

Albert Ellis Institute REBT Training
Albert Ellis Institute
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Program: Advanced Certificate in Rational Emotive & Cognitive Behaviour Therapy

Number of Didactic Hours: 14

Number of Supervision Hours: 14

28 Continuing Education Credits

This three-day practicum will closely follow the four-day primary practicum presented by the Albert Ellis Institute in New York City, thus providing world class professional training in REBT and CBT at a fraction of the cost.

The training of cognitive therapists requires a combination of didactic instruction and experiential learning or supervised practice. This practicum therefore involves three half-day seminars on CBT and REBT theory at an advanced level with greater emphasis on cognitive disputation, homework and behavioural assignments. Morning sessions will entail small group supervision where delegates will continue with exposure to the assessment and conceptualization of emotional and behavioural problems. Greater emphasis will be placed on cognitive restructuring than what is typical of the primary practicum.

PROGRAM

Professionals will further their knowledge of rational-emotive and cognitive behavior therapy, as well as up-to-date research and clinical applications, and will receive individual supervision in small groups.

During the 3-Day Advanced Practicum, participants will learn:

- Comprehensive strategies for challenging clients' dysfunctional thinking and creating new rational philosophies.
- Developing case conceptualizations of REBT and CBT for numerous clinical disorders.
- Integrating affective and behavioural interventions into each session of therapy.
- Understanding the theory, research, and clinical intervention on self-schemas and self-worth.

REQUIRED READING LIST

- Practitioner's Guide to Rational-Emotive Therapy, 3rd Ed. (DiGiuseppe, Doyle, Dryden and Backx, 2014)
- The REBT Resource Book
- Overcoming Resistance

