

Advanced Practicum in Rational Emotive Behaviour Therapy

The Advanced Practicum in Rational Emotive Behaviour Therapy is the second stage of training in REBT. It is designed to increase courses participants' theoretical understanding of the principles of REBT, further improve clinical skills, particularly in disputation and homework setting.

The next course is scheduled for 24th September – 27th September 2015.

[Study here and find out why the University of Birmingham was awarded The Times and The Sunday Times University of the Year 2013-14 \(http://www.birmingham.ac.uk/news/latest/2013/09/20-sep-Birmingham-announced-as-University-of-the-Year.aspx\)](http://www.birmingham.ac.uk/news/latest/2013/09/20-sep-Birmingham-announced-as-University-of-the-Year.aspx)

Course fact file

Type of Course: Continuing professional development

Contact

[Centre for Rational Emotive Behaviour Therapy \(/schools/psychology/centres/rebt/index.aspx\)](/schools/psychology/centres/rebt/index.aspx)

Details

The Advanced Practicum runs for four days, Thursday, Friday, Saturday and Sunday. This is the model adopted from the Albert Ellis Institute, New York, and it is run along similar lines in all international REBT centres. The days start at 9.30am, finishing at 5.30pm. On each day, the morning is dedicated to lectures detailing the advanced aspects of the principles and practice of REBT. After lunch, the group engages in peer counselling and supervision.

The course facilitates participants to:

- advance their understanding of the theoretical principles underpinning REBT and related constructs
- engage in consideration about how REBT can be applied to complex and/or challenging clinical problems
- further develop skills in the practice of REBT through peer counselling and supervision sessions
- further develop techniques of belief identification and disputation as pioneered by Albert Ellis
- to construct and teach clients how to have new adaptive thoughts, emotions and behaviours
- to develop and apply homework protocols for treating anxiety, anger and depression, as well as the other most common presenting problems

The lectures involved in the Advanced Practicum vary according to the needs and interest of the audience, but typically involve:

- Integrating behavioural and emotional therapies
- REBT - cognitive and emotive change
- Why we don't raise our client's self-esteem
- The application of REBT to various disorders

See the **[Advanced Certificate reading list \(PDF 682KB\) \(/Documents/college-les/psych/rebt/rebt-advanced-reading-list.pdf\)](/Documents/college-les/psych/rebt/rebt-advanced-reading-list.pdf)**

[Centre for Rational Emotive Behaviour Therapy \(/schools/psychology/centres/rebt/index.aspx\)](/schools/psychology/centres/rebt/index.aspx)

Entry requirements

The course is only open to individuals who have successfully completed an Albert Ellis Institute accredited Professional Primary Certificate in REBT.

How to apply

To apply please complete the **[REBT Application Form Advanced 2015 \(PDF 486KB\) \(/Documents/college-les/psych/rebt-application-form-advanced-2015.pdf\)](/Documents/college-les/psych/rebt-application-form-advanced-2015.pdf)** and email it back to **[cbtprogramme@contacts.bham.ac.uk \(mailto:cbtprogramme@contacts.bham.ac.uk\)](mailto:cbtprogramme@contacts.bham.ac.uk)**. If this is not possible, please post to: Cognitive Behaviour Therapy Programme, School of Psychology, Frankland Building, The University of Birmingham, Edgbaston, B15 2TT.