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events taking place in our lives that upset us; it is the beliefs that we hold that cause us to become depressed, anxious, enraged, etc.

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Emotive Behavior Therapy
known as REBT, is a type of cognitive-behavioral therapy developed by psychologist Albert Ellis. REBT is focused on helping clients change irrational beliefs. History of Rational Emotive Behavior Therapy

How Rational Emotive Behavior Therapy

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they struggle to get the case
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Performance in the Practice of Rational
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code of conduct serves to establish and
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The Practice of Rational Emotive
Behavior Therapy, Second Edition A. Ellis
and W. Dryden. New York: Springer
Publishing Company, 1997; 272 pages,
\$42.95. Albert Ellis is a name that is

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Sport and exercise psychologists help athletes eradicate dysfunctional thought processes and emotions, and the use of rational emotive behaviour therapy

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(REBT) to achieve this is increasing. What lies behind this growth in popularity of REBT in sport, and why is it found to be so useful? Some people believe football is a matter of life and death.

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