2015

CJUS 430 Introduction to Rational Emotive Behavior Therapy

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Course Description

Rational Emotive Behavioral Therapy and Cognitive Behavioral Therapy are self-help forms of counseling which teaches people how to increase their skill in reasoning so that they will be better able to deal with problems and stresses of daily living. These therapies enable normal people to improve their lives and disturbed people to regain emotional and mental health. Participants will receive individual training from Dr. Jack Richardson, REBT staff trainers and CBT staff trainers. The program was developed at the University of Kentucky, College of Medicine Department of Psychiatry.

Goals & Objectives

Each student will be able to:

- understand and apply the REBT principles to their life.
- utilize the Five Rules for Rational Thinking.
- apply the Rational Self-Analysis to their own individualities.
- practice cognitive rehearsal accurately

Text

No required text.

Assignments

REBT holds that although emotional disturbance is rooted in childhood, people keep telling themselves irrational and illogical sentences. The approach is A-B-C theory of personality: A=actual event; B=belief system; C=consequence. Emotional problems are the result of one’s beliefs, which need to be challenged. The scientific method of logical and rational thought is applied to irrational beliefs.

According to CT, psychological problems stem from commonplace processes such as faulty thinking, making incorrect inferences on the basis of inadequate or incorrect information, and failing to distinguish between fantasy and reality. Cognitive therapy consists of changing dysfunctional emotions and behaviors by modifying inaccurate and dysfunctional thinking. The techniques are designed to identify and test the client’s misconceptions and faulty assumptions.
CJUS 430/EDWS 430 – Intro. to Rational Emotive Behavioral Therapy
Two Semester Credit Hours
Class Schedule

Friday
5:00 – 6:00 p.m.   Orientation & Analysis of Human Emotions
6:00 – 7:00 p.m.   Cognitive Behavioral Therapy
7:00 – 8:00 p.m.   ABC’s of Human Emotions   Handout
8:00 – 9:50 p.m.   Rational Emotive Therapy        Handout & Video

Saturday
8:00 – 10:00 a.m.  Rational Emotive Behavior Therapy   Handout
10:00 – 12:00 noon  5 Rules for Rational Thinking   Handout
1:30 – 3:00 p.m.   Small Group Exercise     Handout
3:00 – 5:30 p.m.   Rational Self-Analysis    Handout

Friday
5:00 – 10:00 p.m.  Rational Self-Analysis   Small Group Exercise

Saturday
8:00 – 12:00 Noon  Emotional Re-Education    Handout
1:30 – 5:00 p.m.   Rational Emotive Imagery    Handout
5:00 – 6:00 p.m.   FINAL EXAMINATION    Take-Home

Attendance
Because the class only meets two weekends, attendance is mandatory, except in an emergency. If at all possible, let me know in advance. Any un-excused absence could result in course failure. Roll will be taken daily to ensure attendance.

Grading
Rational Self-Analysis Assignments, 100 points – 45% toward final grade
Final Examination, 100 points - 45%
Participation, 50 points – 10%

Grading Scale

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<thead>
<tr>
<th>Grade</th>
<th>Points</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>A</td>
<td>232-259</td>
<td>93-100%</td>
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<tr>
<td>A-</td>
<td>225-231</td>
<td>90-92%</td>
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<td>B+</td>
<td>220-224</td>
<td>88-89%</td>
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<tr>
<td>B</td>
<td>207-219</td>
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<td>D</td>
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*Note: Graduate Students minimum for credit.