

Albert Ellis Institute REBT Training
Albert Ellis Institute
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Program: Primary Certificate in Rational Emotive & Cognitive Behavior Therapy

Number of Didactic hours: 12

Number of Supervision hours: 12

24 Continuing Education Credits (APA, NBCC, New York State Education Department's State Board for Social Work)

Lecture 1: Introduction to Rational Emotive Behavior Therapy (REBT)- This is an introduction to Albert Ellis' theory of emotional disturbance, including its origins and the ABC framework (Activating event-Beliefs-emotional and behavioral Consequences). Core irrational beliefs (demandingness, frustration intolerance, awfulizing, global rating of self and others) and the consequential unhealthy negative emotions (anxiety, anger, depression, guilt, shame, hurt) and maladaptive behaviors (procrastination, abuse of substances, verbally and physically lashing out at others, etc.) will be addressed. The distinction between healthy and unhealthy negative emotions, as well as rational versus irrational beliefs will be highlighted. Disputation of irrational beliefs, the core of Rational Emotive Behavior Therapy will be taught. A live demonstration with a participant will take place, showing in vivo the application of REBT to a real problem. The focus of this lecture is teaching participants that in the face of uncontrollable adversity, they have control over their thoughts, emotions, and behaviors. This lecture will look into irrational beliefs therapists may hold that lead to burnout and turnover.

Lecture 2: Clinical Interventions and Strategies- This lecture will cover the clinical implications of Ellis' distinction between disturbed and nondisturbed emotions; how one goes about assessing irrational beliefs; the distinction between practical versus emotional problems and solutions; why REBT proposes addressing emotional problems before practical problems; and the prerequisite insights necessary before disputing client irrational beliefs. There will be a focus on the B (belief) → C (emotional and behavioral consequences) connection. This ultimately asks clients to assume responsibility for their thoughts, feelings, and behaviors, thereby giving them control to change them. The distinction between Beck's challenging of the inferences, versus Ellis' elegant solution of challenging the evaluations clients make from their inferences is highlighted. REBT's active-directive hypothesis driven approach to assessment will be taught. Strategies to get to clients' irrational beliefs, including Inductive awareness, Inductive interpretation, and *Inference Chaining* will be taught. A focus on inference chaining will occur, as this is the heart of REBT's approach to eliciting client irrational beliefs. Finally,

challenging/disputing strategies will be taught to participants to replace client irrational beliefs with rational alternative beliefs. The use of various cognitive, emotive, and behavioral homework assignments will be emphasized.

Lecture 3: REBT's Conceptualization of Emotions- This lecture discusses the binary model of distress as it relates to emotions. A review of the inference themes of the dysfunctional negative emotions (depression, anxiety, anger, shame, guilt, hurt) and the functional negative emotions (sadness, concern, annoyance, disappointment, regret) as well as the respected behavioral/action tendencies will be addressed.

Lecture 4: Learning from Errors in REBT- Beginning therapists practicing REBT make a variety of errors, including not being active and directive, not setting an agenda, not recognizing when the target emotion has changed during a session, allowing clients to spend too much time talking about their past, etc. This lecture reviews the common errors therapists make as well as strategies to correct them.

Supervision 1: Practicing REBT in Peer Counseling- Participants will be assigned to small groups of no more than eight. An REBT certified supervisor will meet with the group, with participants practicing REBT with each other in dyads. Participants will be asked to bring up real problems (at their discretion) and each will have an opportunity to be a therapist and then a client. Participants will receive in vivo supervision of their demonstrated skills.

Supervision 2: please see above description.

Supervision 3: please see above description.

Supervision 4: please see above description.

Required Reading:

A Practitioner's Guide to Rational-Emotive Behavior Therapy (DiGiuseppe, Doyle, Dryden, & Backx); *A Primer on Rational-Emotive Therapy* (Dryden & DiGiuseppe); *The REBT Therapist's Pocket Companion* (Dryden & Neenan); *Dealing with Emotional Problems- Using Rational Emotive Cognitive Behaviour Therapy: A Practitioner's Guide* (Dryden).