

REBT Therapy

## **Dynamic REBT Therapy at Into Action Treatment**

Rational Emotive Behavior Therapy, or REBT Therapy, is one of the most effective ways to make positive changes in one's life. This popular therapy was started more than fifty years ago by psychologist Albert Ellis and has helped countless people transform themselves and live more fulfilling lives as a result.

As the popular saying goes: "You need to be the change you want to see in the world." REBT embodies this philosophy. It works from the inside to change how individuals perceive themselves and the world around them. However, there is nothing miraculous or magical about REBT.

## **The REBT Reality Check**

REBT requires commitment, hard work, and constant reality checking. This therapy starts with clients getting to know themselves so thoroughly that they can monitor their own thoughts about core issues. Therapists and counselors at Into Action Treatment can assist in this process so that clients can access even difficult or painful thoughts that have been coloring their impressions about themselves and their environment.

As clients work with an REBT therapist, they may discover that they have been generating unhealthy or negative thoughts about themselves. These negative thoughts can occur as a result of a past or current trauma. Even if the trauma is no longer happening, the negative thought patterns associated with it can still affect the way people perceive themselves and the way they interact with others.

## Why REBT Therapy Works with Addictive Behaviors

The REBT method has proven very helpful in finding the roots of addictive and alcoholic behaviors. Upon examination, the reason people reach for drugs or alcohol often can be traced to traumatic events and the unhealthy thought patterns evoked by them. Countering these patterns with self-affirming thoughts can help develop the positive framework needed to beat addictive behavior.

The client and the REBT therapist at Into Action Treatment can work together to find negative thought patterns and challenge them with positive, reality-based affirmations that truly reflect clients' self-value and the world around them. As clients develop the skill to challenge old thought patterns with positive, reality-based thoughts, they usually find that they are more comfortable with themselves and with others. Soon clients are able to take on more challenging situations with their new level of confidence.

REBT therapy has given many addicts and alcoholics the strength and resources to turn their lives around by giving them a new way to look at themselves and their experiences. This is done by careful work with a therapist who can help establish slow, steady progress. REBT is not magic, but it is a truly rewarding experience that can positively impact the healing process.

To learn more about REBT, please contact us today.