

America Will Become Very Peaceful Due To Psychological Therapy Advancements
Such as Rational Emotive Behavior Therapy (REBT).

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America will become very peaceful due to psychological therapy advancements such as rational emotive behavior therapy (REBT). Rational Emotive Behavior Therapy provides an introduction to the theory, history, research, and practice of this influential approach. Created in the 1950s by the coauthor, Albert Ellis, rational emotive behavior therapy (REBT) was the pioneering cognitive-behavioral therapy. In essence, REBT helps clients learn to challenge their own irrational thinking and develop the habit of thinking in beneficial and rational ways. This shift enables clients to behave more effectively and, ultimately, experience healthy emotions (American Psychological Association). America should get better if we want to continue living in it and by the looks of statistics in population, numbers of psychological treatments, usage of REBT, and decreased crime rate, USA is more comfortable than ever. Some high credits should go to REBT.

One place that discusses and teaches REBT is in the Albert Ellis Institute (AEI) located in Manhattan, New York. A visit to a Friday Night Live session would give you the great opportunity, as it did to me, to see Dr. Michael Hickey, Ph.D. use his experienced professional REBT techniques on random volunteers that ultimately would get somewhat treated from their psychological problem underneath the audience noses. An instant example from the AEI session was with a female name Nikki who has a social problem and wants to be more assertive, confident, and less shy to confront people, in her case, her roommate in particular about identifying problems. Dr. Hickey began the technique by asking what's the problem, why you want this problem to be resolved, and during the session asked what would be the desired outcome, what emotions drives the

worry/fear, all to finally come to see that problems may not get as bad as we may imagine it to be. REBT encourages positive emotional goals and increases awareness in rationality. At the end, Nikki realized: “confronting people would not cause her life come to an end” as she stated, treating her by conditioning her to use REBT during these social problems (Olivo, 2014). Psychology is making America a more peaceful place as compared briefly primarily with psychological abnormalities research. Nikki had somewhat of a fear talking to people. This can be counted as psychologically abnormal.

Adults with social anxiety disorder report extreme fear when asked to give a speech (Beidel, Bulik, & Stanley, p. 10). People would seek help if not then frustration, pain, violence, and even death would occur. There are more people living now than ever as we can see through the census which states: year 1940 = population size 132 million and year 2010 = population size 308.7 million (American Community Survey, 2014). Take for instance the date of positive therapy birth, perhaps 1950 by a great contributor to therapy named Carl Rogers. His theory of abnormal behavior begins with the assumption that psychopathology is associated with psychological incongruence, or a discrepancy between one’s self-image and one’s actual self. The greater the discrepancy, the more emotional and real-world problems one experiences.

Incongruence results from the experience of conditional positive regard—a person is treated with respect and caring only when meeting the standards set by others (i.e., conditionally). The person comes to believe that he or she is worthy only when meeting those standards. Because this is an inaccurate, overly demanding image, emotional or behavioral problems result (Beidel, Bulik, & Stanley, p. 30). After Rogers, there were many more therapy contributions. How much more crime enforcement methods were installed in compared with psychological

therapy methods? Not as many. An FBI US crime research study by Sasinoski (2011) showed that before the time of Rogers therapy contributions, there were few publicized new crime solving technology advancements made, yet murderers, during that same time of the advancement in crime solving improvements, still killed, and crime rate stayed the relatively the same (Sasinoski, 2011). These murderers may have not care for the advancements so the crime was committed if they were treated to care then it would not have happened. These cognitive therapies are preventing deaths one way or another. There is another study based on REBT by Jackson (2012) which conducted one with multiple hypothesis and found majority of therapies useful even compared with different types of initial directions (Jackson, Zahara, & Tian, 2012). There are so many psychological abnormalities, along with likely successful treatments for them, that now college courses are introducing us to them, such as personality disorders, anxiety, obsessive-compulsive, bipolar, phobi (Jackson, Zahara, & Tian, 2012) as, depression, sexual dysfunctions, and much more.

There are many mental health professionals and services to choose from now. In classes, we are learning how to become good consumers of these mental health services. While taking a course in abnormal psychology and attending an AEI session, it made psychology a lot more interesting as the textbook anticipated the symptoms that volunteers mentioned they had. People become less stressed after treatments. REBT is a specific type of therapy, of many, that is leading US to become more peaceful. We could use more peace.

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