



Psychiatry & Behavioral Sciences Section – 2007

I16 An Introduction to Rational Emotive Behavior Therapy for Forensic Mental Health Clinicians

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After attending this presentation, attendees will understand the basic theory of Rational Emotive Behavior Therapy (REBT) the first Cognitive Behavioral Therapy in the field of evidence-based mental health treatment, the core elements of the practice of REBT as a therapeutic method, and how to obtain formal training in REBT.

This presentation will impact the forensic community and/or humanity by making more widely known, and more potentially available, an evidence-based mental health treatment, Rational Emotive Behavior Therapy (REBT). REBT is a relatively cost-effective psychotherapeutic method, which is of special value to forensic mental health clinicians working in the juvenile and adult correctional systems.

Rational Emotive Behavior Therapy (REBT) is a form of Cognitive Behavior Therapy (CBT) an evidence-based psychotherapy. REBT is relatively easy for practitioners to learn, relatively easy for patients to be taught, and it produces relatively rapid symptomatic improvement (in comparison to psychoanalysis and psycho-analytically-oriented psychotherapy). It is of particular interest to forensic mental health clinicians in juvenile and adult correctional settings because it is a relatively cost-effective psychotherapeutic method. This presentation will describe the theoretical framework of REBT, the elements of its therapeutic method, and information about how to obtain formal training in REBT.

Evidence-Based Medicine, Psychotherapy, Corrections