

# **THE OVERVIEW OF THE PSYCHOLOGICAL TECHNIQUES USED IN REBT AND CBT**

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## **I. Introduction**

In modern life, people face a wide range of emotions including positive ones such as happiness, gladness as well as negative states- frustrations, stresses and so on. The way how people can cope with their negative states determines if they can get the satisfaction of life, well-being and psychological health or experience different kinds of emotional disturbance. The keynote how to survive psychologically in the 21 st century is to have a rational and adequate view on the different situations in various spheres of life. This fact is linked with the person's ability or inability to think, rationalize and process information using rational mind and critical reasoning. As the result, the importance of the acquisition of special skills to develop individual's rationality is obviously urgent.

## **II. The statement of problem**

The purpose of this study is to examine "psychological techniques used in REBT and CBT." A critical analysis will include the analysis of Rational Emotive Behavior Therapy, Cognitive Behavioral Therapy and the psychological techniques with guidelines the practitioners utilize while working with people. It will also reveal the way how to change person's irrational beliefs and make them rational with the help of the mentioned techniques.

The analysis of the psychological interventions in terms of the REBT and CBT determines how to help people to change their destructive thoughts into adequate and rational ones to have a psychological tolerance and disturbance - free life. The scientific methods to be used in the article include theoretical and methodological analysis and method of synthesis.

## **III. Results**

The conception of REBT is represented by such scientists as A. Ellis, J. Brodie, D. Wilde, W. Knaus, W. Dryden and so on. At the same time CBT is under study of such prominent scientists as R. Lazarus, A. Beck and other followers of this approach. Rational emotive behavioral therapy (REBT) as well as cognitive behavioral therapy (CBT) say that emotions do not arise as a result of repressed desires and needs, as Freud insisted, but directly from our thoughts, ideas, attitudes, and beliefs. Added up, these represent our philosophy of life, one that can quite easily be altered if we are willing to change what we habitually say to ourselves. Besides, given that humans will tend to be goal-directed, rational thinking in REBT theory means “that which helps people to achieve their basic goals and purposes, whereas “irrational” thinking means that which prevents them from achieving these goals and purposes” [1;2;3].

Moreover, REBT theory has stressed an interactive view of human psychological processes. Cognitions, emotions, and behaviors are not experienced in isolation and often, particularly in the realm of psychological disturbance, they are interrelated [1].

REBT theory also states that if humans adhere to a philosophy of “masturbation” they will strongly tend to make a number of core irrational conclusions that are deemed to be derivatives of these “must's”. These major derivatives such “awfulizing”, “I-can't-stand-it-it is”, and “damnation” are viewed as irrational because they too tend to sabotage a person's basic goals and purposes. At the same time, rational emotive behavior therapists usually encourage individuals to have strong and persistent desires, wishes, and preferences, and to avoid feelings of detachment, withdrawal, and lack of involvement with the help of psychological techniques. These interventions are formulated according the principles of REBT and CBT. REBT and CBT interventions have also been found to be beneficial in a host of commonly occurring individual's problems such as low frustration tolerance; impulsivity; poor academic performance, and depression. Research also suggests that CBT and REBT techniques are effective in the prevention of depression and in the improvement of self-concept and coping

capabilities and in increasing rational thinking [4;5;6;7]. The psychological techniques used in REBT and CBT are divided into three categories: cognitive, emotive, and behavioral techniques [7]. Although a large number of cognitive, emotive, and behavioral techniques are employed in general, only the major ones will be discussed in our study.

We would like to start from the cognitive techniques. Cognitive techniques are based on the principle of “ABC” theory. It is not natural for people, and especially difficult and resistant individuals apply to the ABC’s that are used in REBT and in CBT. Let’s remind the “ABC” content to understand the cognitive psychological interventions. Practically all people seem to automatically conclude, for the most part, that when an Adversity (A) occurs in their lives and they (usually quickly) experience dysfunctional Consequences (C), that A directly causes C. If people practice REBT and CBT, they can do so quickly and efficiently with the help of the ABC’s of cognitive structuring and restructuring [1;2;3].

After making an analysis of “ABC” theory, let’s discuss the main cognitive techniques required to apply “ABC” constructively.

- a) Rational analysis is the technique which is focused on specific incidents from persons’ lives and demonstrating the art of disputing the irrational beliefs underlying their distress.
- b) Double-standard dispute is applied if people are holding a ‘should’ or are self-downing about their behavior. According to this technique these individuals are asked whether they would recommend that their best friend hold this same ‘should’ or would they assess their friend in the same way. When people say “no” it helps them to see that this action indicates the presence of a double standard.
- c) Catastrophe Scale is useful technique for getting ‘awfuling’ into perspective. The individual is proposed to draw a vertical line down one side of a piece of paper. He or she must put 100% at the top, zero % at the bottom and 10% intervals in between. The person is required to place the item he or she is catastrophising about on the scale and fill in the other levels with items he or she thinks relevant to those levels. Then the individual is able to progressively alter the position of the

feared event until 'it is in perspective in relation to the other items [2].  
d) Reframing technique is designed to re-evaluate bad events as 'disappointing', 'concerning', or 'uncomfortable', rather than as 'awful' or 'unbearable'. A variation of this procedure is to list the positives of a negative event [2].

Having considered the cognitive techniques, we would like to focus on the emotive interventions.

a) Rational-emotive imagery is a form of mental practice that allows a person to imagine himself thinking, feeling and behaving exactly the way he would like to in actual life. First, the individual imagines a situation that would normally upset a great deal, to feel the inappropriately intense feelings about that event and then change them to more appropriate feelings.

b) Shame-attacking exercises. Aim of these exercises is an opportunity for an individual to feel unashamed even when others disapprove of their actions.

The psychological interventions below are in the category of behavioral techniques:

a) Stepping out of character is a technique with the use of a paradoxical behavior. This method presents the person with opportunities to tolerate chronic discomfort while remaining in uncomfortable situations for a long period of time

b) The use of rewards and penalties are employed to encourage people to undertake uncomfortable assignments in the pursuit of their long-range goals.

c) Fixed role therapy is sometimes employed in REBT, where people are encouraged to act "as if they already think rationally, to enable them to get the experience that change is possible".

#### **IV. Conclusions**

Finally, we would like to conclude that stresses and frustrations can lead to mental and emotional problems. Research on the basis of REBT and CBT stress that the way people perceive frustrating and stressful situations determines their ability to diminish or aggravate negative states. The psychological techniques discussed in the article can be useful in developing abilities to overcome destructive states and emotions. The research that is available has generally found

positive results for individual's stress and frustration management while using cognitive, emotive and behavioral techniques used by REBT and CBT.

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