



New Zealand

Primary Certificate In Rational Emotive Behaviour Therapy

INFORMATION SHEET

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The Primary Certificate is the beginning qualification in Rational Emotive Behaviour Therapy. Its overall purpose is to provide helping practitioners already possessing basic counselling skills with an introduction to the principles and practice of REBT that will enable them to begin practising the method at a basic level.

The Primary Certificate is granted at two levels. Most trainees complete level 'A': the *Primary Certificate (Theory and Practice)* which involves submission of a recorded interview for assessment. Some, though, may choose level 'B': the *Primary Certificate (Theory)*, which does not require the recorded interview.

Granting of a Primary Certificate does not imply the holder is able to practice REBT independently at an advanced level; but indicates they have been able to (1) show they have an understanding of the basics of REBT theory and (2) in the case of level 'A', they are able to apply REBT techniques at a beginning level.

The program is certificated by the New Zealand Centre for Rational Emotive Behaviour Therapy, in association with the Centre for Rational Emotive Behaviour Therapy, London. The Certificate is recognised by the Association for Rational Emotive Behaviour Therapy (UK).

Specific learning goals

After completing the course, trainees will be able to:

- Describe key elements of REBT theory: causation of emotional/behavioural problems, requirements for change and main philosophical foundations.
- Compare REBT with other methods of Cognitive Behaviour Therapy and psychotherapy in general.
- List the areas to which REBT may be applied and describe its use with several selected problems.
- Discuss issues in using REBT with differing client populations.
- Define specific human problems in REBT terms.
- Use REBT on themselves by analysing their own emotional & behavioural reactions.
- Demonstrate, in the case of the level 'A' Certificate, that they can practice REBT with clients safely and with a basic level of effectiveness, especially using the ABC model.
- Engage in future self-directed learning about the application of REBT to a range of problems.

Entrance requirements

For Professional Certificate

- A professional qualification in psychology, counselling, medicine, social work, nursing, occupational therapy, or other profession relevant to counselling/psychotherapy; or
- Clergy who can submit evidence of specialised training and background in counselling; or
- Other relevant helping practitioners who are licensed to practice by a professional organisation (e.g. full members of ANZASW, NZAC, etc.).

For Paraprofessional Certificate

- Students, clergy and other allied helping practitioners who do not meet Professional Certificate requirements will complete the same course and receive a Paraprofessional Certificate.
- The Paraprofessional Certificate may be upgraded to the Professional Certificate if the holder becomes suitably qualified at a later stage.

General entrance requirements

Some experience in using basic counselling/interviewing skills is required, as these will not be taught on the course (trainees need to already be comfortable in interview situations with clients).

Trainees also require an understanding of ethical issues in working with people in a helping role, especially:

- confidentiality
- respect for the client irrespective of their difficulties
- maintenance of appropriate boundaries
- bicultural practice (for New Zealand trainees) or multicultural practice (for trainees from other countries).

Structure of the course & Workload

The course is conducted entirely online. As there is no requirement for trainees to attend at any specific geographical location, the course is open to practitioners from any part of the world.

Trainees will complete the programme within a time-frame of 3 months (minimum) to 6 months (maximum).

The number of hours involved will vary depending on a trainee's current study skills and previous learning, but we estimate that the course will involve around 50 hours for Level A and 35 hours for Level B.

Learning requirements

Theoretical study

This will involve reading and processing of printed and digital material provided by the Centre, as well as additional material researched by trainees.

Supervision

It is generally accepted that all practitioners who engage in therapeutic activities, whatever their profession, have supervision from another helping professional covering the basics of working safely with clients.

Level A trainees need to be currently working with real clients. It is assumed, therefore, that they are receiving appropriate standard supervision of their existing casework as described above. It would be ideal if their supervisor happened to be familiar with REBT, or, next best, with another type of CBT (e.g. Beck's 'Cognitive Therapy'); but, while desirable, this is not essential at the Primary Certificate level of training, as the necessary supervision elements are built into the programme:

- Level A trainees will submit one recorded interview of work with a client for supervision and assessment.

- All trainees will be entitled to receive two 30-minute individual supervision sessions via Skype or similar online technology approved by the Centre. Trainees may purchase additional supervision if desired.
- All trainees will submit for assessment and supervision two self-analyses carried out with the Rational Analysis Training Simulator.

Many trainees seek additional supervision from a REBT practitioner while on the course, and this is recommended as a way to enhance the learning experience. Engaging such a supervisor is the trainee's responsibility. The Centre may be able to assist with identifying a suitable supervisors (in some locations).

Practice

Trainees are required to carry out:

1. *Level A trainees:* in their own practice situation, at least 12 sessions of practice with clients.
2. *All trainees:* A minimum of 12 rational self-analyses using the Rational Analysis Training Simulator (two of which will be assessed as described above).

Assessment

All trainees:

- Completion of all online tests.
- Submission of two self-analyses carried out with the Rational Analysis Training Simulator.

Level A trainees only:

- For level 'A': submission of a recorded interview for supervision, accompanied by an analysis/formulation of the case in REBT terms. (Selected recordings may be assessed by the external moderator in London).

Level B trainees only:

- An examination on key concepts in the theory and practice of REBT

Trainees who fail the assessment will have opportunities to repeat the work involved (submission of repeat work for assessment will attract an additional charge to cover the time involved for the assessor, as will extensions of time).

Learning Plan

A learning plan and accompanying material is made available to trainees when enrolment is finalised.

Set text & other learning materials

1. Froggatt, W. (2013). *Learning to Use Rational Emotive Behaviour Therapy: A guide for new practitioners* (5th Ed.). Hastings: Rational Training Resources.
2. Multimedia Learning Tool.
3. Rational Analysis Training Simulator.

Currently, item 1 is a printed text, items 2 & 3 are provided as internet downloads.

Suggested reading

Trainees will find it helpful to read one or two of the following (all available through library interloan or purchase via the internet, some are in local bookshops):

Bernard, M. E. & Wolfe, J. L. (2000). *The REBT Resource Book for Practitioners - Second edition*. New York: Albert Ellis Institute

Ellis, Gordon, Neenan & Palmer. (1997). *Stress Counselling: A Rational Emotive Behaviour Approach*. London: Cassell.

Froggatt, Wayne N. (2003). *Choose to be Happy: Your step-by-step guide* (2nd Ed.). Auckland: HarperCollins.

Dryden, Windy (Ed.) (2003) *Rational Emotive Behaviour Therapy: Theoretical developments*. Hove: Routledge

Dryden, Windy (2008). *Rational Emotive Behaviour Therapy: Distinctive features*. Hove: Routledge

Training Faculty

Primary tutor

Wayne Froggatt. Dip.Soc.Wk., C.Q.S.W., MNZASW, Cert. Adult Teaching; Associate Fellow, Albert Ellis Institute (New York); Fellow, Association for Rational Emotive Behaviour Therapy (UK); Certified REBT Supervisor; author of a number of books and other learning materials on REBT/CBT.

Primary Marker

Jeff Woodyard. M.A. Educ.Psych (University of Nebraska); Advanced Certificate in Rational Emotive Behaviour Therapy; Semi-retired (prev. Psychologist, Forensic Psychiatry Service, Capital & Coast District Health Board).

External Moderator:

Professor Stephen Palmer. PhD. Director, Centre for Rational Emotive Behaviour Therapy (London); Associate Fellow, Albert Ellis Institute (New York); Fellow, Association for Rational Emotive Behaviour Therapy (UK); Certified REBT Supervisor; Chartered Psychologist. Author of many books on REBT and stress management.

Technical requirements

Trainees will require:

- Access to a computer capable of running Microsoft Windows programmes. As well as Windows-based computers, other types (e.g. most Apple Macs) often have special software that emulates Windows. Some (but not all) of the newer 'Tablet' computers can also run Windows programmes;
- Access to an internet connection. Broadband is required to take advantage of all features of the course.

Enquiries to:

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