

# AREBT RATIONAL NEWS

Issue 1, Spring, 2006

WELCOME to another 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 include articles on the UKCP and the formation of a College; the Albert Ellis Institute relationship with Dr Ellis; The NHS Directory for Complementary and Alternative Practitioners; possible events, and The AREBT journal.

## Developments within the UKCP. Will AREBT Become a UKCP College?

AT the last UKCP meeting that our Chair, Irene Tubbs, attended, it was agreed that AREBT would become a College within the Cognitive



Behavioural Section of the UKCP. Such college status for REBT would meet the Government requirements of statutory regulation, within which members (no matter what modality) would be recognised as Psychotherapists (in our case with a Rational Emotive Behavioural Modality under a Cognitive Behavioural Psychotherapist Title). Becoming members of such a college opens the doors of opportunity within the NHS field (another option as you will see later also available within CAMS).

To meet the criteria of a college we need to increase our membership base therefore it is essential that we increase our membership over the next two years and we are having a membership drive. Please encourage colleagues and friends to join AREBT.

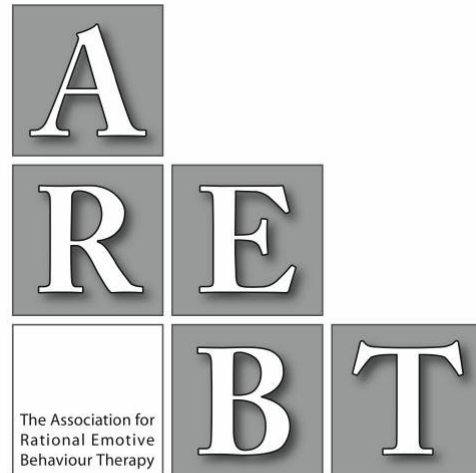
However, as the situation is rather fluid, we will wait and see what the final outcome will be.

We may approach smaller professional bodies who also represent cognitive behavioural practitioners and see if they are interested in joining AREBT as an interest group.

## The Albert Ellis Institute & Albert Ellis

THE saga continues. Although, technically speaking, a judge stated that Dr Albert Ellis should not have been dismissed from the Board of the Albert Ellis Institute in New York, at time of press, there still appears to be on-going disagreement between all the parties involved.

Sadly, this level of public animosity between both the originator of REBT and the Albert Ellis Institute is not helping the international Rational Emotive Behaviour Therapy movement. Our United Kingdom and New Zealand AREBT members would be stunned to read some the public accusations about Dr Ellis and his partner, Debbie Joffe on the Albert



Ellis Institute, N.Y. Website.  
<http://www.rebt.org/>

In the UK and New Zealand, accusations by professional bodies or organisations in public about staff or ex-staff could be potentially libellous and usually considered unwise. Of course, the Institute's comments have been in response to websites and email groups which support Dr Albert Ellis.

How is this going to end? We are still unclear. All we do observe is that it is alleged that the protagonists in this saga have lawyers whose fees are in the order of many thousands of dollars for their services.

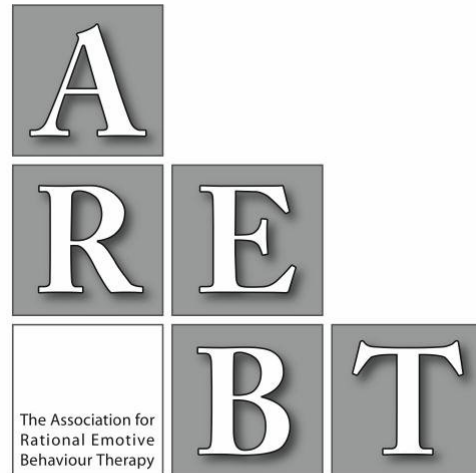
The Board of Directors of the Association for Rational Emotive Behaviour Therapy have a strong desire that a satisfactory conclusion

is reached as soon as possible so that the REBT movement can re-focus on the important priorities that will ensure that the practice of REBT outlives Dr Albert Ellis.

This important REBT legacy of Albert Ellis will hopefully be around for many decades or even centuries. He has been recognised as one of the most influential psychologists of the last century. REBT and more recently, REB Coaching, has helped many people to achieve their goals and increase personal happiness.

## The NHS Directory of Complementary and Alternative Practitioners

THE NHS Trusts Association (NHSTA) publishes the NHS Directory of Complementary and Alternative Practitioners. This comes in hardcopy format for GP Surgeries and the doctors can also access the directory via the website: [www.nhsdirectory.org](http://www.nhsdirectory.org) This will allow them to identify registered practitioners practising locally to their patients. The doctor can either give the patients a practitioner's details or decide to employ them directly to work in their practice for sessional therapy or counselling work.



The Association for Rational Emotive Behaviour Therapy has reached an agreement with the NHSTA that our qualified members can apply to the Directory for membership on the basis that they abide by our AREBT Codes of Ethics and Practice. These are available from the AREBT website or from our Honorary Secretary, John Blackburn. Website: <http://www.arebt.org/ethics.htm>

The NHS Directory members will be provided with a certificate for public display in their practices. AREBT members will be able to apply for the counselling entry and also additional entries in other sections such as hypnotherapy if they are appropriately qualified. Standard basic entries cost £50pa and extended entries cost £100. Extended entries include up to 200 extra words of important inform-

ation your qualifications, experience and training. Acceptance is not guaranteed.

AREBT members with an interest in obtaining a NHS Directory application form now should contact the AREBT Chair, Irene Tubbs. Either write (inclosing a SAE) or email:

Association for Rational Emotive Behaviour Therapy, Englewood, Farningham Hill Road, Farningham, Kent, DA4 0JR. Email: [IATUBBS@aol.com](mailto:IATUBBS@aol.com)

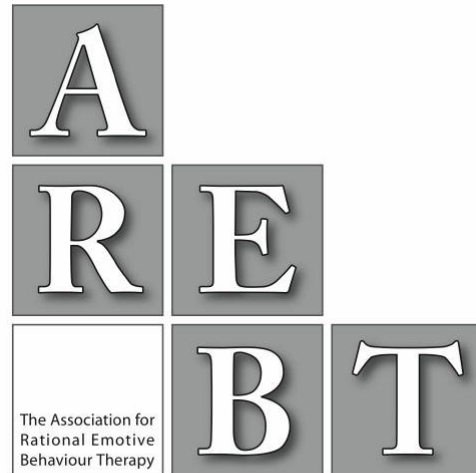
The deadlines are tight so contact us if you are keen to become a member of the Directory.

Members may also receive a mail-out from us including forms but as this may take time, we suggest those keen members contact us asap.

The Board of Directors of AREBT believe that it is important for the Association to expand its relationships with other professional bodies and Registers to ensure AREBT members who are in practice can promote their professional services.

## Congratulations

CONGRATUALTIONS to Rameez Ali for becoming an Accredited Member of AREBT.



## 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](mailto:dr.palmer@btinternet.com)

## Proposed AREBT events

TWO AREBT CPD events have recently been proposed.

London, 9<sup>th</sup> August, 2006.  
Two- half-day workshops:  
Working with Difficult &  
Resistant Clients; Suicide.  
Facilitator: Wayne Froggatt

ONE of our long-standing AREBT members, Wayne Froggatt, is visiting the UK in the summer. He is an Albert Ellis Institute Certified Supervisor and author. He is Director of both the New Zealand Centre for REBT and New Zealand Centre for CBT. His two half-day workshops will provide insight into dealing with resistant and suicidal clients. More details about Wayne visit the Centre website: <http://www.rational.org.nz/>

More details contact Irene Tubbs:  
[IATUBBS@aol.com](mailto:IATUBBS@aol.com)

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### Conference

IT has been suggested that the Association for Multimodal Psychology (AMP) and AREBT may run a joint one-day conference this year.

For further details about the



Association for Multimodal Psychology, visit their website: <http://www.freewebs.com/multimodalpsychology/index.htm>

Currently online membership of AMP is free. Just sign up for the online forum: [http://health.groups.yahoo.com/group/amp\\_open/](http://health.groups.yahoo.com/group/amp_open/)

We will let you know as soon as events are confirmed.

### BABCP Conference

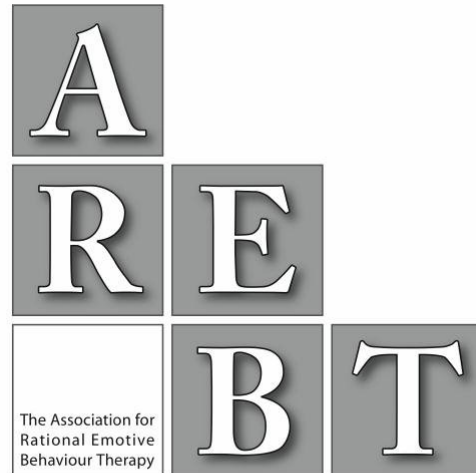
THREE AREBT members are speaking or running workshops at the BABCP conference this summer. Wayne Froggatt from New Zealand, John Blackburn and Irene Tubbs.

John Blackburn: Contemporary Rational Emotive Behaviour Therapy (Theoretical and clinical advances)

Rational Emotive Behaviour Therapy has been gaining ground in the UK over the past few years, though not as established as Cognitive Therapy it is becoming more and more popular with clinicians in an increasingly wide variety of settings. We have details about two of the events.

Irene Tubbs: Is the mind/body really able to heal itself?

Given a human's essential pre-occupation with survival, there are constant scientific research programs which review and demonstrate the benefits of health programs to the general public. Even so, there is a large percentage of the general public who are not using such knowledge to counterbalance unhealthy habits, ultimately lowering their immunity to disease. Reasons for this decline are manifold, but the underlying psychological factor which constantly fuels a tendency towards relapse is the lack of a person's belief in their ability to improve their health.



## 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.

Currently, the 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/>

## New Acting Membership Secretary

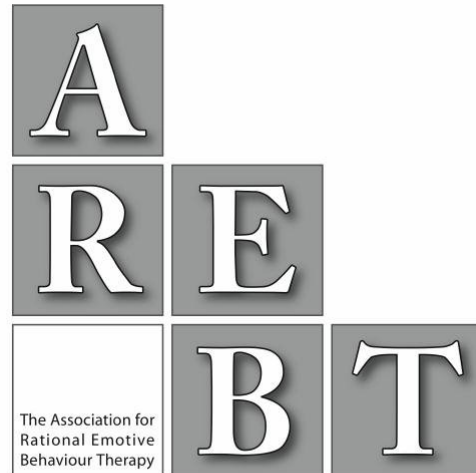
PAM Saunders-Ward has stepped down from her role as Membership Secretary. We thank Pam for her contribution to AREBT. Irene Tubbs is now Acting Membership Secretary.

## New Board Members

AREBT is looking to co-opt new members to the Board of Directors. With our new membership drive and increased responsibilities within the UKCP, it becomes vital we have more members and officers willing to work hard on our behalf.

If you are interested in being considered to join the Board, contact the Chair, Irene Tubbs for further information.

Association for Rational Emotive Behaviour Therapy,  
Englewood,  
Farningham Hill Road,  
Farningham,  
Kent, United Kingdom,  
DA4 0JR.  
Email: [IATUBBS@aol.com](mailto:IATUBBS@aol.com)



## New REBT & CBT Books

Rational Emotive Behaviour Therapy in a Nutshell by Michael Neenan and Windy Dryden. Published by Sage, London. 2006.

Cognitive Therapy in a Nutshell by Michael Neenan and Windy Dryden. Published by Sage, London. 2006.

Moody to Mellow by Stephen Palmer and Christine Widling. Published by Hodder Arnold, London. 2006.

## AREBT ONLINE REGISTER OF PRACTITIONERS

THE Online Register of qualified AREBT members is available on our website:

<http://www.arebt.org/therapy/default.htm>

Currently the following AREBT members are allowed to go onto the

Online AREBT Register:

- AREBT Accredited Therapists
- BABCP Accredited Therapists
- Albert Ellis Institute qualified therapists
- Albert Ellis Institute Certified Supervisors
- UKCP Registered REBT/CBT therapists
- AREBT Accredited Supervisors
- National Association for Cognitive Behavioral Therapists, Diplomate

This allows AREBT members who are not Accredited in REBT with the Association but have recognised CBT and REBT accreditations and concurrent membership of other



professional bodies, to join the Online Register of Practitioners.

Currently our records show that there are many members who could go onto the AREBT Online Register. We get regular emails and calls from potential clients who want to contact a practitioner in their area. Please consider going onto the Register so that we can widen our services to the general public.

## 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: 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: 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).

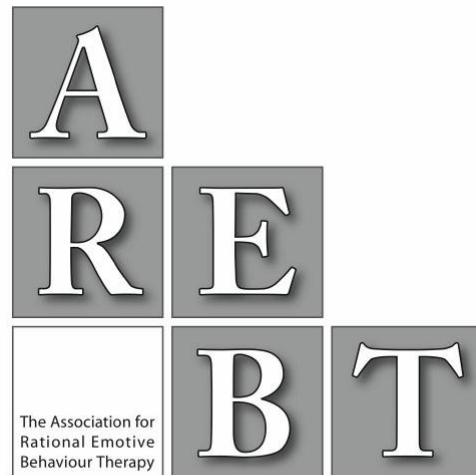
New Zealand Centre for Rational Emotive Behaviour Therapy: Primary Certificate in REBT run in New Zealand in association with the Centre for REBT, London, UK. This course is recognised as a primary certificate course by the Association for Rational Emotive Behaviour Therapy and may form part of an approved 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).

## NEWS OF MEMBERS

Professor Stephen Palmer has been appointed Director of the UK's first university based Coaching Psychology Unit. Further details:

<http://www.city.ac.uk/psychology/research/CoachPsych/CoachPsych.html>

**THE AREBT**  
***RATIONAL NEWS***

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Editor:

Prof. Stephen Palmer PhD



## CENTRE FOR COACHING

in association with Centre for Stress Management



### Diplomas\*

Coaching; Psychological Coaching; Coaching Psychology

### Certificate Courses†

Coaching\* 22–27 May; 24–29 Jul; 25–30 Sept; 27 Nov–2 Dec  
Conversion course\* (counsellors/psychotherapists) 3–8 Jul  
Psychological Coaching 11–15 Sept  
Stress Management and Performance Coaching\* modular

### Primary Certificate Courses

Performance Coaching 7–8 Jun; 4–5 Sept; 7–8 Dec  
Health Coaching 14–15 Nov  
Anger Management Coaching, Counselling and Training 1–2 Jun; 16–17 Nov  
Psychological Resilience 12–13 Jul  
Supervision 30–31 May; 23–24 Oct

### 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 FIHPE

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  
www.centreforcoaching.com  
Tel 020 8228 1185 (10am–5pm)  
Course availability 020 8318 4448  
Email admin@centreforcoaching.com



## PROGRAMME OF COURSES HELD IN LONDON & EDINBURGH



### Recognised Modular Programmes

Advanced Certificate in Cognitive Behavioural Approaches to  
Psychotherapy and Counselling  
Diploma in Stress Management

### Primary Certificate Courses (2 days unless shown otherwise)

Assertion & Communication  
Skills Training 15–16 Jun; 25–26 Oct  
Cognitive Behavioural Therapy  
& Training 17–18 May; 21–22 Jun;  
1–2 Aug  
Critical Incident Stress Debriefing  
(Level 3) 2–3 Oct  
Multimodal Therapy 4–5 Oct

Problem Focused Counselling,  
Coaching & Training 19–20 Jun; 20–21 Nov  
Rational Emotive Behaviour Therapy  
26–27 Jun; 11–12 Dec  
Stress Management 15–16 May; 28–29 Jun;  
3–4 Aug\*; 13–14 Dec  
\*Course held in Edinburgh

Occupational Stress Management  
12–13 Oct  
Trauma & PTSD (Level 1) 6–7 Sept  
(Level 3) 1–2 Nov  
Relaxation Skills Training 13–14 Jun;  
20–21 Sept; 5–6 Dec  
Advanced CBT (3 days) 6–8 Nov  
Advanced REBT (3 days) 9–11 Oct

The trainers are experienced counsellors, psychotherapists, industrial trainers and consultants and include: Professor Palmer, Liz Daggart, Nick Edgerton, Gladeana McMahon, Michael Neenan, Kasia Szymanska and Irene Tubbs.

### Other Courses Correspondence Course in Stress Management

Limited numbers only on each course. The Centre also offers stress audits, consultancy & research, counselling, therapy supervision; in-house courses, seminars and workshops; staff counselling for organisations. Full details from:  
PROF. STEPHEN PALMER PhD FIHPE • CENTRE FOR STRESS MANAGEMENT  
Broadway House • 3 High Street • Bromley BR1 1LF Tel 020 8228 1185  
Course availability 020 8318 4448 Web <http://www.managingstress.com> Email [dawncope.cfsm@btconnect.com](mailto:dawncope.cfsm@btconnect.com)

RECOGNISED BY THE INSTITUTE OF HEALTH PROMOTION AND EDUCATION AS A CENTRE OF EXPERTISE  
COURSES RECOGNISED BY THE IHPE FOR CONTINUING PROFESSIONAL DEVELOPMENT

