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SWK770: Evidence-Based Practice in Mental Health: NOS

Dr. Anderson Yoon

April 6, 202

### **Journal #6: Rational Emotive Behavior Therapy in Group**

Tonight's assignment Rational Emotive Behavior Therapy in Group stated out pretty much like the others. The zoom group seems to have a bit of a rough started but in the end, it always seems to come together and everyone is satisfied with the outcome at least that what it seems like. However, one group member opens up with asking the members of the group to share an experience of a moment that you felt depression the zoom atmosphere goes silent and you hear, crickets, lol. no one said anything.

Another member interjects and says how about we just use a situation we can relate to like failing an exams and irrational thought come into mind after failing an exam such as I am a failure because I did not past this exam. How could this happen I must be a failure only people who don't past their test or not worthy to succeed.

The REBT group leaders begin the group session by the A-B-C theory. The leader addresses the member by asking her what is the reason for the emotional disturbance the member is feeling. The member stated that she was taught that failure is not an option and because I failed I must be a failure and unworthy to succeed. The group leader asks the member ask if the member how is you doing in school? The member stated she is an A student.

The leader validated her accomplishments and ask where is this idea that you are a failure if you fail a test? Member stated that her mother always told her that my job was to do well in school and failure is not an option and I must pass no matter what. The leader poses the question to the rest of the group members. How can we help change irrational thoughts and beliefs and

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replace them rational thoughts with coping self-statements to exchange faulty beliefs to healthy ones?

One group member stated that if you fail a test or exam instead of saying I am a failure one can take a different perspective and say “although I failed and I’m disappointed the next time I will pass because now I have an idea how the exam is structured and how the questions or formulated and I won’t be over anxious and it give me an upper hand to pass because I took the first one. The leader as the member how does this idea sound to you and she said, I never thought about looking at my situation from that point but I can do this.

The leader shared that we have to dispelled the irrational that’s because it not the fact that we fail at something or we did not get something that causes our depression or disappointment but is the irrational thoughts/belief have about not obtaining what we want that causes the depression but if we change out thought process to rational thinking than we have much healthier experience when things don’t turn out the we want them to.

According to “Ellis and Ellis (2014) maintain that we have the capacity to significantly change our cognitions, emotions, and behaviors. We can best accomplish this goal by avoiding preoccupying ourselves with the activating events at A and by acknowledging the futility of dwelling endlessly on the emotional consequences at C. We can choose to examine, challenge, modify, and uproot B—the irrational beliefs we hold about the activating events at A.”