



ROMANIA
1 DECEMBRIE 1918
UNIVERSITY OF ALBA IULIA

RATIONAL EMOTIVE EDUCATION

Ioana Todor



Course Title
Proposed date/dates and proposed timetable

RATIONAL EMOTIVE EDUCATION

Language of instruction: English
Name of lecturer: **Ioana Todor**

Form of instruction	Number of teaching days	Number of teaching hours per day	Form of evaluation (if any)	Certification
Lecture	1	4	-	Certificate of Attendance

COURSE AIMS:

Rational Emotive Education (REE) is a prevention and intervention program that aims to help students to respond rationally to situations that would typically cause stress, anxiety, anger, depression or other negative feelings. Studying REE, pre-service and in-service teachers will be able: 1) to offer counselling and psycho-pedagogical support for various educational groups and 2) to effectively manage behaviour problems and interpersonal conflicts that could arise in the classroom.

COURSE CONTENTS (for each workshop):

1. A short history of the REBE (rational-emotive and behavioral education)
2. Guiding principles in REBE
3. The interactive model beliefs-emotion-behavior
4. Rational and irrational thoughts
5. The ABC model (A. Ellis)
6. The ABCDE model (A. Ellis)
7. Modifying the irrational thinking patterns
8. Case studies

TEACHING METHODS:

Lecture, conversation, exemplification, group activities, case studies, applications.

LEARNING OUTCOMES:

- To identify the dialectical relations between thinking, feeling and behaving and to describe them according to the ABC model developed by Albert Ellis
- To apply the ABC model (Antecedents – Beliefs - Consequences) in various contexts/ case studies
- To identify the differences between rational and irrational thinking and to promote rational thinking

LEARNING OUTCOMES VERIFICATION AND ASSESSMENT CRITERIA (if any):

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RECOMMENDED READING (English language only):

1. Ellis, A., Bernard, M. E. (1983). Rational-emotive approaches to the problems of childhood. New York, NY: Plenum Press.
2. Ellis, A., Bernard, M. E. (2006). Rational emotive behavioral approaches to childhood disorders: Theory, practice and research. New York, NY: Springer.
3. Ellis, A., Dryden, W. (2007). The Practice of Rational Emotive Behavior Therapy, 2nd edition, Springer Publishing Company, LLC.
4. Opre, A., Vaida, S. (2008). Counseling in Schools. A Rational Emotive Behavior Therapy (REBT) Based Intervention – A Pilot Study – Cognition, Creier, Comportament, 12, 1; 57–69.
5. Vernon, A. (2004). Counselling children and adolescent (3rd ed.). New York, NY: Love Publishing.
6. Vernon, A., Bernard, M. E. (2006). Applications of REBT in schools: Prevention, promotion, intervention. In Ellis, A., Bernard, M. E. (Eds.), Rational emotive behavioral approaches to childhood disorders: Theory, practice and research (pp. 415-460). New York, NY: Springer.