

**Rational Emotive and Cognitive Therapy**

**Yafranny Nunez- Rodriguez**  
Alliance University

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Professor Ramos

The goal of rational emotive behavior therapy is cognitive behavioral therapy, which supports a person in challenging problematic concepts to prevent unpleasant feelings or actions.

Rational Emotive Behavior Therapy is a type of psychotherapy that aids in the identification of harmful thoughts and emotions, challenges the nature of irrational and ineffective attitudes, and allows individuals to swap out unhealthy, less-productive ideas with more beneficial ones.

During the movie, Ordinary People Conrad's therapist used both Rational Emotive and Cognitive therapy to treat Conrad. An example of when the therapist used Rational Emotive therapy was when Conrad rushed to the therapist's home because he felt overwhelmed. Conrad was having negative thoughts and knew that he needed help. During this session, the therapist was able to change that negative thinking into something positive. The therapist created a space that allowed Conrad to think of what will happen and how people would feel if they lost another child or person. Another example was when Conrad blames himself for his brother's death. Conrad's therapist uses rational emotive and cognitive therapy to help Conrad's thoughts and turn them into positive ones. He made sure that Conrad did not feel as if he was at fault for his brother's death.

Two techniques that were used during Conrad's sessions with the therapist were irrational beliefs and homework given. The therapist would use irrational beliefs to help Conrad deal with his negative thoughts. Both techniques have been very helpful in changing Conrad's negative emotions and turning them into positive ones. As a counselor, these techniques and kinds of therapy have soon be very useful for clients who may have experienced negative thoughts or

behavior.

**References**

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