

# Rational emotive behaviour therapy and other cognitive approaches

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The use of REBT acknowledges the essentiality of other cognitive approaches. This means that other cognitive approaches are applied alongside REBT's theoretical framework. In this regard, REBT is influenced by philosophical concepts drawn from other cognitive approaches. The ABC model is central to the use of REBT. The underlying interest being happy and fulfilling lives for people, aspects that define counselling, stress management and SMART recovery are critical to account for (Corey, 2009, p. 152). Behaviour, mind works and meditational processes make up the focal point of cognitive approaches.

The underlying interest of all of the existing cognitive approaches is to foster the psychological welfare of individuals in their lives. The philosophies behind cognitive theories present concepts whose applicability varies in relation to psychotherapy. While REBT is an independent psychotherapy practice, its reliance on other cognitive approaches and the concepts therein cannot be refuted. Philosophical concepts are more or less similar across cognitive approaches, but the mechanism of use varies from one user to another, and across psychotherapy practices.

#### Reference

Corey, G. (2009). *Theory and practice of counselling and psychotherapy*, Basingstoke: Palgrave Macmillan.