

**Film Ordinary People**

**Rational Emotive Behavior Therapy and Cognitive Therapy Paper**

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## **Rational Emotive Behavior Therapy and Cognitive Therapy**

Rational emotive behavior therapy (REBT) was developed by Albert Ellis. REBT emphasizes thinking, assessing, deciding, analyzing, and doing. (Corey. Pg 271). Ellis says that people are the cause of their psychological problems. Rational emotive behavior therapy helps to lead to emotional or behavioral issues. A large part of therapy is seen as an educational process. The therapist is seen as a teacher giving the client homework and introducing strategies. REBT believes that we learn from others during childhood and then carry it over to adulthood. Ellis says that three basic musts we internalize lead to defeat. 1. "I must do well and be loved and approved by others."2. "Other people must treat me fairly, kindly, and well."3. The world and my living conditions must be comfortable, gratifying, and just, providing me with all that I want in life."

The ABC Model of rational therapy is why we blame external blame internal events for our unhappiness. We can understand the client's feelings, thoughts, events, and behavior. The first step in this process is to show the client how they have incorporated many irrational absolutes into their thinking. (Corey. Pg 274). REBT focuses on the client's experiences in the present. A relationship between the therapist and the client should be respectful.

Two techniques that might work for Conrad are Cognitive Methods and Emotive techniques. One step towards changing Conrad's beliefs is through disputing irrational beliefs. Conrad could learn to use long skills to help him manage his emotional response and mental health.

Doing cognitive homework. Here Conrad will be responsible for listing his problems, looking for his absolutist belief, and then resolving it. Clients are asked to record their beliefs and how they contribute to their problems.

## **Rational Emotive Behavior Therapy and Cognitive Therapy**

Another set of techniques is called Emotive techniques where the client is asked to role-play or use shame-attacking exercises. This technique is to help the client change some of their thought, emotions, and behaviors.

### **Cognitive Therapy**

Aaron Beck developed Cognitive Therapy at the same time Ellis developed his REBT. Beck believed that negative thoughts reflect underlying dysfunctional beliefs and assumptions. When negative beliefs are triggered by any situational events, a depressive pattern is put into motion. Cognitive behavior therapy is a form of psychological treatment that has worked with problems such as depression, anxiety disorder, alcohol, and drug use. Beck's Ct emphasizes education and particular issues.

Aaron's therapy was used for depression, and he tested each one. Many disorders such as depression, panic disorder, social phobias, posttraumatic stress disorder, and others. Beck stated that clients have a negative bias toward life events. Beck believes that negative thoughts were the sole cause of depression. In cognitive therapy, clients are taught new skills that could be used in real-world situations.

### **Techniques**

Two techniques that could be used for Conrad are cognitive and behavioral therapy. The cognitive technique is where the clients can identify and direct their thoughts and emotions that are associated with their distress. In reattribution therapy, clients are asked to look at thoughts in another way. In the film, Conrad believes his mother loves him but doesn't have a love for him. This technique could redirect Conrad thought that maybe his mother does like him and wants a relationship with him but just doesn't know how.

Bibliotherapy could work for Conrad by assigning him homework. Conrad could use this technique to draw him closer to his mother. Some homework that Conrad could do is noting how many times his mother spoke to him in a friendly way, how he responded to it, and calling his mother to have a one-on-one with him. Conrad could also benefit from this by trying to do things with his mother without anyone else around. He could suggest going for lunch, taking a walk, or watching a movie. I choose these two techniques because they seem like the best to treat Conrad's issues and Conrad needs to have a close relationship with ideas that could stimulate his thoughts.

## References

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