

Association for Rational Emotive Behavioural Therapy
AREBT
P.O. Box 177
Faversham
ME13 8WB



Dear Health Provider

Re: Accredited Register of Cognitive Behavioural Therapy (CBT) Practitioners - UK

In 2008 AREBT and BABCP co-joined their professional therapist accredited registers to form the National Accredited register of recognised Cognitive Behavioural Therapists. Both these therapeutic strands of CBT are supported by extensive clinical research and are recommended as effective treatment therapies for a range of mental health conditions by the National Institute of Clinical Excellence.

Since that time the register has not only been frequently accessed by both health providers and public alike, but is recognised by those working in the field of therapy as 'the' cbt register for those offering rebt/cbt to clients. Currently there are over 2,000 accredited registrants, with numbers growing daily.

Since that time to ensure 'quality' control is seen to match in all criteria for gaining accreditation, AREBT & BABCP worked together to 'centralize' the accreditation application process. This completed process ensures all AREBT/BABCP registrants on the CBT register UK have achieved accreditation through a robust and co-joined system ensuring Minimum Training Standards and all information fields required from each applicant have been fully met. Such accreditation requirements can be found on both organisations websites.

Additionally when visiting the AREBT website @ www.arebt.org you will find a raft of detailed information explaining about AREBT and REBT's pioneering role in the field of CBT (Ellis the founder of REBT is credited with being the grandfather of cognitive behaviour therapy). You will find copious research and books on REBT; journals and newsletters and details of the accreditation system including minimum training standards and codes of ethics & standards of practice/competence required of a REB Therapist.

Rest assured any member of AREBT whose details are either in our internal therapist register (awaiting accreditation) or on the www.cbtregisteruk.com has been robustly checked to ensure they meet the minimum training standards required of a Rational Emotive Behavioural Therapist.

If you have any questions to ask of AREBT, please contact us either by letter to the above address or by email to one of our board members whose email addresses are on our website.

Yours sincerely

A handwritten signature in black ink that reads "Irene Tubbs".

Irene Tubbs
Honorary Secretary & Fellow AREBT