

Rational Emotive Therapy & Cognitive Therapy

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Theories and Foundation

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Due Date: 4/4/23

Rational Emotive Behavior Therapy is a type of CBT that believes that your thoughts, emotions and behavior interacts with one another in a form that one dictates the next one. They call it the cause-and-effect relationship. It is rooted on focusing on the belief system of the client. The client would challenge their own belief system that is what influence their thoughts, which produces their feelings and the behavior that follows. The goal is to teach clients to learn how to stop these thoughts by interjecting when they think like this and question why they are thinking like this in the first place.

REBT therapy also uses the ABC theory of personality where they can illustrate how an event triggers your belief that triggers the consequences. The therapist focuses on the second step of the ABC model which is belief by interjecting or disputing it with the goal of producing a new feeling that would produce a new behavior. This type of modality also helps the client distinguish what is realistic and unrealistic goals and they learn what is self-defeating behaviors or thoughts and life enhancing goals or thoughts. The techniques used in REBT therapy are disputing irrational beliefs, doing cognitive homework and psychoeducational methods just to name a few.

Looking at Conrad through the REBT therapy, we can see how everything he did was based on what he was feeling which was rooted in what he was thinking. A great example would be on how he would treat his mother based on his thoughts about her. He believed she did not love him and wanted him dead instead of his brother. He believed she blamed him for his brother's death. Most of his belief were rooted in his thought process. His emotions lead him to treat his mother in a certain way. Another example would be when he decided to quit the swimming team. At first, he did not think of it as a possibility because of what his father and friends might say. He did it because of his belief on how his decision will be interpreted. Once

Dr. Berger disputed his belief system, then his thoughts produce a different feeling that allowed him to behave in a different way.

If I were Dr. Berger, I would use REBT and cognitive therapy with Conrad as most of his behavior were consequences of his feelings. I would try to guide him into thinking rational about certain feelings and behaviors. I would use the ABC techniques and visualization. Conrad would benefit from the introspection this type of therapy brings as it does not only focus on the behavior aspect of it.

I think this approach would be helpful for Conrad. Conrad very emotional and sometimes impulsive person when it comes to his behavior. This type of modality will help him understand with psycho education homework's why these thoughts make him feel the way he does and that just because you feel something, does not mean you have to act on it.

References:

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