

For Rational Emotive Behavior Therapy (REBT) to be effective, clients are expected to learn how to differentiate between realistic and unrealistic goals. When clients are emotionally disturbed, they view their goals and expectations centered around many unrealistic/ irrational beliefs of absolute “shoulds”, “oughts” and “must”. Therefore, the goal of therapy is for clients to point this out and begin replacing their goals/expectations with different behavior.

The process of therapy is largely focused on the clients experience but therapist don't focus on the history of clients or transferences. Clients are encouraged to work on themselves outside of each session. Literally taking what they've learned in their sessions and asking themselves, what can I change or do differently in my life now that I have this new insight, this new perspective.

Therapist give client's homework and the homework is designed specifically for each client aiming to get them to improve their actions to contribute to their emotional and attitudinal change. Homework is checked and clients receive new assignments on a consistent basis. The relationship between client and therapist in REBT honestly remind me of relationships between teachers and students. Therapist and clients aren't expected to have such a friendly relationship but one of mutual respect so that the therapist can guide their client in working toward making new behavior changes.