



NEWSLETTER DECEMBER 2005

The future aim of AREBT is to provide **two** six monthly newsletters as well as the annual journal.

To achieve this and still maintain a low membership fee we need to reduce administrative outlay.

Therefore from **April 2006** it is our intention that contact with you is achieved wherever possible by email. If you have not done so already please let our membership secretary have your email details:
pam@fhr-services.co.uk
Tel/fax: +44 (0) 1376 572 777
(General Enquiries)

This newsletter is full of information relating to 'statutory regulations' and developments by the association over this past year.

However it is hoped that future Newsletters will also contain issues that members wish to share with other members of AREBT or indeed to ask a question of the association. In the first instance authors should contact the editor iatubbs@aol.com

Statutory Regulation

Over this past year Irene Tubbs has represented

AREBT at various UKCP meetings and conferences with the remit of seeking clarity with regard to Statutory regulation. To cut a long story very short! This is the current situation.

Statutory regulation is expected to be in place by 2008 when anyone practicing within the talking therapies **must** belong to a regulated body. BACP's research states there are currently 37,000 **registered** practitioners, with over 460,000 **unregistered** offering their services as practitioners.

BABCP did leave the UKCP meaning for a while we were the only representatives under a CBT section banner. They have now rejoined as Institutional Members. However UKCP is encouraging sections to move into colleges, therefore it is expected that BABCP will become a college (with us) in May.

Colleges are seen as a proactive development as each college would be able to focus on the modality but would relinquish responsibility for **complaints and standards** (ethics) to the statutory body.

UKCP are negotiating with the DOH for the recognition of the following five distinct multi-modality professional groups under the banner of Psychotherapy:

Cognitive Behavioural
Psychoanalytic
Humanistic-Integrative
Hypno-psychotherapy
Systemic
Other **DOH** recognised practitioners include:
Child Psychotherapy
Counselling
Psychology
Psychotherapy

It is envisaged that in future statutory regulation will require registrants to have achieved a **masters** level of attainment. BPS are currently seeking to promote a **doctorate** level.

Whilst it was originally believed that the statutory body would be the Health Promotions Council it now seems the government is listening to BACP, BPS & UKCP's concerns, so hold this space!!

CPD opportunities:

Members of AREBT offered to provide CPD workshops within BABCP's 2005 conference. Unfortunately this was declined. However it is likely that we **will be** able to offer workshop opportunities for the **2006** conference. If you would like to participate as a trainer contact iatubbs@aol.com for more information.

Our **Conference and AGM** in October provided a rich source of excellent CPD presentations and opportunities for active practice including:

Prof Stephen Palmer: Explored the key stages of Rational Emotive Behavioural Hypnotherapy (REBH) including preliminary induction, deepening, disputation and cognitive restructuring. The disadvantages of REBH were noted in relation to REBT in general. Indications and contra-indications were covered.

John Blackburn: explored the role for REBT in Chronic pain populations following a study into the amount of dysfunctional anger experienced by people in this clinical population.

Demonstrating how in chronic pain clinics up and down the country the psychological treatment of chronic pain is an integral part of the overall treatment package. Health professionals have noted that a great many people they treat experience a great deal of dysfunctional anger. This presentation described the research that was carried out and the effectiveness of REBT in dealing with dysfunctional anger.

Patrizia Collard: explored how Cognitive Therapy is continuously changing with recent clinical research and findings about the brain and the mind challenging us to approach therapy in new ways. One such way has been the introduction of “The third wave” in cognitive behavioural Psychotherapy which embraces mindfulness training, largely derived from Eastern traditions. She debated how scientific insights of REBT could be combined with the wisdom of the Buddha. Within the presentation we were invited through active practice to explore the potential benefits of including mindfulness to REBT by integrating the head (rationality) and the heart (mindfulness) to create balance and enhance clinical practice for clients and derive therapeutic growth for ourselves.

Michael Neenan: explored how we can help participants to:

- distinguish between anger, hostility and aggression
- teach the REBT model of anger
- examine past and present factors that contribute to an anger
- identify and tackle blocks to developing a therapeutic relationship
- develop an anger intensity

scale

- consider relaxation and thought /belief change skills
- respond constructively to others’ anger

Everyone present expressed having enjoyed a great day, make sure you’r there next time.

Membership

Current details: 73 members, 13 Accredited and 4 supervisors.

Developments: The board has recognised the need for encouraging new membership. It has therefore been decided to have a **student** category for the duration of any recognised training program at a cost of £25.00 per year. The updated membership form now has a student section.

Students will also be able to attend our CPD conference & AGM at a 50% reduction of cost.

All **Accredited members** have received the **new CPD/log** books. Whilst there is still a requirement to complete these on a **yearly** basis, they need only to be sent into the Association for re-accreditation purposes every **five years**.

Remember all accredited members and any member who is also UKCP registered as CBTers can be placed on our online AREBT Directory held on our website. <http://www.arebt.org> send your details to dr.palmer@btinternet.com.

Given the governments statutory regulation requirements it would benefit all members to review their current qualifications. Let us know if you would like to

pursue further qualifications to achieve accredited status and we will look into those requirements.

If you are just looking for CPD you can contact either jason.jones@bsmht.nhs.uk of the **UK Institute for REBT, Birmingham** who provide workshops on special interest topics for REBT practitioners.

The Centre for Stress Management also runs modular programmes that may be suitable for CPD. Peter Ruddell, the Training Director, can be contacted on: ruddell@btinternet.com

Enclosed with this newsletter is our **new promotional AREBT leaflet** describing the role of the association and REBT as a therapy, specifically designed for those who have little knowledge and wish to learn more. Please **copy** this leaflet and **distribute** in any situation where you feel such a leaflet would be of benefit to others.

Remember on our website <http://www.arebt.org> is information relating to AREBT plus access to a **free** online REBT forum **arebt@yahoogroups.com**

Albert Ellis:

I am sure many of you are already aware of the situation regarding Albert Ellis founder of REBT and Honorary Member of AREBT who is in dispute with the AEI. As an association we deeply regret this state of affairs and hope for a speedy and rational ending. If you wish to personally send your support to Al (as many have already done) you can do so on **www.albertellis.info**