

# AREBT RATIONAL NEWS

Issue 7, Winter, 2009



Welcome to the Winter issue of Rational News. This newsletter provides details of the new RECBT register; membership issues including reduced membership fees; conference details; report from the latest CPD day; reports from board members and future developments.

## View from the Chair

It is with great satisfaction and indeed pride that I am in the position after six years of dogged determination, to be able to share with you the fruition of our efforts to raise the profile not only of AREBT as a recognized professional body but also the efficacy of REBT as a recognized therapy of choice.

As you will no doubt recall from previous newsletters, we have been very involved in negotiating and deliberating with:

- UKCP (United Kingdom Council Psychotherapy) on the role of AREBT and UKCP registered REBT therapists.
- Skills for Health (government funded organization) on setting Psychological Therapy Occupational Standards
- AREBT Competency framework.

- HPC (Health Promotions Council) government proposed regulator of practicing psychotherapists and counsellors.
- Gladeana McMahon has represented AREBT with other CBTers and Skills for Health who have been set a governmental task of creating a set of CBT standards ready for statutory regulation. (Details hopefully will be finalized for the next newsletter).

## RECBT register.

The culmination of much time and effort has been the development of the new RECBT register, which is now up and running. This register is only available for accredited members, of whom we currently have 33, with a further 12 awaiting accreditation review. Plus five enquirer's since the register was up and running (and it's only been 3 weeks!).

In order to promote the register as 'The' RECBT register both BABCP AND AREBT have co-signed (I on your behalf) letters which have been sent out to:

- Healthcare provider organizations such as BUPA; PPP; NU
- 400 SHA, PCTs and Mental Health Trusts

- Other professional bodies such as BPS; IAPT.

### Accreditation Developments – Cheryll Meikle – Peter Ruddell.

Many of you will already be aware that AREBT and BABCP have worked collaboratively to launch the new UK register of Cognitive Behaviour Therapists.

The new register is the result of merging of two long standing registers maintained by BABCP and AREBT and also to enable newly qualified therapists to apply for provisional accreditation status.

It has been necessary to make some changes to our accreditation process in order to ensure that standards are consistent between AREBT and BABCP. There will therefore be three access routes to accreditation.

Full Accreditation, awarded to applicants who have completed a minimum of one year clinical experience using REBT under supervision following CBT/REBT training.

Provisional Accreditation awarded to applicants who have completed their 'training' but who have not yet completed one year clinical experience using REBT under supervision. In order to gain Full Accreditation, these newly qualified therapists will need to make a second 'reduced' application one year after their provisional accreditation, by supplying evidence that they have been delivering REBT in a clinical setting under clinical supervision from an appropriately qualified supervisor and they have taken part in a minimum of 30 hours CPD.

KSA route to accreditation is currently being developed. This is in order to allow applicants who have no core profession to apply for accreditation. Applicants applying through KSA route will have an opportunity to demonstrate that they have a level of Knowledge, Skills and Attitude considered necessary for accreditation status.

As public awareness of CBT continues to grow, we anticipate that accreditation in REBT will serve as a useful indicator to members of the public and medical profession who are seeking a more specialized delivery of CBT.

If you are considering applying for accreditation with AREBT, you will find application forms and supporting information on our website.

If you have additional accreditation queries please email [c.meikle@tiscali.co.uk](mailto:c.meikle@tiscali.co.uk)

### Working for insurance companies

Many therapists now work for health insurance companies such as BUPA; NU; and PPP. The new joint register with BABCP, affords database access to REBT as well as CBT accredited practitioners, for these companies. We therefore believe such prominence will become the norm, thus affording increased employment opportunities. The following joint letter has been forwarded to them:

*“Both the British Association for Behavioural and Cognitive Psychotherapies (BABCP) and Association for Rational and Emotive*

Behaviour Therapy (AREBT) have been accrediting CBT therapists since 1994<sup>1</sup>. From Monday, 24 November 2008, the BABCP register of accredited therapists will be combined with the AREBT register to form the CBT Register UK (see [www.cbtreger.co.uk](http://www.cbtreger.co.uk)).

The new combined register will provide the public, health professionals and healthcare providers with easy on-line access to the definitive and complete listing of more than 1,400 accredited CBT therapists working within the NHS, private practice or both in the UK.

The CBT Register UK will help to meet increasing demands from the public, health professionals and healthcare providers for a register which lists fully qualified therapists who have achieved a high level of competence in cognitive and behavioural methods.

The BABCP and AREBT hope that the new CBT Register UK will be helpful to you and your colleagues in accessing highly trained and fully qualified therapists accredited by BABCP and AREBT. This will help to ensure that your clients receive safe and effective CBT, which is supported by extensive clinical research and is recommended as an effective treatment for a range of other mental health conditions by NICE (the National Institute for Health and Clinical Excellence)."

The register on-line site is still at its development stage, changes will continue to occur, for example, it is proposed that accredited registrants will be able to promote their own practice with either a logo or lettering after their name. All will be contacted once the detail is finalized.

---

<sup>1</sup> Together the BABCP and AREBT now have over 7,000 members, including psychologists, psychiatrists, counsellors, social workers, occupational therapists, and mental health nurses.

A future development is the possible creation of 'Senior Accredited status' for those members who have attained accreditation for example, 5 or 10 years. However, this is still at the discussion stage.

## NEWS FLASH

WPA, health insurance, is pleased to confirm that, with immediate effect, the CBT Register UK will be recognised as the minimum standard for the delivery of CBT on the assurance that WPA is notified of the outcome of any disciplinary hearings to ensure that any professional whose ability to treat our mutual customers has been impaired can also be suspended or removed from our register.

WPA Website:

<http://www.wpa.org.uk/>

## Members of AREBT who are not accredited

There are a number of therapists actively working with clients who have either chosen not to seek the accreditation route at this time, or indeed have not as yet achieved the advanced criteria necessary to seek accreditation, who may wonder what the implications are for them.

First, let me assure you that any therapist currently on our 'internal' access to therapist list for the public, can continue to be so. This list will still be available to

the public on our AREBT website and from the membership secretary.

As the new website has a direct link to AREBT, we are still able to promote REBT to members of the public who are seeking a therapist near to where they live, who may not be on the accredited register, they will be able to access our current therapist register as well.

Therefore although it is not compulsory for AREBT practitioners to seek accreditation or once having achieved it, to be placed on the UK CBT register, it will benefit all members offering their services to the public, to consider doing so, for any future employment needs.

We believe this national register will grow and that many others will seek accredited status within both our professional bodies. You have the opportunity to become the lead players.

Whilst it is relatively easy to send anyone interested, a list of criteria needed for accreditation, it will help us to help you, if we are aware of any CPD needs that individuals may have. So that developmental issues relating to training can be discussed.

Be assured, whilst for ease of public awareness it is called the UKCBT register of accredited therapists, REBT has parity with CBT.

## REPORTS FROM BOARD MEMBERS:

**Standards Board** – Roberta Galluccio Richardson, Ph.D. is still in the process of putting together a board for establishing standards in REBT and is working with

fellows REBT therapists in the United States to establish equal standards for REBT in both countries. Any members currently working within REBT training organization's willing to join a team to establish 'standards' of training criteria required to gain recognised course status should contact:

[rationalpsychology@ymail.com](mailto:rationalpsychology@ymail.com)

**Setting standards in CBT for HPC regulation** – Gladeana McMahon AREBT was invited along with BABCP to take part in the CBT Modality Working Group for the Psychological Therapies NOS Development Project facilitated by Skills for Health. The aim of this group was to consider the core competencies related to the ways of working that fall under the Cognitive Behavioural School banner. AREBT was able to work together with a range of individuals and professional bodies to consider the definition of and skills associated with REBT and CBT approaches in general. The eventual aim being to provide a clear definition for both the purchasers of services, as well as those training bodies providing courses in Cognitive Behavioural Approaches, with a sound set of competencies and benchmarks.

**REB Coaching Accreditation Board** - Gladeana McMahon and Prof Stephen Palmer have set up a pilot scheme for the AREBT accreditation of REB Coaches. If the pilot is successful then the accreditation will become available for AREBT members later in 2009. (More information in the next newsletter or over the AREBT Forum.)

**Newsletter** - Special thanks to Robert Fogg who has just stood down as newsletter editor, for all his hard work.

**CPD training day – REB Coaching – Gladeana McMahon 5<sup>th</sup> September 2008** – This seminar provided a practical overview of REB Coaching as a possible additional resource to offer to clients. Gladeana aptly discussed REBT as we know it, its similarities and differences with Coaching, most importantly professional and boundary differences; clarity of the many coaching options now available and the benefits of using rebt skills within a coaching Arena. A very enjoyable day, all participants evaluated 10 out of 10 for content and CPD validation. Thanks to the UK Centre for REBT & Centre for Stress Management who provided the venue in Bromley.

## MEMBERSHIP

As membership secretary I am pleased to inform you that membership numbers continue to rise, we currently have **201** members.

## WELCOME TO THE FOLLOWING NEW MEMBERS

Donald McKnight	Rebecca Judge
Sheila. Ravindran	Joanna Boakes
Ann Laungani	Carol Richards
Helen Hawley	Louise Jones
Nicky MacCulloch	Mili Pancholi
Nadeem Ackbarally	Rowena Slater
Joseph Plowman	Jill Belcher
Lynne Reynolds	Carole Parncutt
Amanda Price	Ramesh Ghiassi
Josie Galpin	Carol Crisp
Paula Collins	Caroline Medhurst
Natasha Singh	Jackie Carter
Sally Hearn	Nicola Rose
Robert Hudson	Geraldine Bradley
Sandra Z. Gonzalez	Patricia Pryce
Simon Simpson	Jacinta Hargadon
Simon Martin	

Rev David MacPherson  
Arivalagan Mahalingham  
Pamela Reid-Harriott

## CONGRATULATIONS TO THE FOLLOWING MEMBERS FOR ACHIEVING ACCREDITED AREBT STATUS

Donald MacKnight  
Rev David MacPherson  
Ian Wonnacott  
Edward Wallace  
Helen Tomm  
Francis Smith  
Philip James

**Remember** AREBT now has an accreditation system specifically for REBT supervisors and REBT trainers. However until our new proposed ‘rebt supervisors’ training course is established, to enable REBT supervision coverage in the UK, AREBT presently includes on its supervisor list, practitioners with a variety of relevant qualifications and experience. As soon as it is formalised, everyone will receive information relating to the new ‘supervisors’ training course.

## REDUCTION IN MEMBERSHIP FEES:

As we are no longer members of UKCP the costs for organizational membership no longer apply, therefore we are now able to reduce membership fees for 2009 to **£30 for full members and £10 for students**. Forms for renewal of Membership due in January 2009 have already been sent to you. Please note: Any renewals received later than 31<sup>st</sup> January will incur an extra £5 charge.

AREBT ANNUAL CONFERENCE  
TUESDAY FEBRUARY 3<sup>RD</sup> 2009

CONFERENCE PRESENTATIONS  
OVERVIEW OF CONTENT:

REBT & ASSERTIVENESS - **DANIEL CONSTANTINOU**. Most of our clients lack true assertiveness. They will either be too aggressive, or passive. Healthy assertion is a skill which requires training and then further fine tuning from the therapist. It is an important step in a client's self-development to learn and practice effective communication. It not only defines what they want, but helps them efficiently engage support from others. In this lecture Daniel Constantinou will highlight the core components of healthy assertion, and show how you can effectively teach it in the context REBT skill training.

REBT & DBT - **ROBERTA RICHARDSON**. A brief introduction to dialectical behavior therapy and the evidence to support the efficacy of this intervention with borderline patients, followed by an illustration of many similarities that can be observed when compared to the REBT approach.

REBE - RATIONAL EMOTIVE BEHAVIOURAL EDUCATION.

**IRENE TUBBS** will be demonstrating how REB processes are not only effective skill based self help tools for working with adults, but are just as easily adaptive to support children's emotional and behavioural growing pains, within educational or therapeutic settings.

RESEARCH findings on efficacy of REBC with executives - **VICKY ELLAM-DYSON**. Despite research based knowledge of what behaviours

cause leaders to derail, figures remain high for leadership derailment. Specific behaviours have been identified as causing leaders to 'go off the rails'. These key behaviours appear to overlap with behaviours commonly discussed in the REBT literature said to be caused by unhelpful core beliefs. It is suggested therefore that unhelpful beliefs might lie behind leaders' unproductive behaviours. Furthermore, it is suggested that REBT may be a useful technique to for working with leaders in executive coaching as a means of targeting self-defeating and performance limiting beliefs, with the aim of improving leadership behaviours. The study presented includes analysis of the prevalence of beliefs based on low frustration tolerance, perfectionism and self acceptance. Data showing how some of these beliefs are linked to behaviours reported in 360° surveys for a group of leaders attending a leadership development programme will also be discussed.

REBT - FEAR OF FLYING - **CHRISTOS PAPALEKAS** Fear of flying is a major problem affecting millions of adults. This paper demonstrates the causes, the symptoms and the treatment of the fear of flying under the Rational Emotive Behaviour Therapy perspective. A qualitative research took place among fearful flyers in association with Virgin Atlantic's treatment program - flying without fear. The results showed that there is no single person who is afraid of flying. In reality, people are afraid of a variety of underlying and associated fears. Evidence also provided that psycho-education and exposure to the flight were the most helpful parts of the Virgin Atlantic's one-day treatment programme. This paper also evaluates the possible

therapeutic effects that CBT and REBT might have in the fear of flying.

If interested in attending please email:

[iatubbs@aol.com](mailto:iatubbs@aol.com)

### Contribute to Rational News

If you would like to write an article, provide a book review or have any views about Rational News your input would be welcome. Please email me at:

[iatubbs@aol.com](mailto:iatubbs@aol.com)

The following was received from one of our members:

I would like to start a London REBT /CBT Networking group. If interested contact: Tony: [London.cbt@virgin.net](mailto:London.cbt@virgin.net)

### AREBT Insurance Offer

A special insurance deal for AREBT members has been negotiated with Howden Insurance brokers with fees as low as £63 for £1.5 million of indemnity cover. For further details visit the AREBT website: [www.arebt.org](http://www.arebt.org)

**AREBT Forum** - Our online AREBT Forum now has a range of new facilities. You can upload your profile and link to your website, include your postal code which will give you a map entry for where you work, and swop or sell books etc.

<http://health.groups.yahoo.com/group/arebt>

**AREBT Mindfulness, Relaxation and Hypnosis Special Interest Group (MRHSIG)** is restricted to members of the Association for Rational Emotive Behaviour Therapists (AREBT) who have an interest in mindfulness, relaxation and hypnosis. If you are interested in joining visit the website and click the appropriate

icon:

[http://tech.groups.yahoo.com/group/arebt\\_mrhsig/](http://tech.groups.yahoo.com/group/arebt_mrhsig/)

### Association for Rational Emotive Behaviour Therapy LinkedIn

- AREBT now has a LinkedIn group. Whereas the AREBT forum has an open membership, the AREBT LinkedIn group is reserved for AREBT members only as the association's logo is attached to the LinkedIn members. Visit the website, do a search for the group and then apply:

<http://www.linkedin.com/>

## Training Opportunities: Recognized REBT Courses

Goldsmiths College,

London, UK

This is the first Master's programme in Europe to provide extended training in Rational Emotive Behaviour Therapy (REBT) and Cognitive Behaviour Therapy (CBT) through a combined approach of academic, practical and personal work. The underlying philosophy is that effective REBT and CBT therapists need to be able to develop, maintain and suitably end effective therapeutic alliances with different clients; and to master a broad range of REBT and CBT skills that can be used flexibly with different clients at different stages in the counselling process.

- MSc Rational-Emotive & Cognitive Behaviour Therapy

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

Website:

<http://www.gold.ac.uk/pg/msc-rational-emotive-cognitive-behaviour-thera/>

Contact: [admissions@gold.ac.uk](mailto:admissions@gold.ac.uk)

Telephone: + 44 (0)20 7919 7171

**UK Centre for Rational  
Emotive Behaviour Therapy in  
association with the Centre for  
Stress Management, London**

The basic and intermediate training programmes consist of a combination of the primary and certificate courses above. This modular programme is designed to be flexible thereby allowing health and caring professionals to fit the courses around their work schedules. The programme can be undertaken over a period of time and provides CPD.

1. Primary Certificate in Rational Emotive Behaviour Therapy & Counselling (introductory)
2. Primary Certificate in Advanced Rational Emotive Behaviour Therapy Skills (Level 3)

3. Certificate in Rational Emotive Behaviour Therapy (Successful completion of Modules 2 and 3 above plus 2 book reviews)

- Advanced Certificate in Rational Emotive & Cognitive-Behavioural Therapy (Successful completion of the Certificate in Rational Emotive Behaviour Therapy and Certificate in Cognitive Behavioural Therapy)
- Foundation Diploma in Rational Emotive & Cognitive Behavioural Therapies (Successful completion of Certificate in Cognitive Behavioural Therapy, the Certificate in Rational Emotive Behaviour Therapy and the Certificate in Multimodal and Problem Focused Therapy)

Co-Directors of REBT Training: Professor Stephen Palmer PhD (AEI Certified REBT Supervisor & AREBT Accredited Supervisor & Trainer) and Michael Neenan. Both are highly experienced REBT and CBT practitioners and have published books and articles on both fields of work.

Website:

[http://centresofexpertise.com/page\\_1218\\_476501573.html](http://centresofexpertise.com/page_1218_476501573.html)

Email: Training Director, Peter Ruddell, [ruddell@centresofexpertise.com](mailto:ruddell@centresofexpertise.com)

International Tel: +44 (0) 20 8228 1185

UK Tel: 0845 680 2065

Consultancy Director, in-house programmes Kate Thomas,  
[thomas@centresofexpertise.com](mailto:thomas@centresofexpertise.com)

Tel: +44 (0) 1582 712161

Course Admin and applications, Dawn Cope, [cope@centresofexpertise.com](mailto:cope@centresofexpertise.com)

UK Tel: 0845 680 2075

International Tel: +44 (0) 20 8318 4448

## Recognised CPD opportunities

Centre for Postgraduate Studies  
& Research Ltd

For AREBT members who are interested in gaining skills practice and knowledge

---

about CBT & REBT hypnotherapy, the Centre for Postgraduate Studies & Research Ltd in association with the Centre for Stress Management runs a modular programme. Qualified AREBT members are exempted from attending the basic CBT/REBT component and can attend the 3-day *Primary Certificate in Cognitive Hypnotherapy* course.

Trainers are Prof Stephen Palmer & Thelma Dabor who are AREBT & BABCP Accredited, and accredited/recognised by relevant hypnotherapy professional bodies. Further details:

Email: Kate Thomas,  
[thomas@centresofexpertise.com](mailto:thomas@centresofexpertise.com)

Website:  
<http://www.studiesandresearch.com/index.html>

---

### 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