

## WHAT IS RATIONAL EMOTIVE BEHAVIOUR THERAPY?

REBT developed by Dr Albert Ellis, (credited as the founder of CBT) is a system of counselling or psychotherapy which teaches clients how their belief systems largely determine how they feel about and act towards situations, problems and life events in their lives. It focuses on four types of thinking that are at the heart of stress. Rigid demands such as 'musts' and 'shoulds'; awfulizing such as, 'Life is awful'; low frustration tolerance, e.g. 'I can't stand this'; Damnation of self or others, e.g. 'I failed my exam, I am a real failure as a person'. Research and current books can be found on our [www.arebt.org](http://www.arebt.org) website.

**Practitioners are often additionally qualified in:**

**RATIONAL EMOTIVE COGNITIVE BEHAVIOURAL EDUCATION.** A holistic educative format delivered within one to one therapy or taught within schools to engender emotional behavioural, social, mental and physical wellbeing to children of all ages and young adults.

**COGNITIVE & COGNITIVE/BEHAVIOUR THERAPY.** Both therapies combine the use of cognitive (thinking) and behavioural techniques to help clients to modify their moods, such as anxiety and depression, and behaviours by changing their self-defeating thinking, attitudes and beliefs. Similar to behaviour therapy, this approach is underpinned by much academic research that supports the techniques and strategies used to help with depression; stress; anxiety including phobias, panic attacks; obsessive-compulsive disorder; post-traumatic disorder.

**MULTIMODAL THERAPY** developed by Professor Arnold Lazarus is a technically eclectic and systematic approach. Technically eclectic as it uses techniques taken from many different psychological theories and systems, although it does not necessarily adhere to the theories concerned. Techniques and interventions are applied systematically, based on data from client qualities, the

therapist's clinical skills and specific techniques. Focusing on seven key areas - Behaviours; Affect (emotion); Sensations; Images; Cognitions; Interpersonal and Drugs/biology. The aide memoire BASIC I.D. arises from the first letter of each.

**HYPNOSIS & RELAXATION TRAINING** may be used as an adjunct to any one of the above psychotherapies.

**RATIONAL EMOTIVE and/or COGNITIVE BEHAVIOUR COACH** – many REB Therapists are also skilled and trained in RE & CB coaching. There is now an accreditation process available to such practitioners. Visit [www.arebt.org](http://www.arebt.org) - accreditation link.

## WHAT IS THE PURPOSE OF AREBT?

The Association for Rational Emotive Behaviour Therapy (AREBT) was established in 1993 by a group of counsellors, psychotherapists and psychologists who were training as REBT practitioners in the United Kingdom. In 2008 the Association jointly created the National REB/CB register of accredited practitioners with BABCP, thus becoming the leading bodies that represent Cognitive Behavioural Therapy in the UK.

**AREBT's purpose is to:**

- Provide access to individuals who have an interest or specialism in REBT
- Maintain a register of professionally trained Rational Emotive Behaviour Practitioners.
- Promote and develop the science of Rational Emotive Behaviour Therapy (REBT).
- Promote the interests of members of the Association in their professional activities.
- Recognise REBT courses at Foundation and Practitioner levels.
- Maintain a website, <http://www.arebt.org>, conduct a journal and/or other literature for the purposes of distributing information and advancing the objects of

the Association and keeping members and others informed on subjects connected with REBT.

- The Association is committed to continuing professional development of its members and in December, 1999 invited the Founder of REBT, Dr. Albert Ellis, from the Albert Ellis Institute in New York, to run a successful workshop with live demonstrations of REBT. A bibliography of Albert Ellis is available on our website
- Organise a yearly Annual General Meeting and Annual Conference. With opportunities to discuss the development of AREBT and experience REBT- CPD opportunities e.g. CBT self-help approach to stress management and prevention at work. RECB Education for children; Master classes in 'Perfectionism' & REBT and the treatment of Anorexia, Bulimia and (EDNS) Eating disorders. Past conferences content is available on the [www.arebt.org](http://www.arebt.org) website home page

## MEMBERSHIP: Can anybody join the Association?

Yes. Anybody of good standing with an interest in Rational Emotive Behaviour Therapy, Training or Coaching can join AREBT and become an **Associate** at a reduced fee. **Full membership** for those in active practice or qualified in REBT and reduced cost **student level** for those in **full time study**.

Those with recognised qualifications can be placed on our AREBT therapists list, available to the public on our online AREBT Directory [www.arebt.org](http://www.arebt.org). This Register also includes members who are qualified in coaching and clinical supervision.

All qualified members can after a specific period of time seek accredited status (detailed under accreditation link at [www.arebt.org](http://www.arebt.org)) and have their details placed on the joint AREBT/BABCP national CBT register [www.cbtregisteruk.com](http://www.cbtregisteruk.com)

Every member also has access to a **free** online REBT forum **arebt @yahoogroups.com & facebook**

All members agree to abide by our published **CODES OF ETHICS and Standards of Conduct & Practice & our Minimum Training Standards** available for viewing on our website [www.arebt.org](http://www.arebt.org). These codes serve to establish and maintain standards of practice for REBT practitioners as well as inform and protect clients seeking counselling services.

**HOW CAN I JOIN AREBT?** Log onto [www.arebt.org](http://www.arebt.org) click on membership and download the appropriate application form

**WHERE CAN I TRAIN IN REBT?** The Association for Rational Emotive Behaviour Therapy recognises the following UK and overseas REBT certificate, foundation and advanced Training courses as achieving either primary, foundation or diploma status as a Rational Emotive Behaviour Therapist

**Please Note:** All Course Directors are either qualified Supervisors of REBT and have satisfied the requirements of the Albert Ellis Institute, New York, International Training Standards and Policy Review Committee or are AREBT Accredited Supervisors and/or Trainers.

**Albert Ellis Institute for Rational Emotive Behaviour Therapy, New York, USA:**

- REBT Supervisors training programme.

**Goldsmiths College, London:**

**Contact:** [admissions@gold.ac.uk](mailto:admissions@gold.ac.uk)

- MSc Rational-Emotive & Cognitive Behaviour Therapy **Director:** Professor Windy Dryden PhD

**Centre for Rational Emotive Behaviour Therapy in association with the Centre for Stress Management:**

- Diploma in REBT. Successful completion of this Diploma satisfies the UK REBT training requirement necessary for qualified health or caring professionals

- Advanced Certificate in Cognitive Behavioural Approaches to Psychotherapy & Counselling (CBT & REBT).
- Primary Certificate in REBT & Counselling.

**Co-Directors of Training:** Professor Stephen Palmer PhD and Michael Neenan.

Contact: [www.centreforstressmanagement.com](http://www.centreforstressmanagement.com)

**New Zealand Centre for REBT in association with the Centre for REBT, London, UK.**

- Advanced Certificate recognised as a foundation course
- Primary Certificate in REBT

**Directors:** Wayne Froggatt & Professor Stephen Palmer.

**Additionally AREBT recognises RECBE & REBC courses offered at the Centre for Optimum Wellbeing**  
[www.optimumwellbeing.org](http://www.optimumwellbeing.org)

- Rational Emotive Cognitive Behavioural Education for children and young adults
- Rational Emotive Behavioural Coaching

**Director:** Irene Tubbs – Honorary Fellow AREBT; Accredited REB Therapist & Coach; Recognised RECBE trainer.

**Additional information:** The Association is a company limited by guarantee and not having a share capital. Company No. 4441094. Registered in England. The Board of Directors are all volunteers. Currently the Company Secretary is the only paid member

*Leaflet designed and updated 2011 by Irene Tubbs  
Fellow AREBT*

