

AREBT RATIONAL NEWS

Issue 2, Autumn,
2006



WELCOME to the Autumn issue of the *Rational News* published by the Association for Rational Emotive Behaviour Therapy, UK. The newsletter will bring members up-to-date with developments in REBT.

Contents in this issue include updates on events regarding membership of UKCP and the relationship with BABCP. AREBT membership, REBT at the BABCP conference, a review of our recent CPD day, dates for the AREBT AGM and conference in November information about competencies for REBT practitioners and a brief update on Albert Ellis plus other news.

If you would like to contribute a book review or are interested in writing an article please e-mail me at robert.fogg@blueyonder.co.uk. The

next newsletter will be due out in the new year so don't delay!

AREBT, UKCP and BABCP-the Current Position

Our chair Irene Tubbs reported in the last newsletter that we had been given the go-ahead to seek to develop our numbers, sufficient to warrant becoming a College within the Cognitive Behavioural (CB) Section of UKCP.

However recent developments whereby BABCP have decided to stay as an Institutional Member and not return to the CB section to form a college with us, has meant that UKCP will no longer agree to our seeking becoming a CB College mainly due to our size and the fact

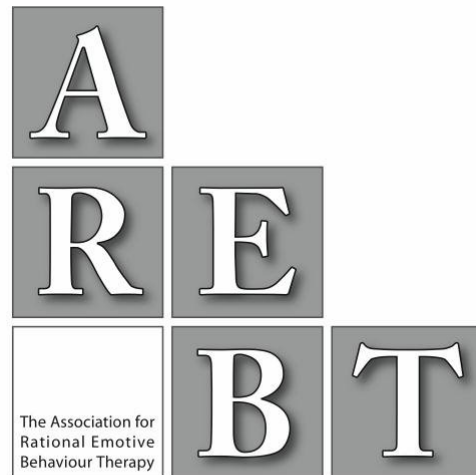
that BABCP is the recognised voice for Cognitive Behavioural Therapy.

BABCP have offered to forge a Cognitive Alliance with AREBT, an alliance that throughout our discussions with BABCP we made clear would only be possible if we retained our autonomy and were recognised on a par with them. To which their board was in agreement, however, it turns out that to achieve this we would have to leave UKCP as a member organisation and BABCP would be required to monitor our standards and competencies.

After much deliberation the Board decided that such a move would be counter productive for our development and security especially with the implementation of Statutory Regulations only two years away. We have therefore declined their offer at this time and will continue under a CB section until Statutory Regulation is implemented. This will give us time to develop our numbers and seek the most effective statutory regulation connection for all our members.

Membership Matters

At this time we are going from Strength to strength. We now have four new board members



Greg Scott & Rameez Ali who both instigated the development of our competencies ready for Statutory Regulation. Robert Fogg who is the new Newsletter Editor (do send him any articles, letters you would like published) and Cheryl Meikle a new general member to the board and book reviewer for the Newsletter. Other stalwarts are still here and working tirelessly on your behalf.

You will all by now have received your new membership certificate and as you will have seen FULL MEMBER status entitles you to use the letters MAREBT after your name. In future the database is set up, such that you will automatically receive a new membership certificate upon our receipt of your renewal fees. The good news is that there are only four members who

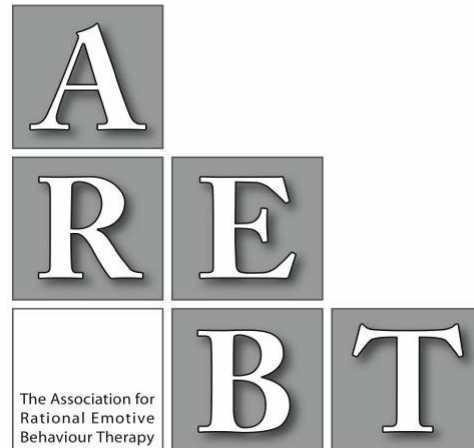
do not have an email address, which greatly reduces our costs allowing us to support future CPD days.

Please note: If you change your email address in the future, please let the membership secretary know as soon as possible.

WELCOME TO THE FOLLOWING NEW MEMBERS:

Steve Sheward, Pat Derbyshire, Ian Martin, Bernadette Ainsworth, Tracy Sharpe, Thomas Shorthall, Sarah Kamke, Deborah Malki Paul Pageot, Nicola Bishop, Jacqui Smith, Dennis Bury, Heather Smith, Tania Kalyani, Lorraine Barreau, Ann Thompson, Ruth Levison, Omar Khan, Sarah Rowbotham, Martia Davies, Gerard Egan, Seema Bhambri, Jansel Hews, Jeff Bateman, Barbara Plows, Jay Beichman, Lissa Shortt, Jo Moore, Asma Anjad and Helen Armstrong.

We now have two organisational members, namely Centre for Stress Management and Centre for Coaching plus the Essex Centre for Stress and Trauma. Two other organisations are completing forms to join us. I am also pleased to say that seven lapsed members have rejoined. **WELCOME BACK.**



We now also offer a one-year affiliate membership for individuals who have attended a Primary Course in REBT, Stress Management or CBT at one of our recognised Training Centres. The cost of their membership is met by the Training Organisation itself. The aim is to support their interest in REBT and encourage them after one year to join as Full Members. This is a new initiative only started in August and already we have four new affiliate members.

This year we have had several enquiries from members of the public seeking an REBT therapist, Irene is currently compiling a list of members willing to have their details given to prospective clients, she will be shortly sending out letters regarding this to all members.

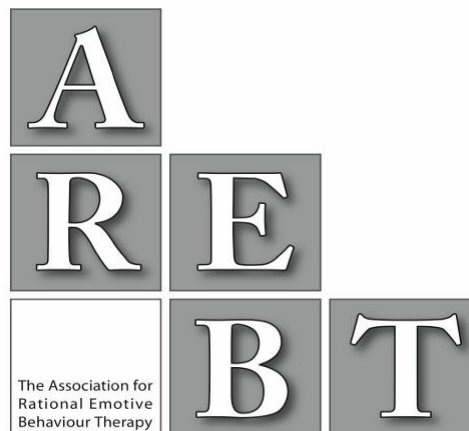
Many of you can go onto our on line register of qualified members, in our last newsletter we gave details of qualifications required to do so.

AREBT at the BABCP Conference

In order to forge links three members of AREBT also provided their services at the latest BABCP conference, these were Irene Tubbs, John Blackburn and Wayne Froggat (who came all the way from New Zealand). We were all allocated workshop slots in what is called the paying section i.e. anyone attending had to pay for the privilege, unfortunately (although fortunate for attendees) our workshops and others, were going on at the same time as a set of 'Free' workshops set up by BABCP were taking place. As you can imagine we were poorly attended. So if you are offering your services as a trainer, we suggest you ensure you are not designated one of the 'paying' ones.

CPD Sell out!

The Centre for REBT in Bromley was the venue for 2 sold out half-day workshops presented by Wayne Froggatt, Executive Director of the New Zealand Centre for REBT and Associate Fellow of the Albert Ellis Institute on Wednesday 9th August.



The morning workshop centred on the Rational Management of Self-harm and dealt with the assessment of risk, assessing motivation and options for intervention. Workshop participants were split into groups and relevant case examples utilized in order to apply the principles. A video of Don Di Matteo from the Albert Ellis Institute assessing a suicidal client was also included. Ensuring the safety of the client was emphasized and construction of a personal self-harm management plan was put forward alongside targeting the underlying core beliefs leading to emotional disturbance and suicidal ideation.

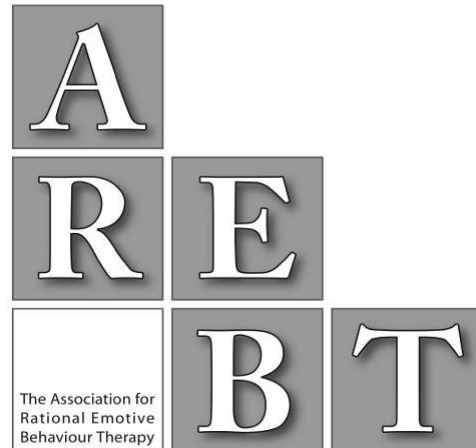
The final emphasis was on helping the client to move from the position that suicide is “ the solution to end all problems” to suicide is “ the problem to end all solutions”.

In the afternoon workshop Wayne tackled REBT and the problem of Self-Esteem. The trickier question of whether we have any self worth as human beings was postulated and the role of core beliefs in determining emotional and behavioural disturbance was raised.

Wayne put forward the view that self-esteem is a “fragile solution” for maintaining emotional stability and offered unconditional self-acceptance (USA) as the REBT antidote. Participants were asked to decide if Wayne had any worth at all. This resulted in a range of responses that demonstrated that even REBT’ers aren’t all agreed on the more philosophic nature of USA or what it means to us as individuals.

He suggested developing ability confidence and enlightened self-interest in order to move the concept onto a more concrete base. The use of a number of techniques was highlighted such as the Big I-Little I and Fruit Bowl to develop understanding and the Double standard and Devil’s Advocate to consolidate new ways of thinking.

The session was rounded off with some experiential shame attacking of a rational song written by Ellis (I can see why he stuck to Psychotherapy).



Our thanks go to Wayne for taking the time to present both workshops that were both thought provoking and enlightening.

Robert Fogg

AREBT Online Internet Forum

CURRENTLY our AREBT Online Forum has over 40 members. We would really like as many AREBT members to sign up to this free online internet system to allow AREBT to communicate or contact our members swiftly and without any postal costs. Online members receive information about events and are involved in discussion as issues arise. If members visit the Online Forum website they can sign up to the group very easily. Website: <http://health.groups.yahoo.com/group/arebt/>

AREBT and the ISMA

Roger Mead events organiser at the International Stress Management Association has offered AREBT Members the opportunity to attend ISMA events at the same costs as their members. Simply go to <http://www.isma.org.uk/events.htm> and click on the more button to get information and a booking form.



Talking Therapy Works

An article was forwarded to the Chair of AREBT by another Member Organisation of UKCP which maybe of interest to members. It stated “The Charity Mind welcomed news that the government is to announce the sites of two talking therapy pilot centres aimed at helping people back to work. At this time the Centres will be in Doncaster and Newham but will extend if found to be beneficial.

Interestingly Mind says evidence from its helpline callers show 83% take medication while only 4% receive psychotherapy and 2% CBT for depression” .Layard had actually purported the need to have 250 centres across the country, but it’s a start. Look out for any articles in the press, they could be advantageous employment opportunities for you.

Albert Ellis 93rd Birthday

The impasse between Albert Ellis and his supporters and the Albert Ellis Institute sadly continues. Ellis who celebrated his 93rd birthday on the 27th September is currently in a physical therapy facility in New York. He has been suffering from respiratory and digestive problems.

If you would like to send him a belated birthday card the address is: Dr Albert Ellis 45 East 65th Street, New York NY 10021-6508 (marked private and confidential). A fund has also been set up to assist with his medical expenses. If you wish to make a donation please send to: The Albert Ellis Fund PO Box 1663 Roseburg OR 97470.

The Road to Registration

As part of the move towards registering Psychotherapists in the UK, (in line with European policy), over the summer UKCP has been meeting with the DoH and its Member Organizations to discuss Competencies. All MO's have been asked to define and compile a list of Competencies, specific both to the practice of their Therapeutic Modality and their approach to conceptualising and treating a problem.

The importance of this lies in defining the difference's between each Psychotherapeutic Modality. In our case this will enable members to continue to be registered as an Accredited REBT Psychotherapist, as opposed to a generic label of Psychotherapist. Such a title would also affect our general membership who are practicing REBTers, but not Accredited as you will still be required to become Regulated and would be able if the Government accepts these modality 'Titles' to be a regulated REBT Psychotherapist.

Behind this latest drive is the DoH decree that the HPC (Health professions Council), will be seen as their chosen Regulator. Together they are requiring Modalities to define our individual therapeutic



approaches in terms of what can be seen as being different from other approaches, as opposed to engaging us in philosophical discourse. This concept will be familiar to members as in essence it is seeking evidence of active practice by asking for specifics, much as we do when engaging in work with a client's problems.

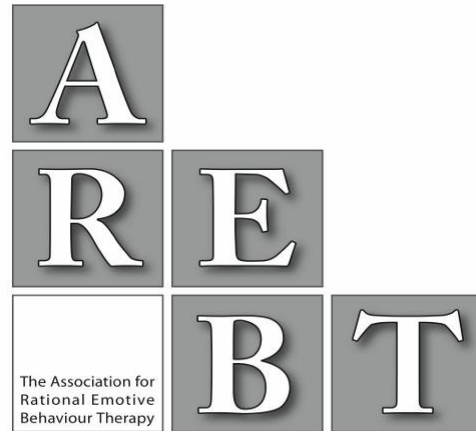
The concept of competencies is derived directly from NVQ terminology, and is the herald of a coming development of NVQ's in Psychotherapy. The NVQ model works on competencies and the individual will be observed and have competencies signed off by a supervisor. In the near future this will not affect us, but we can safely predict that future accreditation will require evidence that will be presented to both an internal (ie

AREBT assessor) and an external (possibly UKCP or a HPC assessor).

The drive towards competencies is already established in several fields (for example it is established in the substance misuse field) and is driven by a health agenda. Whilst the definition and regulation of treatments modalities is to be welcomed as it defines a minimum standard, this will have implications for therapies under – researched, and may ultimately restrict the practice of therapies that can't be operationalised.

At present Rameez Ali and myself have been drawing up competencies on behalf of AREBT, which have circulated amongst Board members for comment and amendment. Albert Ellis has also been sent copies of work to date and has generously agreed to comment on and amend the draft. This is a bonus for AREBT as few therapies have their founder member alive and able to comment.

The initial Draft has been submitted to UKCP as part of the initial process, and we are awaiting comment on this. It is to be expected that there will be further work in the near future, a part of which will be to ascertain our Members views.



The Competencies for REBT will go alongside a wider document for Psychotherapy as a generic practice. This document has been drawn up by the UKCP, and is a piece of work begun in 2002. These competencies define core practice from contracting with clients to ethical and practical issues. The 2006 edition of the AREBT journal will contain a full list of the draft AREBT competencies.

Greg Scott

New REBT & CBT Books

Cognitive Behaviour Therapy for Dummies by Rob Wilson and Rhena Branch. Published by John Wiley and Son 2006

**The Rational Emotive
Behaviour Therapist:
Journal of the Association
for Rational Emotive
Behaviour Therapy
*CALL FOR PAPERS***

WE would like to publish another issue of the Association's journal, The Rational Emotive Behaviour Therapist. This is a general call for papers. We are keen to receive articles on any aspect of Rational Emotive Behaviour Psychology. This can include articles on theory and research. Also counselling, psycho-therapy, coaching and hypnosis practice.

Submissions to the Editor,
Professor Stephen Palmer:
dr.palmer@btinternet.com

**ACCREDITED REBT
TRAINING COURSES**

THE Association for Rational Emotive Behaviour Therapy recognises a number of UK and overseas REBT Training courses. Normally, the Course Director will be a qualified Supervisor of Rational Emotive Behaviour Therapy and would have satisfied the requirements of the Albert Ellis Institute, New York, International Training Standards and Policy Review Committee.



**AREBT RECOGNISED
COURSES**

THE Association recognises the foundation and advanced courses in the list below.

Albert Ellis Institute for Rational Emotive Behavior Therapy, New York, USA: REBT Supervisors training programme.

Goldsmiths College, London

MSc in Rational Emotive & Cognitive Behavioural Therapy. Successful completion of this MSc satisfies the UK REBT training requirement necessary for qualified health professionals to become accredited as a Rational Emotive Behaviour Therapist with the Association for Rational Emotive Behaviour Therapy and registered with the UKCP.

Director: Professor Windy Dryden
PhD (AEI Certified REBT
Supervisor).

Goldsmiths College, London

Diploma in Cognitive Behaviour
Therapy. This Diploma is
recognised as a foundation by the
Association for Rational Emotive
Behaviour Therapy and may form
part of an approved programme
working towards accreditation as a
Rational Emotive Behaviour
Therapist and UKCP registration.

Director: Professor Windy Dryden
PhD (AEI Certified REBT
Supervisor).

Centre for Rational Emotive
Behaviour Therapy in
association with the Centre for
Stress Management: Diploma in
Rational Emotive Behaviour
Therapy. Successful completion of
this Diploma satisfies the UK
REBT training requirement
necessary for qualified * health or
caring professionals to become
accredited as a Rational Emotive
Behaviour Therapist with the
Association for Rational Emotive
Behaviour Therapy and registered
with the UKCP.



Co-Directors of REBT Training:
Professor Stephen Palmer PhD
(AEI Certified REBT Supervisor)
and Michael Neenan.

Centre for Rational Emotive
Behaviour Therapy in association
with the Centre for Stress
Management: Advanced Certificate
in Cognitive Behavioural
Approaches to Psychotherapy &
Counselling. This course is
recognised as a foundation by the
Association for Rational Emotive
Behaviour Therapy and may form
part of an approved programme
working towards accreditation as a
Rational Emotive Behaviour
Therapist and UKCP registration.

Co-Directors of REBT Training:
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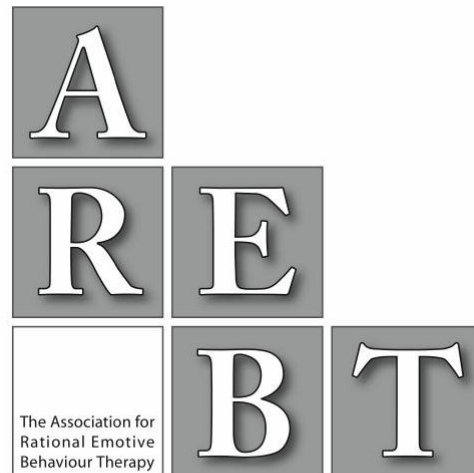
.Centre for Rational Emotive Behaviour Therapy in association with the Centre for Stress Management: Primary Certificate in Rational Emotive Behaviour Therapy & Counselling. This course is recognised as a primary certificate course by the Association for Rational Emotive Behaviour Therapy and may form part of an approved programme working towards accreditation as a Rational Emotive Behaviour Therapist and UKCP registration.

Co-Directors of REBT Training: Professor Stephen Palmer PhD (AEI Certified REBT Supervisor) and Michael Neenan.

New Zealand Centre for Rational Emotive Behaviour Therapy: Advanced Certificate in REBT run in New Zealand in association with the Centre for REBT, London, UK. This course is recognised as a foundation by the Association for Rational Emotive Behaviour Therapy and may form part of an approved programme working towards accreditation as a Rational Emotive Behaviour Therapist.

Directors: Wayne Froggatt (AEI Certified REBT Supervisor) & Professor Stephen Palmer (AEI Certified REBT Supervisor).

New Zealand Centre for Rational Emotive Behaviour Therapy:



Primary Certificate in REBT run in New Zealand in association with the Centre for REBT, London, UK. This course is recognised as a primary certificate course by the

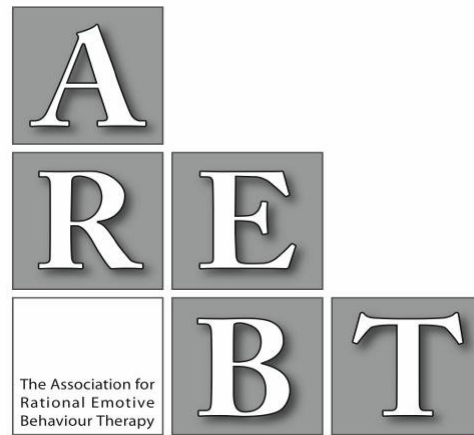
Association for Rational Emotive Behaviour Therapy and may form part of an approved programme working towards accreditation as a Rational Emotive Behaviour Therapist.

Directors: Wayne Froggatt & Professor Stephen Palmer.

NB Qualified health and caring professionals include Chartered Psychologist; UKCP Registered Psychotherapist; BACP Accredited Counsellor; Nurse registered with the UKCC; Psychiatrist; General Practitioner; Occupational Therapist.

Once practitioners have completed their full REBT training, before applying for accreditation with AREBT, they have to complete a further 12 months supervised clinical practice and undertake a minimum 30 hours of relevant CPD within the same period.

*For the Diploma programme at the Centre for REBT, counsellors who are not BACP Accredited will need to have successfully completed a further 220 hours of training consisting of major courses (i.e. over 75 hours in length).



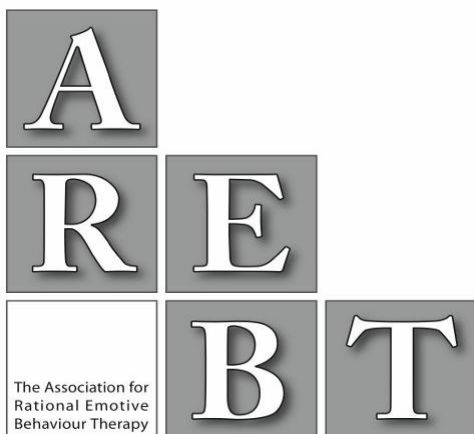
THE AREBT

RATIONAL NEWS

Published by the Association for Rational Emotive Behaviour Therapy. Published as a supplement to *The Rational Emotive Behaviour Therapist*.

Association for Rational Emotive Behaviour Therapy, Englewood, Farningham Hill Road, Farningham, Kent, DA4 0JR.

ISSN 1354-9960



November Conference News- stop press

DEVELOPMENTS IN RATIONAL EMOTIVE BEHAVIOURAL, COGNITIVE & MULTIMODAL APPROACHES

A celebration of the therapeutic approaches developed by Aaron Beck, Albert Ellis & Arnold Lazarus

*Sponsored by the Association for Rational Emotive Behaviour Therapy
& the Association for Multimodal Psychology, UK*

24th November, 2006, held at the Forum at Greenwich, London

CONFERENCE PROCEEDINGS

9.30 - 9.50	ARRIVAL - TEA AND COFFEE
9.50	Welcome – Joint welcome by the Association for Rational Emotive Behaviour Therapy & the Association for Multimodal Psychology
10.00	Comparing and Contrasting the Cognitive-behavioural, the Rational Emotive Behavioural and Multimodal approaches: A Case Study Approach. Professor Stephen Palmer, City University, UK & Dr Kristina Gyllensten, City University, UK and Centre for Cognitive Therapy, Sweden.
10.30	Fixed Role therapy from a multimodal perspective. Dennis Bury
11.15	Tea break
11.35	REBT with Muslim clients. Rameez Ali
12.20	Power of Belief as a Healer. Irene Tubbs
1.00 to 2.00	Lunch
1.40 to 2.00	Inaugural meeting of the Association for Multimodal Psychology
2.0	Multimodal Therapy and the treatment of substance misuse: Working with Cocaine users. Greg Scott
2.40	A cognitive-behavioural self-help approach to stress management and prevention at work: a randomised controlled trial. Stefania Grbic and Prof Stephen Palmer, University of Essex, UK
3.15	Tea break
3.35	<i>Celebrating the work of Aaron Beck, Albert Ellis and Arnold Lazarus: A Roundtable Discussion.</i> Conference speakers and the audience will discuss and debate the contributions of Beck, Ellis and Lazarus to the field of psychotherapy, counselling and coaching and will also discuss issues raised by the conference papers.
4.15 - 5.00	AREBT AGM
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Cost:	£60 (AREBT & AMP members). £75 (non-members). Student members of AREBT (£30). Cost does not include lunch which

AREBT RATIONAL NEWS, ISSUE 2, AUTUMN 2006

Published as a supplement to

The Rational Emotive Behaviour Therapist, ISSN 1354-9960

can be purchased at the Forum at Greenwich.

Venue: Forum at Greenwich, Trafalgar Road, London, SE10 9EQ

Websites AREBT: www.arebt.org AMP: www.freewebs.com/multimodalpsychology/

.....
Tear off this slip and return with your cheque to the address below:

Name.....

Membership No (if member of AREBT):.....

Address.....
.....

I enclose a cheque made payable to "Association for Rational Emotive Behaviour Therapy" for.....

Send to:

Association for Multimodal Psychology,

Dennis Bury,

47, Mayfield Road,

Hornsey

LONDON N8 9LL

Email : dennis.bury@onetel.net

TRAIN in COGNITIVE BEHAVIOUR THERAPY

Under the direction of Professor Windy Dryden

As one of Europe's leading trainers in the field, Professor Dryden has written and edited over 150 books on counselling and psychotherapy. He is offering the following programmes, starting September 2007:

MSc in Rational-Emotive and Cognitive Behaviour Therapy (RE&CBT)

2 years part-time

The most comprehensive programme in RE&CBT in Europe, providing a thorough professional training in the subject.

Diploma in Cognitive Behaviour Therapy (CBT)

2 years part-time

A thorough foundation in Cognitive Therapy and REBT.

Applicants for both programmes must have some prior training and experience in working with people in a helping setting.

FOR FURTHER INFORMATION

Visit www.goldsmiths.ac.uk or contact Admissions, tel 020 7919 7060, e-mail admissions@gold.ac.uk or write to AEU, Goldsmiths, University of London, New Cross, London SE14 6NW.

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12-18 March 07

CERTIFICATE IN COGNITIVE BEHAVIOUR THERAPIES AND HYPNOSIS / COGNITIVE HYPNOTHERAPY (1 week course)

A five day workshop focusing on the theory and practice of hypnosis within a cognitive behavioural framework

Fees: Individual £285 Organisation £395 (incl.) Venue: London
Special offer for BPS members: £795 incl.

Course validated by The General Hypnotherapy Standards Council
Successful course completion provides eligibility to join the General Hypnotherapy Register at the Affiliate level. Visit <http://www.general-hypnotherapy-register.com/>



Foundation Level
VALIDATED TRAINING
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Centre for Stress Management



Primary Certificate Courses

Stress Management 13-14 Dec; 12-13 Feb 07
Occupational Stress Management 15-17 Nov
Cognitive Behaviour Therapy and Training 22-23 Nov; 15-19 Dec; 11-12 Jan 07; 14-15 Feb 07
Rational Emotive Behaviour Therapy 11-12 Dec; 1-2 Mar 07
Problem Focused Counselling, Coaching and Training 20-21 Nov; 15-19 Jan 07
Assertion and Communication Skills Training 31 Jan-1 Feb 07
Relaxation Skills Training 5-8 Dec
Multimodal Therapy 16-17 Jan 07
Trauma and PTSD (Level 1) 5-9 Feb 07 (Level 3) 1-2 Nov
Advanced CBT (3 days) 5-7 Mar 07

Other courses

Correspondence courses in Stress Management;
Advanced Certificate in Cognitive Behavioural Approaches to Psychotherapy and Counselling; Diploma in Stress Management: A Cognitive Behavioural Approach

CENTRE FOR STRESS MANAGEMENT

Broadway House, 3 High Street, Bromley BR1 1LF
www.managingstress.com
Tel: 020 8225 1185

Course availability: 020 8318 4448
Email: admin@managingstress.com

Recognised by the IHE
as a Centre of Expertise
Courses recognised by the
IHE for CPD.



Centre for Coaching

in association with Centre for Stress Management



Diplomas[†]

Coaching; Psychological Coaching; Coaching Psychology

Certificate Courses[†]

Coaching* 27 Nov-2 Dec; 22-27 Jan 07
Psychological Coaching 15-19 Oct 07
Stress Management and Performance Coaching* modular

Primary Certificate Courses

Performance Coaching 7-8 Dec; 27-28 Feb 07
Health Coaching 14-15 Nov; 2-3 May 07
Anger Management Coaching, Counselling and Training 15-17 Nov
Supervision TBA
Stress Management 13-14 Dec; 12-13 Feb 07
Occupational Stress Management 15-17 Nov
Assertion and Communication Skills 31 Jan-1 Feb 07

Correspondence Course

Life Coaching - a CBC approach

* Courses recognised by the Association for Coaching
† Courses accredited by Middlesex University

The Director of the Centre is
Professor Stephen Palmer PhD CPsychol

Trainers include Professor Stephen Palmer,
Nick Edgerton, Gladeana McMahon, Michael Neenan,
Kasia Szymanska, Irene Tubbs and Dr Alison Whybrow



CENTRE FOR COACHING

Broadway House
3 High Street
Bromley BR1 1LF
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Course availability: 020 8318 4448
Email: admin@centreforcoaching.com



Chartered Psychologist