



**DEPARTMENT OF COUNSELLING PSYCHOLOGY**



**LOYOLA COLLEGE, CHENNAI**

**SEMINAR REPORT**

## **Introduction**

The Department of Counselling Psychology conducted a seminar on the topic “LET’S TALK PSYCHOLOGY - APPLICATION OF COGNITIVE BEHAVIOUR AND MULTIMODAL THERAPY” on 13<sup>th</sup> December 2021 at 1.30 pm. The session was taken by Rev. Dr. Emmanuel Arockiam, S. J, HOD, Department of Counselling Psychology, St. Joseph College, Trichy.



## **Report**

In the session, the main topic of focus was Application of REBT (Rational Emotive behavioural Therapy). The REBT was developed by Albert Ellis, 1995 and it is a type of Cognitive Behavioural Therapy (CBT). REBT is an action-oriented approach that is focused on helping people deal with irrational beliefs and learn how to manage their emotions, thoughts, and behaviors in a healthier, more realistic way.

According to REBT, our cognition, emotions, and behaviour are connected. Automatic thoughts that occur from the childhood. REBT contends that irrational thinking is at the heart

of psychological issues. The irrational beliefs include self-pity, demandingness, awfulizing and low frustration tolerance.

The core concept of REBT is the ABCDE model i.e., Activating events, Beliefs, Consequence, Disputing and Effective ways to think, feel and behave. The REBT is used for self-help and self-management. It is focused on techniques rather than insights and encourage people to examine their philosophy of life.



## Application

- REBT is effective for a variety of situations and mental health conditions.
- Group REBT reduced their job-related stress and burnout while increasing their job satisfaction and commitment to their organization

## Learnings

- REBT may be effective in reducing symptoms for people with depression or anxiety.
- It helps people manage their emotions, cognitions, and behaviors.
- It is effective at reducing irrational beliefs and changing behavior.