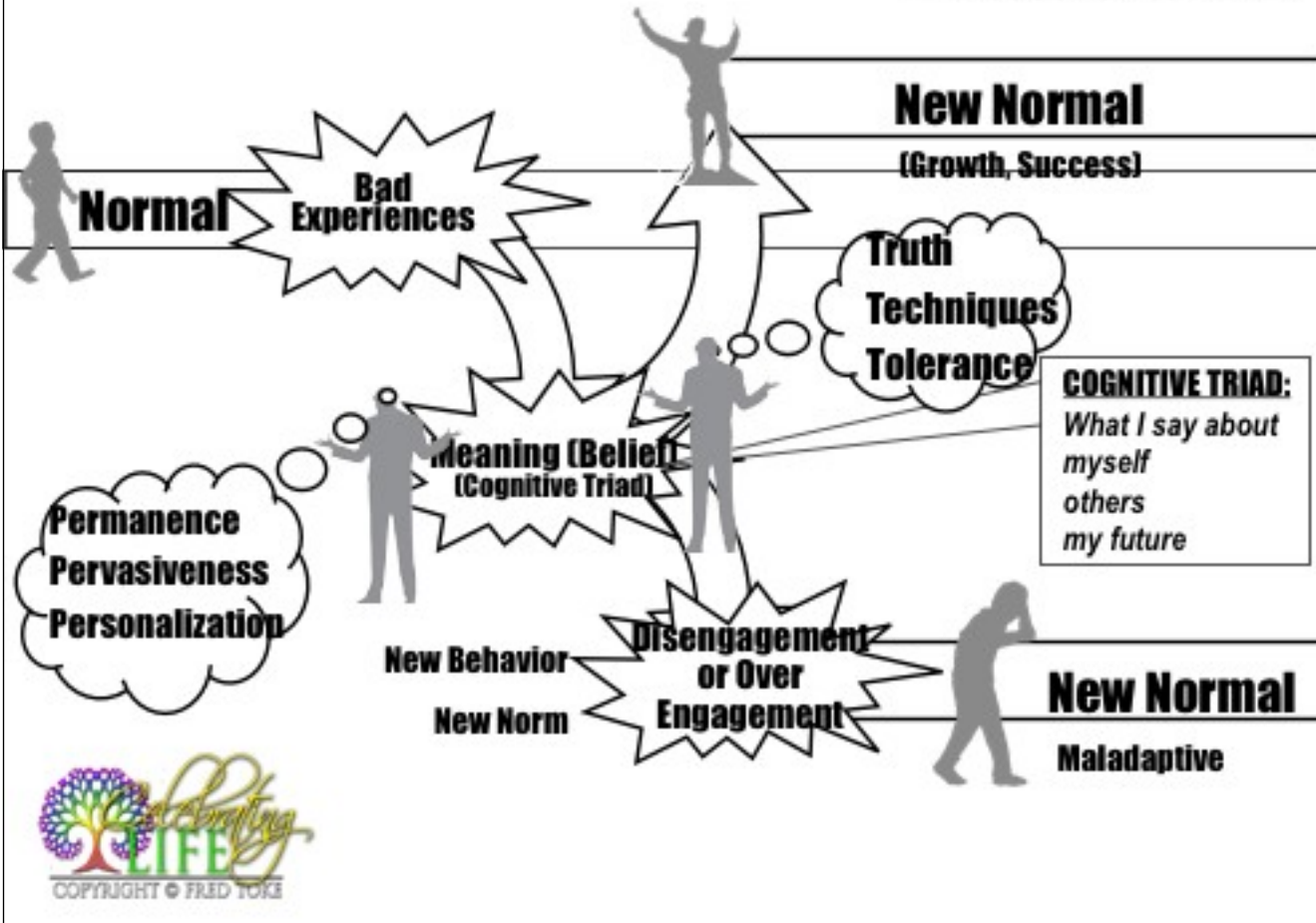


- REBT (Rational Emotive Behavior Therapy) was developed by Dr. Albert Ellis in the 1950's.
- His proposal that thinking creates feelings and actions was in direct opposition to his training in and practice of psychoanalysis.

Introduction to REBT

*“Basic tenet of REBT is that emotional upsets, as distinguished from feelings of sorrow, regret, annoyance, and frustration, largely stem from irrational beliefs.”*

Albert Ellis



# Rational Emotive Behavioral Therapy



***“Men are  
disturbed not by  
things, but by the  
views which they  
take of them.” -***

**Epictetus**



# Rational Emotive Behavior Therapy



- **Psycho-educational Approach to therapy**
- **Both Didactic and Socratic**
- **It is rational and emotional-behavioral**
- **Most negative experiences are due to one's Low Frustration Tolerance**
- **It specializes in teaching clients ACCEPTANCE, not RESIGNATION**
- **Listen – Think – Solve**



## Basic REBT Principles



- People or events don't make us feel good or bad.
- It is our perceptions of them that result in our feeling good or bad.
- These perceptions influence our behavior.

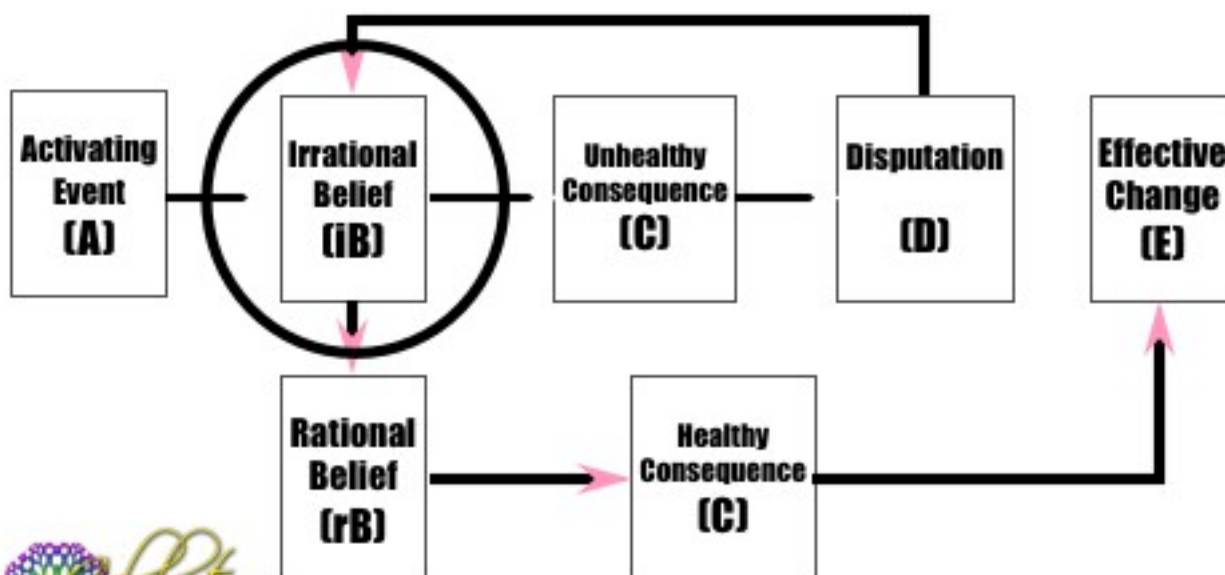


# REBT also "improvise" Behaviorists' S-R/R-S theories

Stimulus **Organism** - Response



## Explaining the A-B-C Model



## Basic Propositions of REBT

REBT provides clients with several powerful insights



**A - B - C**  
(Insight #1)



## Basic Propositions of REBT

REBT provides clients with several powerful insights

People are distressed because they are reinforcing irrational thoughts (Insight #2)





## Basic Propositions of REBT

REBT provides clients with several powerful insights

Only hard work and practice will correct irrational thinking  
(Insight #3)



## Practice of REBT

### & the CORE CONDITIONS of Carl Rogers

- Practical and symptom focused
- Philosophically based but techniques have empirical support
- Requires patient collaboration
- Patients change through identification of irrational thought processes
- Patient's behaviors and thought processes are evaluated and criticized when necessary





# Practice of REBT

## & the CORE CONDITIONS of Carl Rogers

- People have the potential to be
  - Rational, self preserving, creative, functional and to use metathought
  - Irrational, self-destructive, short-range hedonists, dysfunctional
- Culture and family can perpetuate irrational thinking



# Practice of REBT

## & the CORE CONDITIONS of Carl Rogers

- Humans perceive, think, emote and behave simultaneously
- All psychotherapies are not equally effective
- A warm therapeutic relationship is essential but not a necessary or sufficient condition for change
- REBT uses whatever techniques work; focus is not symptom removal but real cognitive change
- Neurotic thinking is the result of unrealistic, illogical thinking



# Practice of REBT & the CORE CONDITIONS of Carl Rogers

- Empathy - Paraklete
- Genuineness
- Unconditioned Acceptance
  - Fallible
  - Acceptance of Self/Others/Situations
  - Realism -
- Humor



## The Therapist's

**Hypothetical-deduction  
Questions** (confirm Hypothesis)  
**Providing Psycho-education**  
**Effect change**

**during sessions**

