

OVERVIEW

- **Albert Ellis** founded rational emotive behavior therapy, a highly didactic, cognitive, action-oriented model; stresses role of thinking and belief systems as the root of personality problems.
- **A.T. Beck** founded cognitive therapy; gives a primary role to thinking AS it influences behavior.

BASIC PHILOSOPHIES

- Individuals incorporate faulty thinking, which leads to emotional and behavioral disturbances.
- Cognitions are the major determinants of how we feel and act.
- Therapy is primarily oriented towards cognition and behavior, and it stresses the role of thinking, deciding, questioning, doing, and re-deciding.
- Psychoeducational model; emphasizes therapy as a learning process, including wiring/practicing new skills, learning new ways of thinking, acquiring more effective ways of coping w/problems.

INTRODUCTION

- **Cognitive behavior therapy (CBT)** = A treatment approach that aims at changing cognitions that are leading to psychological problems.
- **Rational emotive behavior therapy (REBT)** = based on assumption that cognitions, emotions, behaviors interact significantly; have a reciprocal cause-and-effect relationship.
- **Irrational belief** = An unreasonable conviction that leads to emotional and behavioral problems.

KEY CONCEPTS

Although psychological problems may be rooted in childhood, they are reinforced by present ways of thinking. A person's belief system is the primary cause of disorders. Internal dialogue plays a central role in one's behavior. Clients focus on examining faulty assumptions and misconceptions and on replacing these with effective beliefs.

View of Human Nature

Rationality = quality of thinking, feeling, and acting in ways that help us attain our goals; irrationality consists of thinking, feeling, and acting in ways that are self-defeating and that thwart our goals.

View of emotional disturbance

- **"Musturbation"** = A term coined by Ellis to refer to behavior that is absolutist and rigid. We tell ourselves that we must, should, or ought to do or be something.
- Three basic musts, or **irrational beliefs**:
 - I must do well to win approval of others or I am no good.
 - Other people must treat me considerately, fairly, kindly, etc. If they don't, they are no good and they deserve to be punished/condemned.
 - I must get what I want, when I want it; and I must not get what I don't want. If that doesn't happen, it's terrible and I can't stand it.