

Nable Potential

REBT

What is it?

➔➔➔ Rational Emotive Behavioural Therapy, in short REBT, is the earliest of the Cognitive Behavioural Therapy (CBT) techniques. This technique or modality, is favoured by clients, professionals and even many authorities due to the logical ABC and ABCDE process the client goes through to change their thinking and therefore often dramatically change their lives. The client is shown how their Beliefs (B) about an event cause the Consequences or emotions (C) which they are disturbed by not the Activating event (A). This leads to clients challenging their unhealthy Negative Emotions and changing them to health ones and healthy beliefs.

Is it safe?

➔➔➔ Simply put, yes. It is important to point out though, that there may be two reasons for REBT not being right for you; if you can not commit to the process and homework or if you have Healthy Negative Emotions. REBT is a very logical and action based therapy and this appeals to many but not all. You will be asked by your therapist to commit up front to the 8-12 sessions, a normal minimum for this therapy, as it aids with your own personal commitment to change.

What is it used to treat?

➔➔➔ REBT can be extremely effective in, but is not limited to, changing thoughts and beliefs with:

- Low self-esteem
- Depression
- Suicidal thoughts
- Recovery from sexual abuse
- Panic disorders and attacks
- Generalized anxiety disorder
- PTSD
- Specific phobias and Social phobia (social anxiety disorder)
- Obsessive-compulsive disorder
- Substance abuse and dependence
- Procrastination and Self-Sabotage
- Impulse control disorders
- Eating disorders
- Grief and loss
- Managing major life transitions
- Marital and relationship issues
- Chronic or severe stress
- Coping with health issues (e.g. a psychiatric disorder, chronic physical illness or condition, physical disability)

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How should I feel after a session?

➡➡➡ REBT can feel very intensive at the beginning of the therapy as you will be trying to understand and change your beliefs but with support and homework tasks this will improve each day. You may find yourself tired and unsure which is why most therapist ask you to write down your thoughts especially at the beginning of the process.

Will it work after just one session?

➡➡➡ You will find you start to question and think about your own internal and external thoughts, emotions and behaviours even after one session but it is important you complete all the steps of the ABCDE process with clear understanding at each stage. For a large amount of clients this is achievable within 8-12 sessions and homework tasks but more importantly is the understanding which may require more sessions. Should this be the case your therapist will discuss this with you and together you can agree a plan moving forward.

What if... I don't like my Therapist?

➡➡➡ Do not worry! It is normal for all of us to 'warm' to some people and not to others. Your therapist wants you to feel you can be open and honest in order to get the most out of your therapy. If you feel you are not gelling with your therapist do tell them and they will be able to recommend others to you, with professional understanding.

What if... I don't feel like I am making progress?

➡➡➡ This is a valid point. Sometimes this can be down to the reason you have sought support, for example if it is a complex topic or it has been a long-term difficulty. Whether you feel this is the case or not for you, do talk to your therapist who will help you understand what may be going on and, with you, formulate a progress plan.