

# Newsletter

## Issue 10 Summer 2011



**WELCOME** to the summer issue of the **Newsletter** published by the Association for Rational Emotive Behaviour Therapy, UK, bringing members up-to-date with developments in REBT, such as:

- NEWS:** Statutory Regulation
- NEW:** Codes of Ethics & Standards of conduct and Practice
- NEW:** Minimum Training Standards
- NEW:** Accreditation developments
- NEW:** Website
- NEW:** REB Coaching accreditation
- NEW:** Two day AREBT conference
- NEW:** book reviews/cpd event
- NEW:** Journal
- NEW:** Board members
- NEWS:** Irene's leaving

### NEWS from the chair

Although I stood down as Chair in 2009, due to Gillian Garrett being unable to continue the role, I took up the mantle again in 2010/11. We thank Gillian for her commitment to developing the status of REBT and wish her well in her future endeavours.

It has been an up and down year in the world of Talking Therapies for all professional bodies. For AREBT due to the hard work and tough negotiations we have achieved a great deal resulting in more of an up than a down year! But it has been the dedication of a few which has achieved this, one of the main work horses after ten years is leaving, volunteers have come forward to breach the gaps but more are needed to continue to promote and develop REBT through AREBT.

One of the most important messages this year has been clarification of whether or not the current government was likely to pursue statutory regulation. **Yes it is true**, due I am sure in part to the recession the Coalition government has halted the process of statutory regulation of Psychotherapists and Counsellors via the Health Professional Council. As a professional body up until this point our views were presented along with BABCP's to the HPC through Linda Mathews (Babcp).

### **Clarifying the developments:**

The announcement was not specifically made to the talking therapies but was made indirectly in February through the issuing of a Government Command paper, Enabling Excellence: Autonomy and Accountability for Healthcare Workers, Social Workers and Social Care Workers which proposed reforms to the systems for regulating healthcare workers and social workers across the UK. The Health Professions Council (HPC) will take over registration of social workers and will change its title to Health and Care Professions Council (HCPC)

The situation is still evolving but it appears, that as this paper stated that statutory regulation should be the 'last resort' for professions not currently regulated, proposing instead to introduce a system of 'voluntary regulation', that it is no longer going to be compulsory to be regulated.

Given that I have worked on behalf of AREBT for the past six years on ensuring we had recognised status within statutory regulation I have mixed emotions. The depth of discussion that has taken place between professional bodies the government and the proposed regulator the HPC was at times quite heated. Was it worth it? Being a pragmatist I would say yes, it made the talking therapy professional bodies look closely at their professional beliefs and practices.

### **Future Implications**

Does this mean it is all over, I am afraid not! Whilst it is not clear how voluntary regulation would be managed or what the timescale might be. The paper identifies that voluntary registers may be held by different organisations, including the HPC (soon to be HCPC) or the Council for Healthcare Regulatory Excellence (CHRE).

Both BABCP and AREBT are committed to the principle of regulation as we believe it will ensure and protect not only the public but also provide a platform of professional protection for individual therapists. The fact that there is a 'voluntary' aspect to such regulation puts us in a much stronger position to ensure we maximise control over the regulation of REBT/CBT therapists.

Although we do not know exactly what the implications or practical methods of setting up registers will be at this time, you can rest assured that AREBT views are continuing to be presented to BABCP who are representing both organisations by currently reviewing voluntary register options with both the HPC and the CHRE.

### **What do you need to do?**

The most important aspect for all Rebtors and members of AREBT is to engage in promoting AREBT as a therapy of choice not only within your practice but by publicising the AREBT website and when you receive our new publicity flyer to ensure you also send this to every local health provider in your area.

**NEW – Code of Ethics & Standards of Conduct & Practice** updated and developed by Irene are now on-line at [www.arebt.org](http://www.arebt.org) . This new format replaces the previous Code and standards and as such becomes ‘the’ code of ethics & standards of conduct and practice format that you agreed to abide by when you became members of AREBT and signed your application form. These codes and standards are available for public scrutiny and often form the basis of any complaint. It is considered essential good therapeutic practice for practitioners not only to make sure they keep a copy to hand but also ensure their clients are aware of such codes and standards and where to access them.

**NEW – Minimum Training Standards** updated and developed by Irene are now on-line at [www.arebt.org](http://www.arebt.org) . This new format replaces the previous Minimum Standards required by AREBT members who wish to practice as REB Therapists and have their details placed either on our internal AREBT Therapist register and/or the joint RECBT register. These minimum training standards are available for public scrutiny and often form the basis of any complaint. It is considered essential good therapeutic practice for practitioners not only to make sure they keep a copy to hand but also ensure their clients are aware of standards and where to access them.

Our current membership number has reached 296

### **WELCOME TO THE FOLLOWING NEW MEMBERS**

Dakshina Kyriotis  
Gurjeet Kaur Bansal  
Corinee Sweet  
Hattice Ocal  
Adrian Rycroft  
Li Fang Neo  
Julian Childs

Kika Partakis  
Anne Bates  
Louise Locke  
Kirsty Nicklin  
Tracey Bradshaw  
Michelle Doll  
Saphron North

Ariadni Kapsali  
Baanu Baghbani  
Debbie Sharp  
Adriana Janicic  
Dawn Bradley  
Claire Collins  
Humaira Mannan  
Roxanne Timmis  
Afshan Morgan  
Martin Riley  
Joe McDavid  
Alexandra Sleator  
William Aston  
Kenneth Finlayson  
Jonathan Gibbs  
Ronald Zammit  
Alexandra Terry  
Francesca Palmieri  
Kulsuma Begum  
Nimo Omer  
Toby Chelms  
Klea-Adamantia Barlou  
Christine Lee Ure  
Marcus D'Silva  
Desmond Short

Hannah Abrahams  
Rosemary Summer Hays  
Emma Anderson  
Matina Maroughka  
Adrienne Robinson  
Rosemary Parry  
Antonia Kreeger  
Corinne Jodi Branch  
Claire McMorlland  
Rebecca Stewart  
Stephanie Trayhurn  
Tom Damsell  
Rebecca Louise Galustian  
Alison Ginger  
Alison Stewart  
Peter Ford  
Ethel Kojman  
Neil Warwick  
Emma Smith  
Denise Christy  
Neil Paul Jones  
David Baker  
Michelle Yuen Sle Wong  
Marian Shalet  
Avy Joseph

Our membership fee for 2011 remained at £30 for Full Members and £10 for students and Associates, being the lowest of any 'talking therapy' professional body, affording each **full member** the opportunity to have their details placed on our internal AREBT therapist list at **no extra charge**. Whereas, most professional bodies charge a yearly additional fee for publicising a therapists practice. Student membership whilst undertaking a recognised training in REBT affords a reduced membership fee of only £10 and reduced cost of attendance at REBT CPD/Conference

In addition all members have the opportunity to network with fellow members by joining our online **forum chat group**; keep abreast of REBT developments; have access to a list of recognised REBT supervisors; receive newsletters; and a bi-annual journal. A new development has been created by **Meir Stolear**, AREBT are now on **Facebook**.

A special thank you to all who have processed their renewal by direct debit it would be most helpful if more of you considered doing this for 2012.

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It is likely that the membership fee will need to rise in 2012 in order for AREBT to be able to meet its financial commitments which provide the platform for members to practice and for AREBT to promote REBT.

**Do remember** as a small organisation, membership numbers are important to provide the revenue to source CPD opportunities such as those at our Conference. Therefore please help AREBT to grow and REBT to be more widely known by promoting benefits of joining AREBT to others you know who may not be REBT trained but have an interest in REBT. They can join as an **Associate Member** at a yearly fee of £10. Such a status although preventing them from promoting themselves as a REBT therapist, affords the opportunity to access all other aspects of AREBT.

You will all receive a promotional flyer to distribute to NHS providers; local services and your clients before Irene finally leaves arebt.

## **CONGRATUALIONS TO THE FOLLOWING MEMBERS WHO HAVE ATTAINED ACCREDITED AREBT STATUS.**

Musawenkosi Nyoni

Mia Debidin

There are also 11 members currently processing Accreditation applications.

**Student Rep:** remember there is a student rep her name is **Fay Kalapoda**. Students can direct any questions to AREBT through Fay by contacting her at [fay\\_kalapoda@hotmail.co.uk](mailto:fay_kalapoda@hotmail.co.uk)

Also remember that anyone who no longer needs their REBT books and are willing to sell cheaply or give away, to contact her. It is also envisaged that at our conference in June we will have a swop and buy table specifically for rebt/cbt books.

**Any member who is attending the conference and has books they wish to swop or sell please bring them with you.**

## **Situation with Health Providers**

Those of you who have been employed, are now employed or would like to be employed by Health Providers may have been wondering what has happened since my last communication relating to the new proposals by BUPA.

Firstly let me clarify the **history** of the events leading up to BUPA not recognising REBT accredited members, before I detail the changes that have been promised.

All health providers were originally sourcing the UKCP register and the BPS register to find accredited therapists to work with their clients. Within the UKCP organisation AREBT along with BABCP were originally core modalities under the Cognitive Behavioural Section of the UKCP (United Kingdom Council for Psychotherapies)

Under this UKCP banner all members accredited with AREBT had the opportunity to register with UKCP and receive opportunities to apply for work with Health Providers.

When regulation of the talking therapies was decreed by the government to be implemented, the processes under which UKCP was promoting both REBT and CBT was in the opinion of both organisations to be severally lacking. Both felt a movement away from UKCP would be advantageous. It was at this time during a conversation between Stephen Palmer and Irene Tubbs that Stephen suggested the idea of developing a separate RECBT register, which was subsequently presented to BABCP. They agreed to join with us and the joint national register of RECBT therapists was created and both organisations left UKCP.

For those new to the developments who may wonder why it is called CBT register – this was purely because the public are more aware of the term CBT than REBT, but if you log onto the register [www.cbtregisteruk.com](http://www.cbtregisteruk.com) you will see that the first page opens up to display joint logos; descriptions of both organisations and links to our respective websites.

Within a joint headed letter displaying both organisations logo, letters signed by the President of Babcp and the Chair of Arebt were sent out to all Health Providers including the NHS; BUPA; AXA; etc; as well as to other Professional bodies, telling of our decision to leave UKCP and the setting up of the new register. The register itself has been very successful I have taken many calls from the public requesting information. Because regulation was still on-going it was agreed that the current representative from BABCP would also represent the views (always shared with us for our input) with the Regulating body.

The problem for AREBT accredited members arose when BUPA decided to change its process of using accredited therapists. During this time BUPA asked for input from a range of organisations, Babcp being one of them. It subsequently appears that because BABCP did not specifically refer to AREBT, BUPA did not include us on their list of recognised accredited therapists. As soon as I found out I contacted both BUPA and BABCP to ascertain why this had happened. BABCP chair informed me

“From our perspective REBT is CBT so we would never specifically mention it in a general conversation unless we were specifically asked (which we were not).

This isn't any different from other versions of CBT, for example DBT. But from BUPA's point of view it is a different therapy and they can't seem to get their head around the idea that it is CBT. We did specifically mention the CBT-UK register which is, of course, both BABCP and AREBT but this was obviously not understood by BUPA and thus we are in this situation".

To be fair to BABCP as soon as they were aware of the problem they wrote a strong letter on our behalf to BUPA to emphasise that REBT is CBT and that those individuals are on the CBT-UK register, but that has not at this time made any difference, because BUPA say it is too late for this tranche of therapist applications.

You can imagine! I also spent some considerable time pointing out to BUPA that the CBT register is a joint one, that most of our members on it were originally UKCP registered etc., unfortunately they said it was too late to include our members but would review this for the future, indicating that they would have to do research first. It also now transpires that the changes BUPA has made are for financial reasons as everyone contacted by them who was originally on their list, were told they would have to take a pay cut (in some instances 50% of their normal fee) in order to stay on the register. They are now paying £60 for counsellors and £75 for CB Therapists.

**Developments for the future:** The website has now been substantially updated to include copious research evidence of REBT. I will before I leave compile another letter to **all Health providers** asking them to access our website for such evidence.

You will also receive flyers to send to every professional body; NHS; health providers who contact you to ensure the message of REBT is promoted to its maximum. This should be enough to promote REBT as a therapy on a par with CBT (of course all REBTers know that REBT came first and that Ellis actually was the founder of CB Therapy). At least we have ensured that this is clearly evidenced on the website.

## NICE

Our connection to Nice initiated by Stephen Palmer has afforded us the opportunity to influence its guidelines by being included on the list of stakeholder organisations on each NICE guideline that is published. We believe by raising our profile in this way our members employment opportunities will increase, for example IAPT programs will take REBT more seriously. Since joining we have received a number of invitations to sit on NICE committees to formulate guidelines. If any full member is interested in representing AREBT relating to future NICE guidelines, contact [dr.palmer@btinternet.com](mailto:dr.palmer@btinternet.com)

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## **PROFESSIONAL INDEMNITY & LIABILITY INSURANCE**

At the request of a number of REBT members Professor Stephen Palmer and Peter Ruddell reviewed the options of professional indemnity insurance for students. Finding a company called Oxygen Insurance who agreed to set up an insurance policy which allows **student members** to purchase low cost insurance for their practice without an insurance admin charge. It is also a much cheaper but in my opinion just as effective policy for full members. In fact I have just used it myself and saved over £100. The Oxygen logo is on our website [www.arebt.org](http://www.arebt.org) currently under [links](#), then just click onto the word oxygen and it takes you into a more detailed file.

### **The company have provided the following description of their product.**

Oxygen offer professional liability insurance to AREBT members on a full civil liability basis. This means that the policy covers civil liabilities arising from the professional activities so only one policy is needed not separate Professional Indemnity/Malpractice/Public & Liability policies. There is a choice of three levels of cover (£1.5, £3 or £5 million) so members can chose the one most appropriate for them or for any contractual requirements. The policy has all the usual features including complaints and disciplinary cover and provides as standard £10 million as a limit for Public Liability claims whichever level of cover is chosen.

For student members on a recognised training course, Oxygen offer a trainee discount rate of £41.00 for the £1.5 million option (which also gives the £10 million cover for public liability claims).

The policy gives cover as standard for REBT and CBT and can extend at no extra cost to include Counselling, Psychotherapy, Life Coaching, Play Therapy and associated therapies (including any work as a supervisor or educator in these professions). This range can be widened, at extra cost, to include more specialist Business/Executive Coaching/Mentoring and general Training and Development work.

## **NEW UPDATED WEBSITE**

Since its initial development the AREBT website has been run and updated by Stephen Palmer we thank him for all his hard work. However it was extremely time consuming and given the developing aspects required of today's media/web link requirements it was decided that we should employ a web designer to update and monitor the site for the future. Therefore since January 2011 we have

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employed Andrew Jones. He has been working with Irene to ensure all detail is accurate. Irene has also ensured that the following new elements were added, namely:

- Tribute to Albert Ellis
- New research/publications section detailing access to an extensive range of REBT research and current books in both Theory and practice of REB Therapy and CBT where REBT is referred to. There are also a developing range of books on REB Coaching
- New AREBT Therapist accreditation forms – provisional/full/re-accreditation and KSA
- New AREBT Coach accreditation forms
- New Code of Ethics, Conduct and Practice
- New Training Standards in REBT

***We welcome your ideas for developing this site further.***

The website designer also offers individual clients a complete and affordable website design solution that can successfully help to profile you and your business and increase awareness on the internet. If you are interested in discussing an initial concept and development through to redesign and upgrades for existing sites Contact Andrew by Email: [andrew.jones@cqwebdesign.co.uk](mailto:andrew.jones@cqwebdesign.co.uk) and/or visit his Website Address: <http://www.cqwebdesign.co.uk>

## **NEW AREBT JOURNAL**

As you know the number of articles received for the AREBT journal meant that we would be able to issue two separate Journals. The first you have already received AREBT Journal Vol 13 issue 1, 2010. The second AREBT Journal Vol 14 issue 1, 2011 is currently in the production stage and we will be issued this summer.

## **NEWS – ACCREDITATION UPDATE**

You are already aware that Meir Stolear and Irene Tubbs have been working for some time with Babcp accreditation committee to create a joint centralization process for accreditation and registration of accredited members. This process is now complete and will we believe ensure that Health Providers; the NHS; and other professional bodies are no longer able to suggest that our members do not match the accreditation criteria of Babcp. **In fact we always did**, it was only the KSA (Knowledge Skills Attitudes) route which was not available through Arebt.

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Now it is. There are **two options** for **stage 1**: provisional accreditation – option one for those who already have a core profession and have also undertaken post graduate training in REBT and option two for those who do not have a core profession training but have achieved a post graduate training in REBT who need to also complete a KSA portfolio

Although the KSA may appear at first sight appear to be a more complicated process because it seeks such depth of evidence, it actually promotes a self-confidence boosting exercise as it encourages applicants to reflectively remember and analyse the depth of your trainings. As it is so easy to disregard/forget depth of knowledge learnt once it becomes second nature through experience and practice.

Irene has striven to ensure that guidelines and forms themselves recognise 'commonalities' as well as accepting 'difference' of both professional bodies in order make the guidelines self-explanatory. Even so there are co-ordinators and assessors (all AREBT members) who will be there to assist applicants understanding and completion of the application form and if appropriate the KSA portfolio (only necessary if you do not have a core profession).

As an added bonus anyone who accredits through AREBT will automatically if they so desire, **achieve DUAL accreditation** i.e. be recognised as an accredited REBT therapist & CBT Psychotherapist. (The only stipulation being that you must be a member of both organisations). This will not be a reciprocal process i.e. anyone who goes through BABCP accreditation who has REBT qualifications cannot have REBT accredited next to their name by so doing. **Therefore if you want DUAL accreditation status accredit through AREBT.**

**We have set up a training day at the conference to assist those applying through this route.**

**Additionally:** BABCP recognise that after five years of being accredited and achieving re-accreditation AREBT full accredited members can become **AREBT senior accredited**, which will be stated on your certificate of re-accreditation.

Many practitioners in private practice are concerned that the **new IAPT scheme** is encouraging the NHS to provide therapy at a reduced fee by therapists without the depth of skills to meet the client's needs. Having now been on a course where the IAPT scheme was explained by Babcp to Universities who are providing such courses I learnt the following: Health providers (e.g. NHS; Mind) take on trainee therapists without specific qualifications which equate to accreditation level at that time, but whom would have demonstrated a depth of experience that could contribute to such through the KSA route. They are referred for IAPTraining courses linked to Universities where they are interviewed

for suitability before they are taken on (so not everyone accepted). Babcp provide assessment protocols for interviewing and selection of candidates for such IAPT courses. Some of these training courses require the students to have already completed the babcp ksa portfolio before they come for interview, a few do not, but it is being pushed by babcp that in future everyone completes the portfolio first. Meaning I am assuming that the KSA training course would then be counted as a post graduate course – upon completion giving them access to provisional accreditation. At present these are 1 year courses but it is suggested that they really need to be 18<sup>mths</sup> to 2yrs in length and must include 300hrs of training including supervision. Like most training/accreditation routes the goal posts are frequently being moved.

The problem for those practicing only in private practice is dependent on the level of funding for NHS therapists. If funding is available it will undoubtedly provide a no-cost access point for the public, although the waiting lists would still be long. Do look at your options – develop connections to local surgeries who could at least offer their clients the option of a private therapist whilst on the waiting list for NHS therapists.

## RE-ACCREDITATION

Once accredited in order to stay on the joint national RECBT register such members must renew their accredited status after five years. During this time they must ensure that they complete 30 hours of CPD a year for each of the following five years. 10 hours of the 30 hours must be REBT related such as attendance at Arebt conference 6 hours; CPD in perfectionism 3 hours; reading arebt journal 1 hour.

As with the provisional and full accreditation format, new forms ; guidelines; CPD and Supervision Logs have been created which provide options for those who are only AREBT accredited and those who are both AREBT/BABCP accredited (DUAL accreditation). Such applicants will only need to send in one set of forms for DUAL accreditation which will be assessed for both BABCP and AREBT re-accreditation and meet **only one fee.**

I have made one important change to the forms you previously had, namely that given the difficulties with sourcing adequate CPD in REBT we have taken down the figure of 15 hours per year must be REBT lead, to 10 hours per year. This means attendance at the conference or a CPD event in REBT itself plus reading would cover this time.

As an interim process to get everyone using the new forms you are advised to use your current CPD forms up to the end of your current CPD year. From then

on use the new forms from the beginning of the new CPD year. The new supervisors form must be used when re-applying for re-accreditation

**Additionally:** Although BABCP do not at this time intend to set up their own senior accredited system, they have agreed to recognise within our joint centralization accreditation process that AREBT members who apply for senior accredited status at the same time as applying for re-accreditation and are successful, can have **AREBT senior accredited** on their certificate of Accreditation. Email Meir Stolear [meir1@mac.com](mailto:meir1@mac.com) for our application form if you wish to be assessed for Senior Accredited Status.

**Lastly:** Everyone who currently has DUAL accreditation with both AREBT & BABCP was given the opportunity to make the renewal dates the same. As this is now to be a centralization process you will need to send re-accreditation forms in on the same dates. Therefore to make it easy for you, just inform Meir Stolear at [meir1@mac.com](mailto:meir1@mac.com) of your BABCP renewal date and he will accordingly alter your details on our renewal dates.

## **REB/CBC Coach Accreditation**

AREBT is delighted to announce the official launch of its Coach Accreditation Scheme to **existing** AREBT Accredited Members who are also Coaches. The feedback of the pilot scheme applicants has enabled AREBT to fine-tune the accreditation process that recognises your coaching experience, and you will find all the details on the AREBT website [www.arebt.org](http://www.arebt.org)

It is our intention to open up the Coach Accreditation to all members once we have had an opportunity of dealing **firstly** with applications from **Accredited REBT practitioners**. Details regarding coach accreditation for all full members of AREBT will be sent out to the membership later this year.

Once accredited as a REB Coach this remains valid for a period of 5 years while you hold current membership of the AREBT; do not have any up-held complaints against you; complete at least 30 hours CPD per annum; undergo regular Coaching Supervision

So, if you have held full membership of AREBT (“member” grade or above) for at least 12 months you can apply now.

## **Update on SUPERVISION TRAINING COURSE:**

As you are aware there are very few REBT trained Supervisors in this country, all of whom had to travel to the AEI in America for training. We did seek to re-dress this by developing our own REBT supervision course, sadly very few of you were

interested and although a Colleague had agreed to assist me they had to drop out. Therefore with all the other work I was undertaking I had also to suspend working on such a course. However it is still needed, so if any of you out there are interested in developing such a course contact Stephen Palmer at [dr.palmer@btinternet.com](mailto:dr.palmer@btinternet.com)

## New board members

Toby Chelms is taking over as Newsletter Editor he can be contacted @ [tobycholms@hotmail.com](mailto:tobycholms@hotmail.com). Do send in articles; queries; letters or book reviews on any subject which stimulates the brain and encourages further/wider CPD. Be proactive, start writing in, review articles make comments; send book reviews; write about any CPD training you have undertaken; send in a synopsis of dissertations; ask questions; present views.

Neil Jones is undertaking a new role of REBT researcher – he can be contacted at [n.jones7803@ntlworld.com](mailto:n.jones7803@ntlworld.com) do send him book titles (a review would be good of its content); any articles you may have read or any research data so that he can keep our website information up to date.

Edward Sim and Dennis Bury will now be co-ordinating the 2012 Conference, they can be contacted at [dennisscience@hotmail.com](mailto:dennisscience@hotmail.com), [ridgewoodhouse@hotmail.com](mailto:ridgewoodhouse@hotmail.com) If you are interested in presenting or know of someone else who might be send them the details by email.

David Baker is now the new chair of AREBT.

## AREBT CONFERENCE - 28<sup>TH</sup> & 29<sup>TH</sup> JUNE

On the back of a very successful Conference in 2010 which included workshops as well as presentations, we developed the 2011 conference format further into a very professional but costly 2 day event.

The benefits of which mean that not only will you be able to review latest thinking in REBT and attend a master class but everyone who attends will achieve 12 hours CPD in REBT, particularly important for those who are already accredited and will be seeking re-accreditation.

## Book Reviews

**Relaxation REVOLUTION** – enhancing your personal Health Through the Science and Genetics of Mind Body Healing – **Herbert Benson & William Proctor** – published by **Scribner** ISBN 9781439148655

*Newsletter, ISSUE 10, SUMMER 2011*  
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As a great advocator of Relaxation techniques as a precursor/intermediary and health enhancing tool I was keen to read the latest edition of Benson's book. I was not disappointed with the latest scientific research, although client examples were sparse.

Research undertaken at Harvard University has finally proven that the relaxation response, the power of expectation and belief and other mind body phenomena can produce healing in a person's body. In this edition Benson & Proctor present the latest scientific findings revealing that we all have the ability to self-heal diseases, prevent life-threatening conditions, and supplement established drug and surgical procedures with mind body techniques. There is a complete section detailing how these mind body techniques can be applied and are being applied to treat a wide variety of conditions

**The power of accepting yourself – Michael Cohen** published by **Bookline & Thinker** ISBN:9780956517760

Whilst I initially expected a more academic read, I was glad it was not, it made it so much more readable. Whilst there are overviews of REBT concepts its most beneficial aspect is its client centred examples which provide personal insight for the reader. A support tool asset I would recommend to my clients.

Irene Tubbs

### **CPD – RE(C)BT Treatment for Clinical Perfectionism**

In May this year David Baker (new chair of AREBT) and Meir Stolear (Accreditation co-ordinator) put together a one day experiential workshop to help clinicians utilize an emergent theory of psychopathological perfectionism. David based his conclusions through research conducted through Derby University which highlighted not only 'clinical' perfectionism but also a deeper 'pathological perfectionism' experienced by some clients. This later point highlighted how difficult change can be to achieve (if indeed it fully can) for such individual's, bringing to mind a specific teenager I was working with.

I thoroughly enjoyed the day, exploring the new concept of perfectionism and having the opportunity to work in groups with others and share experiences.

Irene Tubbs

### **Irene is leaving**

I have been asked to reflect on the changes within AREBT since I first joined the board ten years ago. Well of course apart from a slight change in my age/colouring/skin texture etc. etc. the most important aspect has been the rise in the status of REBT in the UK

The concepts of REBT were brought home to me during a training course at the CSM in 1993. I thought "wow, this is me". REBT fitted all my beliefs and as a teacher at that time surprised me how much of it underpinned how I taught. I found it so succinct, so direct, less dribble than I had experienced previously on training courses. It felt like something you could take hold of and mould into your own.

As I began to work as a therapist I joined arebt and waited avidly for the fantastic AREBT journals. At that time they were the only journals which were read straight away, never went on the in-pile!

Eventually reading was not enough I found I wanted to belong to a network of like-minded people, I knew Gladeana McMahan well who was about to become the latest chair of AREBT and she asked me to join with her

When I joined AREBT although small it was already an established professional body, registered as an organisational member of UKCP under the CB section.

Fortunately I had been on many committees as an educationist so I was aware of the probable workload that would be required of me. I began by writing job descriptions for board members. A small role which rapidly grew due to others giving up their positions at short notice, hence my now well known "rescuer tendencies" came to the fore. Over the years I became Chair/UKCP representative/membership secretary/newsletter editor/lead player in discussions with babcp re: the joint register and its setting up and latterly Conference organizer. Multi-duplicated roles I could never have continued to fulfil if I hadn't received constant support from both Stephen Palmer and Peter Ruddell

Am I proud of where AREBT is today, yes I am. AREBT is now at a pinnacle of full recognition in this country, due entirely to the dedication of a few committed REBTers who have given up their own time, energy and even their own money to ensure it has stayed vibrant and relevant within the talking therapies.

I'll always be there to promote REB to others but now I need to step back from the workload, although I will as always be avidly waiting for that next journal

My best wishes go with all of you.

Irene Tubbs

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