Lesson Name: **R**ational **E**motive **B**ehavior **T**herapy

CACREP STANDARD(s):

Aligned KPI:

Textbook Chapter: Chapter 10

Type of Knowledge: Procedural / Declarative / **Both**

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| G – My GOAL for this lesson is… |
| Goal 1: Distinguish key individuals and describe their beliefs that contribute to the foundations of REBT.Goal 2: Gain an understanding and rationalize theoretical ideas and therapeutic techniques used in REBT.Goal 3: Examine possible limitations of REBT with diverse populations and settings.  |
| A – I will ACCESS PRIOR KNOWLEDGE by… |
| * Completing a Baamboozle game with questions that relate to knowledge students should have gained by reading chapter 10 of *Theoretical models of counseling and psychotherapy* (4th Ed.). Routledge and the three chosen articles for class.
* Watching a video of Albert Ellis discussing his perspective on REBT.
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| N – I will present NEW INFORMATION through… |
| * Presenting PP slides with new information orally;
1. Learning historical information, including important figures, history of REBT being created, and reviewing how Albert Ellis conceptualized life and death (by enjoying life as much as possible). Add in Windy Dryden (video from YouTube to show clear differences in their approaches).
2. Learning the “3 basic musts”
3. Learning key constructs such as the structure of the psyche, “ABC Model”, “ABC Model Video”, discuss feelings/thoughts surrounding ABC Model and possible limitations
4. Learn about environmental factors and how they could limit or assist growth for individuals.
5. Compare REBT to CBT and Individual psychology.
6. Review model of MH including healthy vs unhealthy functioning, healthy emotions, and rational vs irrational beliefs.
7. Learn the therapeutic process of REBT; goals, client and counselor roles, gentle “reminders” that will help guide REBT counselors, construtivists vs destructivists
8. Review beliefs in medication in REBT, how long REBT therapy typically lasts, and how change occurs
* Learn techniques, methods, strategies, and interventions. Watch video of Albert Ellis and Gloria in an REBT counseling session to learn these.
1. Learn cultural responsiveness and possible limitations
2. Discuss Resources for REBT
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| A – My students will APPLY new knowledge and/or skills by… |
| * Using case study to help apply ABC Model from an REBT theoretical lens
* Discuss how lack of warmth is similar to unconditional regard or if that is still a limitation in REBT counseling
* Review article that discusses how individual psychology differs from REBT
* Playing a game of Jeopardy to review the information we discussed in class.
* Reviewing the three articles given to read before class in a class discussion and throughout the slides as they relate to the PP information given.
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| G – We will review our GOALS by… |
| * After reaching each goal individually, we will review what we have learned and if we met them.
* At the end of class, we will discuss things students have learned from each goal as a big group.
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Assessments needed:

* Baamboozle game