

Rational Emotive Behaviour Therapy (REBT) Practitioner Diploma

Format: Online (Live Interactive)

Duration: 50 Hours (5 Levels × 10 Hours Each)

Schedule: Monday, Wednesday & Friday | Starting 15th December 2025

Time: 1 Hour per Class

Includes: Theory · Case Studies · Practical Supervision · Final Practicum

Level 1 – The Philosophy & Power of REBT (10 Hours)

Dates:

1. Mon, 15 Dec 2025
 2. Wed, 17 Dec 2025
 3. Fri, 19 Dec 2025
 4. Mon, 22 Dec 2025
 5. Wed, 24 Dec 2025
 6. Fri, 26 Dec 2025
 7. Mon, 29 Dec 2025
 8. Wed, 31 Dec 2025
 9. Fri, 2 Jan 2026
 10. Mon, 5 Jan 2026
-

Level 2 – Mastering Disputation Techniques (10 Hours)

Dates:

1. Wed, 7 Jan 2026
 2. Fri, 9 Jan 2026
 3. Mon, 12 Jan 2026
 4. Wed, 14 Jan 2026
 5. Fri, 16 Jan 2026
 6. Mon, 19 Jan 2026
 7. Wed, 21 Jan 2026
 8. Fri, 23 Jan 2026
 9. Mon, 26 Jan 2026
 10. Wed, 28 Jan 2026
-

Level 3 – REBT for Emotional & Behavioural Disorders (10 Hours)

Dates:

1. Fri, 30 Jan 2026
 2. Mon, 2 Feb 2026
 3. Wed, 4 Feb 2026
 4. Fri, 6 Feb 2026
 5. Mon, 9 Feb 2026
 6. Wed, 11 Feb 2026
 7. Fri, 13 Feb 2026
 8. Mon, 16 Feb 2026
 9. Wed, 18 Feb 2026
 10. Fri, 20 Feb 2026
-

 Level 4 – REBT Across Populations & Contexts (10 Hours)

Dates:

1. Mon, 23 Feb 2026
 2. Wed, 25 Feb 2026
 3. Fri, 27 Feb 2026
 4. Mon, 2 Mar 2026
 5. Wed, 4 Mar 2026
 6. Fri, 6 Mar 2026
 7. Mon, 9 Mar 2026
 8. Wed, 11 Mar 2026
 9. Fri, 13 Mar 2026
 10. Mon, 16 Mar 2026
-

 Level 5 – Practicum, Supervision & Professional Identity (10 Hours)

Dates:

1. Wed, 18 Mar 2026
2. Fri, 20 Mar 2026
3. Mon, 23 Mar 2026
4. Wed, 25 Mar 2026
5. Fri, 27 Mar 2026
6. Mon, 30 Mar 2026
7. Wed, 1 Apr 2026
8. Fri, 3 Apr 2026
9. Mon, 6 Apr 2026
10. Wed, 8 Apr 2026

🎓 Outcomes & Achievements

- ✓ 5 Level Certificates + Final REBT Practitioner Diploma
- ✓ Hands-on supervised practice with real/simulated clients
- ✓ Career opportunities: Schools · Clinics · Corporates · Wellness Centres
- ✓ Private practice: Charge ₹1,500–₹6,000/session
- ✓ Workshops: Earn ₹15,000–₹50,000 per program
- ✓ CV + LinkedIn boost + Letter of Recommendation for top performers

🚀 Why This REBT Diploma Matters

- Fast Results Therapy: Clients see changes in fewer sessions → more demand for you.
- Money Multiplier: Sessions, workshops, corporate tie-ups → multiple income streams.
- Prestige: Global recognition, adds clinical credibility beyond “life coaching.”
- Personal Empowerment: Learn to dispute your own irrational beliefs, building resilience.

✨ In short: This REBT Diploma is not just training. It's a career accelerator, financial upgrade, and mindset transformation.

🎓 Rational Emotive Behaviour Therapy (REBT) Practitioner Diploma – 50 Hours

Format: Online (Live Interactive)

Schedule: Every Monday, Wednesday & Friday | Starting 15th December 2025

Duration: 50 Hours (5 Levels × 10 Hours Each)

Class Time: 1 Hour per class

Includes: Theory · Case Studies · Worksheets · Practicum · Supervision

📌 Level 1 – The Philosophy & Foundations of REBT (10 Hours)

Objective: Gain deep grounding in Albert Ellis' framework and philosophical underpinnings.

Key Topics:

- Origins of REBT: From Stoicism to Ellis
- REBT vs CBT → similarities & differences
- The ABC Model: Activating Event → Beliefs → Consequences

- Irrational Beliefs vs Rational Beliefs (12 Core Irrational Beliefs)
- Healthy vs Unhealthy Negative Emotions
- The role of philosophy, language, and responsibility in therapy
- Therapist stance in REBT → Direct, Active, Philosophical

Activities:

- Personal ABC mapping
 - Group exercises on irrational beliefs
 - Case vignette analysis
 - Therapist-client mock dialogues
-

Level 2 – Identifying & Disputing Irrational Beliefs (10 Hours)

Objective: Train to spot irrational thinking patterns & systematically challenge them.

Key Topics:

- Ellis' 12 Core Irrational Beliefs explained with examples
- Musts, Shoulds & Demands → “Musterbation” & “Catastrophizing”
- Disputation Strategies:
- Logical Disputation (Does this belief make sense?)
- Empirical Disputation (Is this belief factually accurate?)
- Pragmatic Disputation (Is this belief helping or harming me?)
- Restructuring Irrational → Rational Beliefs
- Homework assignments: REBT worksheets, Rational Self-Talk scripts

Activities:

- Live disputation role-plays
 - “Belief hunting” journaling exercises
 - Designing Rational Coping Statements
 - Client resistance handling practice
-

Level 3 – REBT in Emotional & Behavioural Disorders (10 Hours)

Objective: Apply REBT to real-life clinical & counselling challenges.

Key Topics:

- REBT for Anxiety Disorders (GAD, phobias, panic)
- REBT for Depression & Hopelessness cycles
- Anger Management through Rational Disputation
- Guilt, Shame & Social Anxiety → Rational Reframes

- Behavioural Assignments → Exposure, Habituation, Rational Action
- Relapse prevention through daily Rational Reminders

Activities:

- Case study practice on anxiety, depression, anger
- Coping Card creation workshop
- Simulated therapy sessions with peer feedback
- Emotional exposure + behavioural homework design

Level 4 – REBT Across Populations & Contexts (10 Hours)

Objective: Learn to adapt REBT to varied populations & professional settings.

Key Topics:

- REBT with Children & Adolescents: Play-based ABCs, simplified disputation
- REBT in Family & Couple Therapy: Handling irrational demands in relationships
- Group REBT: Structure of group sessions, psycho-education + disputation

practice

- REBT in Workplace & Coaching: Stress, burnout, productivity, leadership
- Cross-cultural considerations: Adapting REBT to diverse backgrounds

Activities:

- Designing a child-friendly REBT worksheet
- Couple therapy role-plays with irrational “musts”
- Group facilitation practice
- Corporate case design → REBT for stress management workshop

Level 5 – Practicum, Supervision & Professional Identity (10 Hours)

Objective: Transition to becoming a confident, income-ready REBT Practitioner.

Key Topics:

- Conducting 5 supervised REBT sessions
- Documentation → ABC charts, disputation notes, case reports
- Therapist Portfolio Development (case summaries, reflective logs)
- Supervision & Peer Feedback Loops
- Professional Identity: Ethics, scope of practice, legal disclaimers
- Business Skills: Pricing REBT sessions (₹1,500–₹6,000), building workshops

(₹15K–₹50K), marketing ethically

- Long-term growth → Creating REBT modules for schools, corporates, wellness centres

Activities:

- Live case presentations
 - Therapist-client role-play under supervision
 - Portfolio creation for career credibility
 - Peer supervision practice
 - Final Viva + Certification Assessment
-

Outcomes & Achievements

- ✓ 5 Level Certificates + Final REBT Practitioner Diploma
 - ✓ Ability to confidently practice REBT with clients (1:1, groups, workshops)
 - ✓ Career Opportunities → Clinics, Schools, Corporates, Wellness Centres
 - ✓ Entrepreneurial Skills → Build your own private practice (₹1.5K–₹6K per session)
 - ✓ Workshop Leadership → Earn ₹15K–₹50K per corporate/college program
 - ✓ CV & LinkedIn boost + Letter of Recommendation for top performers
 - ✓ Global Recognition → REBT is practiced worldwide
-

Why REBT Diploma is a Game-Changer

- Fast & Direct: Unlike lengthy therapies, REBT cuts straight to the irrational belief → fast results.
 - High Client Demand: Anxiety, depression, anger & stress → REBT protocols work across all.
 - Income Potential: Multiple streams (private clients, workshops, corporate contracts).
 - Prestige & Credibility: Adds an internationally respected therapeutic modality to your profile.
 - Personal Growth: Practitioners also dispute their own irrational beliefs → resilience & confidence.
-

✨ In short: This is not just a diploma — it's a career accelerator, financial multiplier, and personal transformation journey.

Rational Emotive Behaviour Therapy (REBT) Practitioner Diploma

Duration: 50 Hours (5 Levels × 10 Hours each)

Format: Live Online · Interactive · Supervised Practice

Schedule: Every Monday, Wednesday & Friday | Starting 15th December 2025

Time: 1 Hour per class

Level 1 – The Philosophy & Foundations of REBT (10 Hours)

Objective: Build a philosophical, scientific, and practical foundation of Ellis' REBT.

Key Topics:

- Origins of REBT → From Stoicism to Ellis (why REBT is called “the philosophical therapy”)

- The ABC Model explained in depth (Activating Event → Beliefs → Consequences)

- Irrational Beliefs vs Rational Beliefs (Ellis' 12 Core Irrational Beliefs in practice)
- Healthy vs Unhealthy Negative Emotions (sadness vs depression, concern vs anxiety)
- Therapist stance: Direct, active, teaching-oriented (vs passive listening)
- Difference between CBT & REBT: Which clients need REBT?

Activities:

- Personal ABC mapping with journaling
 - Case vignette: Transforming irrational to rational beliefs
 - Class debate: “What really causes distress — events or beliefs?”
 - Group exercise: Spotting “shoulds, musts, have-tos” in language
-

Level 2 – Identifying & Disputing Irrational Beliefs (10 Hours)

Objective: Develop mastery in detecting and dismantling irrational thought systems.

Key Topics:

- Ellis' 12 Irrational Beliefs → Case-based exploration
- “Musterbation, Awfulizing & Low Frustration Tolerance” → REBT's classic traps
- Core Disputation Methods:
- Logical: “Does this belief follow logically?”
- Empirical: “Is this belief factually supported?”
- Pragmatic: “Is this belief helping me or harming me?”
- Designing homework for clients (thought journals, rational self-talk)
- Handling resistance in therapy (clients who “cling” to irrational beliefs)

Activities:

- Disputation role-play (therapist vs irrational belief)
 - Building “Rational Coping Cards” for daily use
 - Group workshop: Rewrite irrational beliefs into rational alternatives
 - Therapist-client dialogues: How to challenge compassionately
-

📌 Level 3 – REBT for Emotional & Behavioural Disorders (10 Hours)

Objective: Apply REBT in real-world cases of emotional & behavioural dysfunction.

Key Topics:

- REBT for Anxiety & Panic Disorders (reframing catastrophic thinking)
- REBT for Depression (challenging hopelessness cycles)
- REBT for Anger & Frustration (turning “they must” demands into rational preferences)
- REBT for Guilt, Shame & Social Anxiety
- OCD tendencies, perfectionism, procrastination → REBT interventions
- Relapse prevention → Building long-term rational self-dialogue

Activities:

- Case study workshops: Anxiety, depression, anger, guilt
 - Peer role-plays → Rational responses in heated emotions
 - Designing “Rational Reminder” cards for clients
 - Exposure + rational restructuring assignments
-

📌 Level 4 – REBT Across Populations & Contexts (10 Hours)

Objective: Learn how to adapt REBT to diverse age groups, contexts, and industries.

Key Topics:

- Children & Adolescents: Play-based ABC models, school anxiety, bullying, self-esteem
- Couples & Families: Handling irrational expectations in relationships (the “demandingness trap”)
- Groups: Running REBT group therapy programs (structure, cohesion, group disputation)
- Corporate & Coaching Applications: Stress, burnout, performance, leadership development
- Cross-Cultural Applications: Adapting REBT for clients across cultures, faiths, and belief systems

Activities:

- Designing a child-friendly REBT toolkit
 - Couple therapy simulation: Resolving conflict with disputation
 - Mock group REBT session facilitation
 - Corporate case design: “Stress resilience workshop using REBT”
-

Level 5 – Practicum, Supervision & Professional Identity (10 Hours)

Objective: Transition from student to confident REBT practitioner with a professional identity.

Key Topics:

- Conducting 5 live supervised practice sessions
- ABC worksheets, disputation notes & case documentation standards
- Building a Therapist Portfolio (case logs, reflection sheets, evaluation reports)
- Supervision & peer feedback loops
- Ethics, boundaries, and client management in REBT
- Business Skills:
- Pricing REBT sessions (₹1,500–₹6,000/session)
- Designing & delivering workshops (₹15K–₹50K per event)
- Building your practice → marketing, branding, positioning yourself as a professional practitioner
- Preparing for global opportunities (REBT is internationally recognized)

Activities:

- Case presentations & viva
 - Therapist role-play assessments
 - Portfolio creation for career showcase
 - Business role-play → Pitching an REBT workshop to a corporate HR
-

Outcomes & Achievements

- ✓ Certification after each level + Final Diploma in REBT
- ✓ Hands-on practice with real & simulated clients
- ✓ Eligible to work in clinics, schools, corporates, wellness centres
- ✓ Build a private practice charging ₹1.5K–₹6K per session
- ✓ Run corporate stress & resilience workshops (earning ₹15K–₹50K per program)
- ✓ Design college/school workshops → brand authority + client funnel
- ✓ Receive Letter of Recommendation & Performance Letter (for top achievers)
- ✓ Create a professional Therapist Portfolio for CV & LinkedIn credibility

Why This Diploma is Incredibly Worth It

Academic Value

- Evidence-based → rooted in Albert Ellis' research
- Philosophy + Practicality blend (a therapy of ideas + action)
- Builds critical disputation & clinical skills not covered in regular counselling

diplomas

Skill-Building Value

- Master irrational belief detection in language & thought
- Train in logical, empirical & pragmatic disputation
- Gain practical tools: ABC worksheets, coping cards, relapse plans
- Learn across contexts (individuals, couples, groups, corporates)

Career & Money Value

- Income: ₹1.5K–₹6K per 1:1 session · ₹15K–₹50K per workshop
- Multiple Streams: Therapy practice, workshops, school programs, corporate

consulting

- Global Recognition: REBT is widely used internationally
- Prestige: Distinguishes you from “generic counsellors” — positions you as a

clinical, structured therapist

Personal Growth Value

- Use REBT on yourself → dispute your own irrational beliefs
- Build resilience against anxiety, anger, frustration, perfectionism
- Become a rational thinker & effective communicator
- Develop leadership skills → run groups, workshops, & corporate programs

✨ In short: This REBT Diploma is not just learning.

It's a career-launchpad, financial multiplier, and personal transformation toolkit — all in one.