

## Assignment

Topic Rational Emotive Behaviour Therapy

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# Rational emotive behaviour therapy (REBT)

## Founder/developer

The founder of REBT is **ALBERT ELLIS (1913-2007)** (REBT) is rational behaviour therapy which was formulated by **MAXIE MAULSTBY**.

## View of human nature

People have both **self- interest and social interest**. REBT also assumes that people are

“inherently rational and irrational sensible and crazy”.

According to **ELLIS** irrational thinking and irrational beliefs upsetting and disturbing thoughts .Although ELLIS does not deal with the developmental stages of individuals, he thinks that children are more vulnerable to outside influences and irrational thinking than adults are, by nature he believes human beings are gullible, highly suggestible, and easily disturbed. Overall people have within themselves the means to control their thoughts, feelings, and actions. But they first realize what they are telling themselves (**self- talk**) to gain command of their lives. The unconscious mind is not included in ELLIS’s conception of human nature. ELLIS believe that everyone capable of making mistakes.

## Role of Counsellor.

In REBT counsellor **is active and direct**. They are instructors who teach and correct the client’s cognition. The counsellor must listen illogical or faulty statements from their clients and change beliefs. the counsellor needs to be bright , knowledgeable, scientific, persistent, interesting in helping others, and users themselves of REBT.

## Goals

- The primary goals of REBT focus on helping people realize that they can live more rational and productive lives.  
REBT helps clients to stop-defeating habits of thought or behaviour “**catastrophizing**”.
- Another goal of REBT is to help people change self-defeating habits of thought or behaviour. One way this is accomplished is through teaching clients the A-B-C-D-E model of REBT

**A** Signifies the activating experience;

**B** Represents how the person thinks about the experience;

**C** Is the emotional reaction to B.

**D** Is disputing irrational thoughts usually with the help of a REBT counsellor and replacing them with.

**E** effective thoughts and hopefully a new personal philosophy that will help clients achieve great life satisfaction .

Through this process, REBT helps people learn how to recognize an emotional anatomy that is to learn how feelings attached.

Thoughts about experiences may be characterized in four ways:

**Positive**

**Negative**

**Neutral**

**Mixed**