

Therapy

The Centre for Rational Emotive Behaviour Therapy does not provide individual or group therapy. It is dedicated to professional training in REBT and the development of research in REBT.

However we are often asked to recommend an REBT therapist or asked if we know an REBT therapist. Since REBT therapists include Counsellors, Psychotherapists and Psychologists, there is no one professional body for REBT therapists. **The Association for Rational Emotive Behaviour Therapists (<http://www.arebt.org/>)** maintains a list of REBT therapists, as does **The British Association of Behavioural and Cognitive Psychotherapies (<http://www.babcp.com/>)**. **The British Psychological Society (<http://www.bps.org.uk/>)** maintains a list of Clinical Psychologists, but these lists do not specify which psychological models these Psychologists work from.

Our advice is to check with the prospective Counsellor, Psychotherapist or Psychologist what training they have undertaken in REBT. If they have undertaken a course at the Centre for REBT we will happily provide you with verification of their qualifications.