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GET IN TOUCH

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2-DAY CERTIFIED TRAINING WORKSHOP IN REBT

With

Dr. Debbie Joffe Ellis

World-Renowned Expert on REBT
Columbia University, Co-author & successor to Dr. Albert Ellis

Date:
NOV 14 & 15, 2026

Time:
10:00 AM 4:30 PM

Venue:
IIPR-Bangalore

Mode: Hybrid Access-
In-person + Online

WHAT IS REBT?

Developed by Dr. Albert Ellis, Rational Emotive Behaviour Therapy(REBT) is one of the original cognitive-behavioural approaches and the foundation of modern CBT. It helps people identify irrational beliefs, challenge unhelpful thinking, and build healthier emotional and behavioural responses.

Workshop Resource Person

Dr. Debbie Joffe Ellis
World-Renowned Expert on REBT Columbia University
Co-author & successor to Dr. Albert Ellis

A licensed psychologist (Australia) and mental-health counsellor (New York), Dr. Debbie teaches REBT and Comparative Psychotherapies at Columbia University. For years she worked alongside her husband, REBT pioneer Dr. Albert Ellis, who entrusted her to carry his work forward. She presented worldwide and co-authored the second edition of *Rational Emotive Behaviour Therapy* (2019).

"Legend in Counseling"
Named at the American Counseling Association's national conference, 2014.

APA Demonstration Film
Featured in the American Psychological Association's official DVD on the REBT approach.

Global Citizen Award Nominee
Nominated for the APA International Division award by a former APA President & Dr. Stanley Krippner.

Evidence-Based- A validated, structured intervention model popularly used for Anxiety, depression, anger, guilt, shame, perfectionism & interpersonal relationships.

Versatile Practice-Used in therapy, coaching, education & organisations 1:1 or in groups.

Organizers

Shyro Health Pvt. Ltd offers Personalised mental wellness support for modern workplaces. Shyro is a holistic mental wellness partner for corporates, offering personalised care, 24/7 access and evidence-based therapy supported by AI to help build workplaces where everyone can truly belong and thrive.

Indian Institute of Psychology and Research(IIPR) is an exclusive college for psychology education and research in Bangalore, offering ndergraduate, postgraduate and PhD programmes. The college is NAAC accredited centre for academic excellence, well known for its learner centric, holistic and inclusive education.

KEY TOPICS COVERED IN THE TRAINING

What You Will Master

- The foundations, theory, and core elements of Rational Emotive Behavior Therapy (REBT)
- Key REBT tools, techniques, and practical interventions
- The unique features of this pioneering and holistic therapeutic approach
- The history, evolution, and development of REBT
- REBT's influence on the development of contemporary psychotherapy approaches
- Essential aspects and considerations in conducting effective REBT therapy sessions
- The role of unconditional self-acceptance, unconditional other-acceptance, and gratitude in emotional well-being
- Common myths and misconceptions about REBT and what the evidence actually shows
- Applications of REBT in individual therapy, group settings, and with specific concerns such as anxiety, depression, anger, addiction, and other emotional and behavioral difficulties

Key Takeaway

- Learn directly from one of the world's foremost REBT experts.
- Build confidence for real therapy sessions.
- Gain practical, session-ready therapeutic skills.
- Authentic techniques from the Albert Ellis tradition.
- Strengthen your case-conceptualisation ability.
- Earn a Certificate of Training.

Training pedagogy

A hands-on training designed to build real skill.

- Interactive lectures
- Live demonstrations
- Case discussions
- Role plays
- Q & A sessions
- Practical exercises
- Reflective learning

Who Should Attend

Designed for practitioners and learners who want authentic REBT skills:

- Psychologists
- Counsellors
- Therapists
- Mental Health Trainees
- Psychology Students
- Psychiatrists