

Primary / Paraprofessional Certificate in Rational Emotive Behaviour Therapy

The Primary Certificate Practicum at the Centre for REBT is run in the same format as the training events held at the Albert Ellis Institute, New York.

The next course is scheduled for Friday 27th March – Sunday 29th March 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 Primary Certificate Practicum is the first level of training in Rational Emotive Behaviour Therapy. It is an intensive three-day training course that has been specifically developed to introduce the fundamental concepts of REBT in addition to 12 hours of supervised practice.

The course facilitates participants to:

- develop their understanding of the theoretical principles underpinning REBT and the cognitive behavioural therapies that followed;
- engage in consideration about how REBT can be applied to many types of clinical problems;
- develop skills in the application of REBT to real emotional and behavioural problems safely within supervised peer counselling sessions; learn the major techniques of belief identification and disputation as pioneered by Albert Ellis;
- to construct and teach clients strategies to develop and maintain new adaptive beliefs, emotions and behaviours;
- to develop homework protocols for the treatment of anxiety, depression, anger, shame and the other common emotional problems identified by clients

See the **[Primary Certificate reading list \(PDF 714KB\) \(/Documents/college-les/psych/rebt/rebt-primary-reading-list.pdf\)](/Documents/college-les/psych/rebt/rebt-primary-reading-list.pdf)**

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

How to apply

To apply please complete the **[REBT Application Form - Primary 2015 \(PDF 202KB\) \(/Documents/college-les/psych/rebt-application-form-primary-2015.pdf\)](/Documents/college-les/psych/rebt-application-form-primary-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.

You can **[pay for the course via the Online Shop \(http://shop.bham.ac.uk/browse/extra_info.asp?compid=1&modid=2&catid=85&prodid=707\)](http://shop.bham.ac.uk/browse/extra_info.asp?compid=1&modid=2&catid=85&prodid=707)**.