



Rational Emotive Behavioral Therapy Group Topic REBT

Facilitators:

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Level of Care Services: SACOT, SAIOP, OPBH

Meeting Time: Every Tuesday 10:30 to 12:00 noon.

Group Description:

- **The Anxiety & Worry Dynamics program provides 4-weeks of extensive and structured education and skill-based groups;**
- **The fundamental aspect of the program is designed for people who struggle with problems of anxiety, worry, and addiction.**
- **The Anxiety & Worry Dynamics program introduces the work of Dr. Albert Ellis and his Rational Emotive Behavior Therapy (REBT).**
- **The Anxiety & Worry Dynamics program will show that how we think and behave affects the amount of anxiety and worry we feel.**
- **The Anxiety & Worry Dynamics program provides an understanding of REBT and self defeating behaviors to include identifying disturbed and unpleasant emotions creating a list of unpleasant and disturbed feelings.**
- **The Anxiety & Worry Dynamics program identifies self-defeating consequences and the vicious circle of self-defeat.**
- **The Anxiety & Worry Dynamics program educates participants on recognizing anxiety, the need to seek treatment and the physiological symptoms of an anxiety attack.**
- **The Anxiety & Worry Dynamics program explores and discusses negative belief system and the concept of self talk, “best practice” and practical, five step solutions to cope with anxiety.**
- **The Anxiety & Worry Dynamics reviews and discuss three negative belief systems.**
- **Explore and discuss the various forms of anxiety disorders.**

- **The Anxiety & Worry Dynamics program educates the group participants on the conventional view of emotions, the ABCD process of REBT, and the power of affirmations.**

Program Material Used:

- 25 Minute video on Understanding Worry & Anxiety
- Self Awareness Exercises
- Workbook, REBT Anxiety & Worry Revised; Discover Your Personal Power to Change by Eileen Drilling, M.S.

Course Objective:

- **The Anxiety & Worry Dynamics** is a group education program designed to provide the essential information for people who struggle with problems of anxiety, worry, and addiction building strong personal prevention for reducing the risk of behavioral patterns that are often seen in families with substance abuse, grief and mental health challenges.

The participant will demonstrate ability to:

1. Define Rational Emotive Behavior Therapy
2. Define self defeating behaviors
3. Identify, recognize and alter the self defeating ways we behave
4. List Disturbed/Unpleasant emotions and feelings
5. Recognize anxiety and identify physiological symptoms of an anxiety attack
6. Change our way of thinking as a way to help us feel and perform better
7. Understand the ABCD process of REBT and list the 5 steps to cope with anxiety
8. Identify and dispute the three negative belief systems

Procedures for Achieving Objectives:

1. Come to class on time each week.
2. Read and discuss all material.
3. Review and discuss each topic
4. Complete weekly assignments
5. Discuss ways group topic was applied in “real life” situations

Attendance:

Participants are required to attend 100% of scheduled sessions. Participants are expected to be present at the beginning of each group which will begin on time. Class will end on time.

I hope that you will find this program interesting and useful. Our goal is to communicate the program information in as clear and understandable manner as possible. If you have any questions about the material presented, you are encouraged to ask questions in group.