Rational Emotive Behavior Therapy (REBT) is a brief, direct, and solution-oriented therapy which focuses on resolving specific problems. REBT was developed by Albert Ellis in the 1950s. Today, it remains a popular form of cognitive therapy.

REBT seeks to reshape one’s core beliefs and irrational assumptions. Ellis’s core belief is that each of us hold a unique set of assumptions about the world. These core beliefs harbor the what-everything-else. In REBT, the therapist helps the client to identify, evaluate, and change these irrational assumptions.

Ellis believed that the client’s emotional distress and behavioral problems are caused by their irrational beliefs. The therapist helps the client to identify, evaluate, and change these beliefs. This is done through cognitive restructuring, in which the client learns to replace their irrational beliefs with more rational ones.

Ellis’swork has been influential in the development of cognitive-behavioral therapy. REBT has been applied to a wide range of problems, including depression, anxiety, and addiction.

Despite its popularity, REBT has also faced criticism. Some critics argue that REBT is too simplistic and that it does not take into account the complexity of human nature. Others argue that REBT is too focused on changing one’s thoughts, and not enough on changing one’s behavior.

Nonetheless, REBT has had a significant impact on the field of psychology. It has been applied to a wide range of problems and has been shown to be effective in treating a variety of conditions. REBT continues to be a valuable tool for helping clients overcome their emotional distress and behavioral problems.