

The Fourth International Congress of Rational Emotive Behavior Therapy: The Role of “The Classics” in the Present and Future of Psychology

13 - 15 September 2019, Cluj-Napoca, Romania

The Fourth International Congress of Rational Emotive Behavior Therapy is organized by the Albert Ellis Institute, supported by the International Institute for Advanced Study in Psychotherapy and Applied Mental Health and the Romanian Association of Cognitive and Behavioral Psychotherapies (a member accredited for training by the European Association of Behavioral and Cognitive Therapies).

Cognitive and Behavioral Therapies/Psychotherapies (CBTs) are one of the most practiced and researched modalities of psychotherapy today. Rational Emotive Behavior Therapy (REBT) is the original/foundational cognitive-behavioral therapy (CBT), hence it is also referred to as RE & CBT or REBT/CBT.

As part of the CBTs family, REBT oriented academics and professionals typically participate regularly in major national and international CBTs conferences/congresses. However, at key critical times in the field, REBT has also held its own major international Congresses. Thus, the first Congress was organized by Albert Ellis and the Institute in New York in 1976, bringing together the founding fathers of CBT (e.g., Albert Ellis, Aaron T. Beck, Michael Mahoney, Donald Meichenbaum, etc.), marking an official merge of behavioral and cognitive therapies into cognitive behavior therapy (CBT) as well as highlighting the role of cognitions in psychopathology and the key role of CBT as a treatment. The second REBT Congress was organized by the Albert Ellis Institute in 1994 (the 35th anniversary of REBT) and the third one in 2001 (the 45th anniversary of REBT).

Taking into account the new developments and trends in the psychological and medical fields since the last REBT Congress in 2001 – e.g., personalized evidence-based treatments/technology/neurogenetics/machine learning-data mining/transdiagnostic-network analyses -, it is time for the Fourth International Congress of Rational Emotive Behavioral Therapy. Our aim is to explore how the legacy of Albert Ellis and REBT can influence and become better integrated with the present and the future of psychological research and practice. Indeed, in 1985 Albert Ellis’ fundamental role in the ignition and development of cognitive revolution in psychology and the role of REBT as an innovative treatment was acknowledged explicitly by the American Psychological Association by awarding him the Distinguished Contribution to Knowledge:

“... Dr. Albert Ellis’s theoretical contribution has had a profound effect on the professional practice of psychology. His theories on the primacy of cognitions in psychopathology are at the forefront of practice and research in clinical psychology...Dr Ellis expanded his clinical work in marital and sex therapy into a comprehensive theory of psychopathological treatment, Rational-Emotive Therapy. His theories have provided a starting point for many who investigate the nature of human emotional disturbance and its treatment ...” (text selection from the APA Award).

The main aims of the present Congress are:

- (1) To bring together members of the REBT community to discuss the state of the art REBT theory and practice;
- (2) To stimulate CBTs and other evidence-based psychotherapy professionals to participate in the Congress, to explore bridges and collaboration strategies with the goal of moving the field closer to a more integrative CBTs and/or evidence-based psychotherapy;
- (3) To stimulate professionals from the major fields of psychology and REBT to interact with each other (e.g., developmental/educational/school psychology to rational emotive education; work/organizational psychology to REBT/CBT coaching; pastoral/spiritual psychology to REBT pastoral counseling);
- (4) To encourage researchers from clinical cognitive neurogenetics sciences to participate in order to explore together the role of REBT in understanding human mind and behavior;
- (5) In addition, there will be meetings of the Directors of the 28 REBT Affiliated Training Centers from all over the world with the International Training Standards Committee that will focus on developing a strategic plan for the dissemination of REBT theory and practice.

A series of invited keynotes, workshops (invited and self-proposed), open papers (self-proposed), and round tables (invited), with outstanding academics and professionals, will cover the above mentioned aims.

The official language of the Congress is English. The Congress takes place in Cluj-Napoca, Romania, the heart of Transylvania, an affordable and easily accessible European city, which fosters unforgettable holidays and memories. The Congress website will be available in mid-January 2019. Please, save the dates and be part of this important state of the art Congress!

President of the Congress,

Professor, Ph.D., Daniel David, Babeş-Bolyai University (professor) & Icahn School of Medicine at Mount Sinai (adjunct professor), Director of Research, Albert Ellis Institute, New York, USA

