

Rational Emotive & Cognitive Therapy - Ordinary People Paper

Sheila Martin

Mental Health Counseling, Alliance University

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Dr. George J. Ramos, Assistant Professor of Mental Health Counseling

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Albert Ellis in 1955, created the therapy as an action-oriented type of CBT, not for others but for himself, as a result of what he went through as a child, and into his adulthood. It was during these difficult times, that Ellis discovered that in order for him to survive and to attain any success in his health, he must change his ways of thinking. In doing so, he was able to help others.

Rational Emotive Behavioral Therapy (REBT) is a type of Cognitive Behavioral Therapy, (CBT) that helps people to challenge their negative, destructive, or unhelpful and unwanted thoughts to avoid negative emotions or negative behaviors.

Rational Emotion Behavioral Theory believes in what is called Unconditional Self-Acceptance (USA) in which a person should be strong enough or to motivate themselves to think that they are highly important, regardless of what is happening in their lives. No matter what is said or done to them. Rational Emotion Behavioral expects a person to in other words, love and accept themselves completely and have great self-esteem.

Cognitive behavior theory seeks to unforce negative feelings toward oneself by re-enforcing positive attributes about a person, which is another way of helping a person to think or try to maintain thoughts that are positive, and realistically attainable. When Conrad made the decision under the guidance of Dr. Berger, this is because he experienced negative reactions each time, he went into the pool for his swimming lessons due to his experience with his brother.

Two techniques used by Dr. Berger were Reframing, and Humor. Conrad was successful in recognizing the destructional path he was on, and Dr. Berger was able to steer him back to the path which he needed to be. Conrad was able to empty his emotional baggage, of fear, responsibility, blame, and guilt he carried for months. Under the care of Dr. Berger, Conrad

understood his limitations and his responsibility in saving his brother Buck. While Conrad unleashed them in anger, Dr. Berger reciprocated by reframing his thoughts, and reacting to his emotions in a way Conrad understood, and never experienced before. It was a different way of thinking which allowed him to accept, reject, and heal.

These approaches which were used really shifted Conrad's way of thinking, and processing the guilt, responsibility, and misconception he had about himself, and how he could have done more to save his brother. Due to these techniques which were used, they allowed Conrad to relax and received the construct created on his behalf, which allowed him to successfully move forward with his healing.

#### Conclusion

In conclusion, Ellis created something he might no doubt have experienced himself when he discovered that changing ways of thinking works. It is unfortunate that this is something that appeared to be so easy, and so simple, yet, due to the lack of information, and practice, people are stuck in their thoughts, ideas, and ideals. A change in the thought process changes behavior that can take people out of depression, or whatever they are stuck in. Perhaps on a job which they do not like going to each day, but they are fearful of making a change, or an abusive relationship but fearful of starting over despite their unhappiness, or not wanting to adapt to the change in technology. Changing how people think can take them from zero to 10, from depression to thriving and succeeding if not fear of the unknown.

References

Corey, G. (2018). *Theory and practice of counseling and psychotherapy*, (10th ed., pp. 95-128). Cengage Learning.

Ordinary People, released September 19<sup>th</sup>, 1980 (USA)

Directed: Robert Redford

Award: Academy Award for Best Picture, Academy Award for Directing, More

Language: English

Music composed by: Marvin Hamlisch

Watched on Pluto