

**ASSOCIATION FOR RATIONAL
EMOTIVE BEHAVIOUR THERAPY
TWO DAY PROGRAM JUNE 2011
ANNUAL CONFERENCE 28th June
TWO MASTER CLASSES 29th June**



**CONFERENCE VENUE: British Psychological Society
30 Tabernacle Street, London EC2A 4UE**

CONTENT OF DAY ONE:

Presentations:

Effects of Rational-emotive Behaviour Therapy Emerging Theory of Pathological Perfectionism: Why Albert Ellis was correct in 1956- making REBT the Therapy of choice to aid the sufferer. **Presenter: David Baker** BABCP Accredited therapist; researcher and Chair of the BABCP IP Sig Committee.

Effects of Rational-emotive Behaviour Therapy with People who have behavioural problems with their Dog. **Presenter: Jackie Smith:** MSc: Canine & Feline Behaviourist; REBT & BABCP & BACP & EMDR Accredited Therapist.

Stress Prevention & REBT: Applying and adapting the Rational Emotive Behaviour approach within a Stress Management Workshop as a prevention tool to counter affects of work related stress amongst staff in a pressurised working environment. **Presenter : Paul Jones** - Stress Management Adviser & Counsellor. Accredited REBT Therapist and Associate Counselling Tutor - University of Wales Swansea. Also practices CBT; Eye Movement Desensitisation Reprocessing & Person Centred Counselling.

Irrational Beliefs and terrorism: political violence through the REBT lens. This REBT-inspired conceptualization of terrorism bears a potential for counter-terrorism interventions modeled after REBT principles. In my talk, I'm going to elaborate on the model, make ties with REBT clearer, provide clinical and empirical examples, & show how some of the more successful or promising counter-terrorism interventions are compatible with (actually more routine in) REBT. **Presenter: Shuki Cohen:** MSc, PhD in Clinical Psychology: Biophysical Chemistry and Brain Neuroscience; Post- Doctoral Fellowship at Yale University school of medicine; Brain scientist University of California at Berkeley and now Assistant Professor of Clinical Psychology at John Jay College of Criminal Justice, and Assistant Clinical Professor at Yale University School of Medicine.

Taking REBT to the Next Level: Creative, practical ways forward, which have been seen to have potentially high value in the client practitioner relationship when working from the core REBT model. **Presenter: Nigel Pugh** Staff Development Adviser at The Open University specialising in coaching, mentoring, action learning and 360 feedback as well as leadership development. Independent development consultant and coach to both corporate & individual clients Where the practical use of models like REBT, are worked out in the context of real life difficulties and challenges.

Round Table discussion: Developing REB Practice in the UK- Chair: Professor Stephen Palmer

AREBT AGM

**Cost: Day one of conference: £80 (for members/associates/affiliates) £90 (non members)
£50 (student members of AREBT)**

**Handouts, CPD certificates of attendance
and tea/coffee/biscuits/lunch provided.**

CONTENT OF DAY TWO

MASTER CLASSES

REBT and the treatment of Anorexia, Bulimia and (EDNS) Eating Disorders Not Otherwise Specified: Presenter: Rhena Branch

This workshop will focus mainly on Anorexia and associated eating disorders leading to chronic low weight and a morbid fear of gaining weight. There will be opportunity for questions and answers throughout the day. A group exercise involving fictional scenarios will offer participants a chance to construct a formulation and treatment plan.

Part 1:

- DSM IV classifications and definitions
- The biology of starvation
- Long-term health risks associated with starvation and purging

Part 2:

- Misconceptions about eating disordered patients
- Triggers and antecedents (social reinforcers)
- Functional analysis of restricting and purging
- Beliefs and over-valued ideas underpinning eating disorders

Part 3:

- Accurate assessment of behaviours, food rules and perpetuating cognitions
- Assessment of subtle and covert maintaining behaviours
- Establishing treatment goals

Part 4:

- Formulations and treatment planning (case study example)
- Group exercise and discussion
- Treatment strategies that frequently fail
- End discussion

Rhena Branch MSc: BABCP accredited REBT therapist and supervisor; teacher/supervisor on the MSc RECBT at Goldsmith's University of London; experienced practitioner in the NHS, probation, specialist addiction units and private hospitals; co-author of several CBT self-help books and training manuals. My special interests include the treatment of Anorexia and Post Natal Depression (PND) or 'anxious mother syndrome'.

PROCRASTINATION. Presenter: Michael Neenan

Procrastination means putting off activities that your wiser self tells you should be done now and thereby incurring unwanted consequences through your dilatory behaviour. This workshop will look at (among other things):

- Typologies of procrastinators
- Common patterns of procrastination
- Rationalizations for procrastination
- Pitfalls in tackling procrastination
- How to move from a procrastination to an anti-procrastination outlook

Workshop participants will be expected to examine their own areas of procrastination.

Michael Neenan: Associate Director of the Centre for Stress Management in Blackheath, London. He taught introductory and advanced courses in REBT and CBT at the centre for 18 years. He also taught the CBT diploma course at Goldsmiths College, University of London for 6 years. He currently works in private practice as a therapist, coach, supervisor and trainer. His extensive publications include *Rational Emotive Behaviour Therapy: 100 Key Points and Techniques* (2006) and *Rational Emotive Behaviour Therapy in a Nutshell* (2011, 2nd edn.), both written with Windy Dryden. He has also written *Developing Resilience: A Cognitive Behavioural Approach* (2009) and co-edited with Stephen Palmer *Cognitive Behavioural Coaching in Action*, to be published by Routledge.

Limited numbers per master class - book your place now!

Cost: Day two of conference – MASTER CLASSES: £80 (no reductions available)

***Handouts, CPD certificates of attendance
and tea/coffee/biscuits/lunch provided.***

Upon receipt of this application form & cheque
a receipt of payment; detailed itinerary of the day;
and travelling guidelines will be sent to you.



**ASSOCIATION FOR RATIONAL
EMOTIVE BEHAVIOUR THERAPY**

Send completed form to: AREBT PO Box 177,
Faversham ME13 8WB

REBT CONFERENCE & AGM & MASTER CLASSES

APPLICATION FORM

Dr Mr Mrs Miss Other

First Name:

Surname:

Current AREBT
Membership No:

Mailing
Address:

Postcode:

Telephone No:

Mobile No:

Email address:

Which **master class**
Do you wish to attend:

Will you be attending
The AGM

Lunch is **provided** – state
if vegetarian or have
special dietary needs

Signature:

Date:

Conference fees includes lunch ▶

£80 (members & affiliates) £95 Non members amount payable.....
 £50 (current student members of AREBT)

Master class fees includes lunch ▶

£80 (members), no reductions Non Members £105 amount payable.....

Payment Details ▶

I enclose a cheque (made payable to Association for Rational Emotive Behaviour Therapy)

£