



Expository Review of Rational Emotive Behavioural Therapy (R.E.B.T) of Albert Ellis As It Relates To Nigerian Situation

Ebenezer, Jacinta Chinyeaka. M.ED & Maxwell, Eremie, Ed.D

**Department of Educational Foundation
Faculty of Education, Rivers State University
Nkpolu-Oroworukwo, Port Harcourt, Nigeria
Email: jacyebenezer@yahoo.com**

ABSTRACT

This study gave a brief explanation of what a theory is all about. Thus, it means a set of tested assumption used overtime to produce a positive result. It also outlined the qualities of a good theory such as; meaningfulness, predictability, simplicity, comprehensiveness, usefulness and validity. The study mentioned its functions as; increasing the understanding of a body of knowledge through the explanation of some phenomena, encourages partway by which predictions are made and serve as a guide to research studies. The reasons for counselling theory were also outlined thus; providing useful information for both counsellor and client, helps in effective counselling, guidance and placement programme to take place educationally, vocationally and personal- socially. The study also mentioned the proponent of the theory as Albert Ellis (1959). It explains his ABCDEF theory where 'A' refers to event,; 'B' refers to irrational belief and 'C' refers to the behaviour that results from 'B'. His opinion on the use of 'must,' 'should', 'ought to be', His historical backgrounds and view of human nature were x-rayed as human beings being both rational and irrational, man having the ability to control his feeling and actions, emotional disturbances are not determined by external circumstances but his self-verbalization. Basic concepts of the therapy, therapeutic techniques, goals, counselling process, counsellor's/counsee's role, comparison of REBT to other theorists, counselling implications, practical applicability to Nigeria situation using his '11 irrational thinking', criticisms, contribution, researcher's point of view, summary and conclusion were also discussed.

Keywords: Counselling, therapy, Psychotherapy, neurotic.

INTRODUCTION

What is a theory?

A theory is a set of tested assumption used overtime to produce positive result. Iwuama, Nwachukwu and Obimba (2000), viewed a theory as an unproved speculation about reality, one not known to be true or false. It is a way of organizing and systematizing what is known about a phenomenon. A theory is not an affirmation, but a method of analysis that cannot produce any permanent belief. One basic truth is that a theory is not fixed. As development, takes place and knowledge increase, theory also changes. A theory that is acceptable today may not hold true few years later. Even the person who propounded it may also disbelieve his theory as knowledge increases. It is a road map that serves as a guide for the user. Theories provide a framework and enable individuals reach a desired destination.

Qualities of A Good Theory

1. **Meaningful:** Bringing together meaningful facts which have been known by observation.
2. **Predictability:** It generate hypothesis about natural phenomena which when tested should be valid to a great extent.
3. **Simplicity/ precision:** Free from ambiguity, stated in a simple language.
4. **Comprehensiveness:** Completely cover the areas of interest, containing important facts on the subject being discussed.
5. **Usefulness:** Relevant to life and behavior, not being restricted to a particular situation.
6. **Validity:** Instigate new ideas, provoke thinking, new discoveries, knowledge and even refine theory.

Functions of A Theory

1. To increase the understanding of a body of knowledge through explanation of some phenomena.
2. Encourages further pathway or framework by which predictions are made.
3. Serves as a guide to research studies/investigations into various domains.

Reasons for Counselling Theories

1. Provide useful information for both the counsellor and the counsellee which attempt to explain the intricate network of factors that leads to a successful counselling process.
2. Provides theoretical basis for understanding how young people develop educationally, vocationally and personal-socially.
3. Help in the improvement and effective counselling, guidance, and placement programmes to take place educationally, vocationally and personal-socially.
4. Helps to explain some issues that culturally or sociologically cannot be accepted. (Unachukwu and Igborgbor,1991)

Many psychologists propounded one counselling theory or another such as; the psychoanalytic theory of Sigmund Freud, Client-centered theory of Carl Rogers, Gestalt theory of Fredrick Perls, behavioural theory of Garth Sorenson ,Reality theory of William Glasse, Eclectic theory of Fredrick Thorne, etc. In this write up, we will be concerned with the Rational Emotive therapy of Albert Ellis.

Rational Emotive Behavioural Therapy Explained.

The Rational Emotive Behavioral Therapy is also known as the 'ABCDE' model of psychological disturbance and change. This theory is a behavioral therapy. It is one of the cognitively oriented approaches to counselling and psychotherapy. It is also directive in nature. His theory is based on learning theories. It is the pioneering form of cognitive behaviour therapy developed by Dr. Albert Ellis in 1955.

REBT is an action oriented approach to managing cognitive, emotional and behavioural disturbances. According to Albert Ellis (2010), working to change your personal philosophy is a valid therapeutic technique which can lead to a genuine growth. Behaviour, emotion and cognition are all interrelated. He tells us how to recognize irrational belief patterns based on "must" and "should". He then presents methods for self-analysis and therapy. Ellis discusses and demonstrates the modeling approach, use of humour, cognitive homework, unconditional acceptance of client, the use of strong language and dealing with low frustration tolerance. He also describes the application of these principles in his own life experience.

In the 'ABCDE F' system, 'A' - refers to the activating or external event which can be an activity, action or event. 'B' - refers to irrational beliefs about 'A', that belief then leads to 'C', 'C' - refers to the feeling/emotional and behaviors that result from 'B' (e.g. 'A' does not cause C 'but B causes 'C'). 'D' - stands for disputes or arguments against irrational beliefs. 'E' - stands for new effect, the result of holding healthier beliefs (Jorn, 2016). Then 'F' - refers to the developed feelings of oneself either at point and after point C or at point after point 'E'.The philosophy

behind this theory is that man is basically rational and irrational. When he is rational, he is effective, happy and competent.

However, illogical or irrational thinking the client manifest sometimes is as a result of emotional disturbance or neurotic behaviors such as anger, hatred, depression, fear, love, joy, happiness, etc. According to Akinade (2016), the central theme of this theory is that therapists can help clients to live the most self-fulfilling, creative and emotionally satisfying lives by teaching them how to recognize and discipline their thinking. The theory follows the medical treatment of analysis, synthesis, diagnosis, prognosis, counselling or treatment and follow-up.

Rational Emotion Behavioral Therapy (REBT) is a prescriptive model which presents the counsellor as essentially a teacher or elder who applies a rational problem solving process in an individual teaching relationship. Ellis believes that man acquires rational and irrational thinking and behavior through child rearing process and the type of reinforcement given by the significant person especially the parents. 'If adaptive and maladaptive behaviors are learned, they can be unlearned and desirable behaviors replaced by obsolete ones' (Olayinka 2000).

Historical Background

Albert Ellis was born in 1913. He is one of the most influential figure in the history of psychology. He obtained his masters of Art (M.A) degree in 1943 and a Doctor of Philosophy (Ph.D) degree in clinical psychology 1947 all from Columbia University in the United States of America. He specialized in the field of marriage and family counselling. In 1943, he began private practice in marriage, family and sex counselling. He adopted the method of giving authoritative information to clients, but later realized that it was not adequate to solving clients problems hence they were psychologically and emotionally disturbed. He then went for training in psychoanalysis for three years. Being not yet satisfied with his result, he believes that the analyst should be more active, directive and confrontational so as to eradicate the irrational thinking of disturbances.

View of Human Nature

The theory holds specific view about the nature of man; this recognized that human beings experience unhappiness or emotional disturbances as part of their nature.

1. Human beings are both rational and irrational which he believes is biologically inherent. When they are thinking or behaving rationally, they are effective, happy and competent.
2. Neurotic behavior/emotional/psychological disturbance in man result from irrational and illogical thinking. He explained neurosis as stupid behavior by non-stupid person. He believes that thought and emotion go together and man's thinking is usually biased, prejudiced, highly personalized and irrational.
3. Man has the ability to control his feelings, thoughts and actions.
4. Man's irrational thinking is caused by the illogical learning which the individual is predisposed to and those learned early in life by parents and believe system in their culture.
5. Man has the Ellis believes that cognitions about events or situations can be of four types; positive, negative, neutral or mixed.
6. That responsibility for their lives and choices about whether to be disturbed or not.
7. Persisting states of emotional disturbances are determined not by external circumstances or events, but how the individual views and perceives these events and his self-verbalizations about them (internally).

View of Emotional Disturbance

Albert Ellis said that psychological problems are intrapersonal in origin: that is meaning giving process is internal in the minds of people. Individuals produce emotional problems within themselves by their faulty irrational beliefs. People originally learn irrational beliefs from significant others during growing up in early childhood. That is, human beings create irrational dogmas and superstitions by themselves resulting to emotional disturbances (Ellis, 1989).

REBT opines that blame is the core of most emotional disturbances. The tendency for human to escalate their desires and their preferences to "dogmatic", "absolutistic," "should," "must," "ought" forceful command to self and others, generate emotional problems.

These are five basic areas, according to Dryden & Ellis (1988), Ellis (1987) that outline internalized self-belief system that create emotional disturbances. They are as follows

1. "I must be loved or approved of all significant people in my life."
2. "I must perform important tasks competently and perfectly well".
3. "Because I strongly desire that people treat me considerately and fairly, they absolutely must do so".
4. "If I don't get what I want it is terrible and I can stand it".
5. "It is easier to avoid facing lives difficulties and responsibilities than to undertake more rewarding forms of self- discipline" (Eremie & Ubulom, 2016).

Ellis stipulated eleven (11) irrational ideas thus;

1. It is essential that a person be loved and approved by virtually everyone in the community.
2. A person must be perfectly competent, adequate and achieving to be considered worthwhile.
3. Some people are bad, wicked or villainous and therefore should be blamed and punished.
4. It is terrible catastrophe when things are not as a person wants them to be.
5. Unhappiness is caused by outside circumstances and a person has no control over it.
6. Dangerous or fears of somethings are caused for great concern, and their possibility must be continually dealt upon.
7. It is easier to avoid certain difficulties and self-responsibilities than to face them.
8. A person should be dependent on others and should have someone stronger on whom to rely.
9. Past experience and events are the determinants of present behavior, the influence of the past cannot be eradicated.
10. A person should be quite upset over other people's problems and disturbances.
11. There is always a right or perfect solution to every problem, and it must be found or the result will be catastrophic.

Ellis parted ways with Freud's psychoanalysis because he argues that although early childhood experiences influence emotional disturbances as pointed out by Freud, they are only secondary causes and cannot continue to be influential if the individual does not acquire any of the eleven illogical ideas above. Hence, Albert Ellis based his rational emotive therapy on the basic assumption that human beings are both "inherently rational and irrational, sensible and crazy", though; he further contends that blame is the core of most emotional disturbances.

Basic Concept Of The Theory

In this approach, the therapist tries to uncover his client's past and present illogical thinking by;

1. Bringing them forcibly by his attention or consciousness
2. Showing him how they are causing or maintaining his disturbances
3. Demonstrating exactly what the illogical links in the disturbance and unhappiness
4. Teaching them how to rethink, challenge, contradict and verbalize these and other similar sentences so that his internalized thought becomes more logical and efficient.

Therapeutic Techniques

1. Client is shown that his ideals are illogical and he is helped to understand how and why they become so and also demonstrate the relationship of their irrational ideals to their unhappiness.
2. Therapist shows that client maintain his disturbance by continuing to think illogically.
3. Client changes his thinking and abandon his irrational ideals.
4. The counsellor uses logic and reasons, teaching, suggestions, persuasion etc. to show what client's irrational philosophies are.

5. Other methods include; suggestion, persuasion, confrontation, deductive, discussion, behavior modification, role playing, assertive training, humor and operant conditioning etc.

Therapeutic Goals

1. To help people live rational and productive life.
2. It is people's thought and beliefs about event that creates difficulties, not the events or situations themselves.
3. R.E.B.T assists people in changing self-defeating behaviors or cognitions.
4. It espouses acceptance and tolerance of self and of others in order to achieve life goals.

As identified by Ellis in Kolo (1997), therapist should work towards; tolerance, flexibility, commitment, self-interest, self-acceptance, self-reliance, self-direction, social interest, acceptance of uncertainty, scientific thinking and Risk Taking.

Role of the Counsellor

Ellis believes that the counsellor must be bright, knowledgeable, empathetic, persistent, and scientific, interested in helping others and use R.E.B.T in their personal lives. The effective counsellor should continually keep unmasking his client's past and his illogical thinking or self-defeating verbalizations by bringing them to his attention, showing the clients how they are causing his disturbance, demonstrating his internalized illogical sentences and how to rethink and re-verbalize these sentences in a more logical, self-helping way. The counsellor exposes him to the irrational thought that human beings are prone to so that at the expiration of the therapy, he does not fall victim to another set.

Practical Application Of Rational Emotive Behavioral Therapy (R.E.B.T.) To The Nigerian Situation

In his ABCDE theory, Ellis believes that in human life there must be an event known as 'A'. In every event there must be a reaction known as 'B'. The reaction will have an effect or outcome which is referred to as 'C'. Albert Ellis therefore went further to explain that in the event of life 'A' does not lead to 'C' but 'B' leads to 'C'.

Researcher explains that Life is full of issues, challenges, events which might be good or bad. The way an individual reacts to the events that occurs will determine the end, effect or outcome of that occurrence.

In the theory of R.E.B.T human beings are seen as rational beings but at times they exhibit some irrational behaviours. Ellis listed hence eleven (11) irrational behaviours human beings exhibits which leads to catastrophes or abnormal reactions to events of life. These irrational behaviours are linked to emotional drives, intuitions and reactions. The Nigerian cultural background is one in which the belief system is associated with a lot of superstition and inhibitions, like evil spirit, witchcraft, a curse etc. A student whose academic pursuit is hampered by emotional disturbances may attribute it to someone who does not want his success. Excessive perfectionism, standards, anger, fears and various forms of anxiety, examination phobia which often leads to examination malpractice and all forms of phobia can be traced by R.ET.

1. It is essential that a person be loved and approved by virtually everyone in the community

Someone should bear in mind that he must not be loved by everybody, It might be that either one is loved because of his money, fame, his oratory Prowers, his dressing pattern, elegance, philanthropic or his liberality to all. But to some other persons, they may see him as one who is trying to blow trumpet of his riches, bribe his way through, in order to be loved which may be contrary to his notion. If he is irrational, he may decide not to contribute to people's welfare, be withdrawn, show a life of indifference and decide to manifest some

abnormal behaviours contrary to his lifestyle, but as a rational individual, he balances ideas hence one man's meat is another man's poison.

2. A person must be perfectly competent, adequate and achieving to be considered worthwhile.

Meaning that a sense of perfectionism is irrational; example; when somebody perceives this, tries and fails, may become discouraged but if he is positive he keeps trying till he gets it. Clara who keeps failing in JSS1 up to three times, to a teacher who knows that failing an examination does not mean she is incompetent may allow her go on, but a teacher who strictly believes on this theory may not allow the child to go on. Another example is several failing in JAMB and repeating can lead to quitting from such. Hence the school board believes that a child who fails should not be given admission. But these days it has been reviewed such that those who could not make it through JAMB can be considered in the Polytechnics and Colleges of education.

3. Some people are bad, wicked or villainous and therefore should be blamed and punished.

Some people who believe that their house helps are bad, tell lies, fights and so on, for instance; end up concluding everything done by her as being bad. She may play with the child, and the child cries, then the mistress will conclude that she has maltreated the child and she will be punished, only to discover later that she was not harming the child but doing good to him/her.

Also, Jack who has not been performing well academically may eventually struggle hard a particular term and gets a better position but the teacher who feels that he has been a poor student, may end up robbing him of his good position.

4. It is terrible catastrophe when things are not as a person wants them to be.

The high level of suicidal tendency in Nigeria is because to them it is a terrible catastrophe when things are not as a person wants them to be. Example, a young man who graduated 7 years ago as an engineer, though has a luxury car, good story building, children and many other things, still feels he has not achieved his dream of getting a good job as his fellows had done or as a result of a crash in his business attempted a suicidal action of stabbing himself and wanting to get drowned. Another 44 yrs old Mr. Kelly (real name withheld) almost stabbed himself because what he bargained in marriage as per having a happy home was not found in his spouse's life. Instead of having a joyful, admirable family, the wife always scolds, nags and uses all sorts of insulting and abusive words on him whenever he comes back home.

5. Unhappiness is caused by outside circumstances and a person has no control over it.

Even though people around you may cause you to be unhappy or offended, it is irrational. It can be caused by intrinsic or extrinsic factors and in all one must have control over his emotion. Mrs. Kemi (real name withheld) who was announced in the internet recently, cut off his spouse's genital because, he cheated on her. She should have found an alternative of either depriving the man of sex or leaving the scenario for the moment until her anger comes down.

6. Dangerous or fear of some things are caused for great concern and their possibility must be continually dealt upon.

No matter how great or fearsome a phenomenon is, a rational being should know that fearsome things can come but they should not be a great concern for him. If such fearsome things come he should adopt some coping strategies, adopt a 'stop thought' diversional therapy etc. to divert it from his memory. Because if not it can lead him to feeling of dreadfulness, loss of confidence, high pretension, internalize fear and phobia. Example; 'Angela' lady from south-south was a very struggling lady who fell in love with a man and helped him to survive live hurdles, but after all the man disappointed her and married another lady, even threatened to kill her. This made her to lose confidence in other men refused to get

married to any other man, kept being withdrawn and sad until she eventually died. She should not have died if she had shared her ordeal with a counsellor who could have used some techniques as symbolic modeling (audio/visual tapes), thought stopping on her or by herself to enable her cope with her problems. Another case of miss 'C' working in the Lagos airport ended up sponsoring a man overseas because she fell in love with him and promise marrying her but after traveling overseas neglected her and at the end she could not get married. She may have verbalized this in her belief system; marriage proposals for my friends are intact, why must I be disappointed?', Is it because I am ugly or what?, Is it because I talk too much?, , why me!!!. It is better I die than to bear such. If she is rational, she would have self-verbalized thus; Jones is not the only man. There are many more handsome men than him .My chances are unlimited .God's time is the best. Notwithstanding, she could have been rational by changing his thinking and settling down with another man.

7. It is easier to avoid certain difficulties and self –responsibilities than to face them.

Avoidance technique is an irrational behaviour. It is better a person faces challenges than to avoid them. Mr. Fredrick who jumped into the river because the wife delivered triplet should have sought for help from the government, ask helps from relatives, seek for meager jobs in order to face his challenges. Killing himself has not solve the problem of the wife delivery to triplet because in future those children will still need their fatherly love, care and advice.

8. A person should be dependent on others and should have someone stronger on whom to rely.

A well-adjusted adult should aspire to be independent and not relying on someone instead looking for opportunity for others to rely on him. This irrational thinking has made most of our Nigeria Youth to keep relying on their parents even at 40s instead of waiting for white collar jobs, lucrative business, should look for some craft, or other business in order to help their younger one.

9. Past experience and events are the determinants of present behavior, the influence

People who believe in this irrational thinking don't forget the past. Example; 'blame shifters' may be their parents couldn't pay school fees for them, buy book and as a result they couldn't pass their exams, constantly shift their failure or non-achievement to their parents or other significant figures. They should rather look for a way out of moving forward and forget past experience.

10. A person should be quite upset over other people's problems and disturbances.

A helper doesn't show sympathy but empathy. Example, some people when they come to comfort the bereaved may even wound themselves, cry more than the relations of the deceased instead of calming the people who lost their beloved one. Some may be paid as chief mourners who cry profusely during the burial. The Nigeria counsellors adopt empathy in dealing with their clients but not sympathy. A case of Mrs. Joy, a widow whom the death of her dearly beloved husband led to her developing high blood pressure, yet being over encumbered with people's problems to the extent that though she is circularly well paid, working in an oil company, but before the end of every month incurs heavy debt that her salary alert always shows red (nothing). That means she spends above her salary and even borrow before the beginning of the next month because, she wants to satisfy everybody's needs without believing that some of those people may be more comfortable than her. Some of such people have forms it as a habit monthly making such request. In some cases, she even borrows to satisfy whosoever that comes for such at the end dying in much thinking. This irrational behavior should be changed in other to become a well-adjusted person. This woman should be **assertive** enough to tell people off when she does not have instead of passing through such psychological trauma.

11. There is always a right or perfect solution to every problem, and it must be found or the result will be catastrophic.

There must be solutions to problems, but there are certain problems that may not have solution. Therefore the individual should allow such situations to pass-by instead of dying for it. Hence there is no perfect solution to any problem. One should employ some coping strategies in order to avoid being victims of such situations.

If it is a situation that is unavoidable he should consider compromising. For instance, a man living in a neighborhood where a company is being managed and their generator is disturbing him, possibly he is the landlord of the house, and the company's premises is their permanent site and so, may not be easy to move out. This man if he does not have money to relocate or rent house elsewhere, should compromise the situation by buying earpiece to wear whenever the generator is on or decides not to complain hence his much complaints have not helped the situation.

Also, a student who wished to be enrolled as medical doctor but eventually could not reach the cut-off point in the Jamb result though very brilliant, having the aptitude and attitude in such career, can still enter into another related course like pharmacy, nursing, etc. instead of being frustrated. Another Mr. Edeth (name withheld) who had wished to marry from a royal family eventually he was deprived because he is from a lower economic class, should not feel that his end has come. He should instead readjust his mind and move forward to look for another girl whom the family will support their relationship, talking to himself that possibly his marriage with the first girl may not be compatible.

Comparison of REBT to Other Theories

REBT is behavioural unlike other theories like Psychoanalysis which is concerned with how childhood experience and other repressed motives that have been subjected to the sub-conscious level that can come up in later life to influence the individual's behaviour. Ellis' theory differs from Carl Rogers' theory also in that during counseling, the client is allowed to air his views and ideas and suggest way forward to the challenges of life that constitute threat to him, whereas counsellor sits with him and guides the forum. In comparison with Ellis, he believes in teaching and re-directing his irrational behaviours to rational ones.

The behavioural counselling view point of Krumboltz J. D, Thorenson C. E. Jack Michael, Lee Mayerson; etc. defined behaviour as a function of heredity and environment. Thus, it is as a result of learning rather than mental illness, while counselling is conceived as a teaching-learning process in which the counsellor uses variety of learning strategies to help client learn desirable behaviours that will help them solve their problems while the psychoanalysis is a method of treating individuals by psychological rather than physical means.

It helps individuals understand his own mechanism of adjustment. It is majorly designed for the treatment of neurosis but has been widely used with variety of psychological disorders. Besides, the theory is based on human needs, psychological, physical and physiological. Its ideas derive from such terms as Id, Ego, superego, fixation, rationalization, repression, substitution, etc and how some or all of them generate pathology in an individual. Hence, Ellis active directive teaching is similar to Williamson E.G, in his Trait Factor theory, while Rogerians focus on 'feeling', understanding the client from his own view point, Ellis focuses more on "thought". He believes that human beings make themselves victims of irrational thinking and can virtually destroy or distort themselves through such.

Implications for Counselling

Rational Emotive Behavioural Therapy is highly directive. It can be readily applied into the Nigeria culture in which people are very directive in modifying other people's attitude, perceptions, thinking and behaviours. According to Nweke, Essuman, Anagbogu, Emekekwe, *et*

al., it offers a very quick way of making the client have insight into the causes of his problem. It can be used by counsellor, teachers, parents in training children to develop sound attitudes and perceptions about other people of different tribes, race, socio-economic status etc. Individuals can also use it to modify their friends' wrongs attitudes or settle quarrels at home between husband and wife. Essentially R.E.B.T follows the medical approach to treatment-analysis, synthesis, diagnosis, prognosis, and counseling and follows up. It is a logical approach in man neurotic problems and it is quite suitable in Nigerian counseling. The goal of therapy is to eliminate client's self-defeating behavior and assist him acquire a tolerant and rational view of life.

R.E.B.T is very relevant to our culture because therapist uses diverse procedures as, teaching, reading, assignment etc. in solving problems. The model is deductive and directive and has been found effective for school counselling. The technique is shorter than others and permits an effective use of counsellor's limited time.

The counsellor can persuade, teach, confront or use any of the techniques to dispute client's illogical and irrational beliefs, teaching him a more logical way of thinking or viewing his problem. For example; one of the client's illogical statements may be "I should pass all my examinations otherwise I am finished" This illogical statement can be re-stated thus "I hope to pass all my exams. In case I fail some, I will work harder to pass them next term."

With the clients irrational beliefs modified to rational beliefs, he undergoes behavioural changes by adopting behaviours which are in line with his new way of thinking.

Criticism

1. R.E.B.T relies too heavily on intellectual techniques like thinking, reasoning, and teaching to rid of the client's irrational ideas /illogical thinking.
2. The use of 'must', 'should', 'ought', and other forceful commands constitute emotional disturbances.
3. The technique can only be applied by those who are trained because they can be able to identify irrational beliefs associated with the problem.

Contributions of R.E.B.T

1. The theory is good in the management of maladjusted behaviour like neurosis and paranoid behaviours.
2. The technique is effective in training self-defeating and social problems.
3. It works for both old and young people.
4. Emphasis on the active involvement of the counsellor in the therapy process in contrast to the counsellor's passivity in Freudian and other non-directive methods.
5. Emphasis on extending treatment procedures outside the counsellor's office, like homework, assignments, bibliotherapy involving reading materials.

Researcher's Point of View

The researcher maintained her position thus; R.E.B.T is very important in life because it links the past to the present and the future through the ABCDEF theory. It presents the events of life which might be in the past to the effect of present perception to the future outcome. Also, it is able to touch diverse spheres of life through the 11 irrational ideas and tries to explain how to be rational in the process of unveiling the irrational thinking of life.

Though, Albert Ellis limited himself to the 11 irrational behaviours, there are other ways human beings manifest irrational behaviours. Example: In Africa especially Nigeria, it is believed that the lineage of someone who has no child is closed up, this makes some people even when diagnosed medically of not being capable to have children still go through dangerous fetish means in order to get children, this is because in our cultural setting, people in this category are discriminated, humiliated, isolated and frustrated, etc. But a rational person can legally adopt

children if not still believe that at old age he can go and stay at old people's home to be taken care of having no one to take care of him.

Albert Ellis in his view believes in confrontational and attack approach. It is not the best because if one already has emotional disturbance, confrontation and direct attack can trigger him the more. The best approach may be using an indirect way to display the normal behaviour to him.

Based on the above, the researcher maintained her position thus; quite opposite of Ellis, most Nigerians do not like to be confronted, attacked or corrected in their own belief or behaviour whether such behaviours are acceptable or unacceptable. For instance, this view can be ex-rayed through Mr. Ossai's life style, (real name withheld) a notable person, whom people always complain of being selfish, stingy, parasitic, in corrigible, lack self-control and always cheating on the spouse. Though the spouse tries to bear all his odds, ill-behaviours, and accommodates him because she believes that the word of God does not encourage divorce. Notwithstanding, occasionally when he manifest some or any of such irrational behaviours, on trying to correct him, will be ready to pull down the house, destroy things or even quarrel or ready to fight the wife and keep mute on her. On the contrary, the researcher believes that confrontation and attack sometimes is good in its own way because some people are not assertive and do not have the will power to say 'no' even in adverse situations. This has led many Nigeria youth to teenage pregnancy, cultism and other abnormal behaviours. It is sometimes useful because it gives room for discovering the truth.

The researcher opines that in Ellis theory, the use of 'must' 'should' and 'ought to' could have been replaced with 'may be', 'could' and 'might' because it has to do with behaviour, and man's behaviour can be modified or changed. Contrary to his view, it is not good for individuals to be giving a forceful or compulsive command knowing that it can lead to emotional problems. Rather he should be given the opportunity to choose and doing things in his own way. For instance Mr. Bright who is always mandated by his boss that "you must finished a particular set of work before the work day is over," may unwillingly try his best to finish the work just to pacify the boss but at the end may end up making a lot of mistakes which may be more grievous and harmful unlike when he must have done it at his own disposal. If given the right of choice, might have come up with a better and more yielding result.

Notwithstanding, our present day youth as a result of the exposure to modern facilities and technologies, have been engaged in so many things learnt from peers and so, need stronger hands of correction in order not to be psychopaths or manifest any other form of anti-social behaviours for their future wellbeing. This is true because, the bible says in proverbs chapter 22 verse 6 'Train up a child the way he should go, when he grows up he will not depart from it. Also in proverbs 23 verse 13-14, it says "withhold not the correction from the child, for if you beat him with a rod he shall not die. You shall beat him with a rod, and shall deliver his soul from hell. Moreover, foolishness abound in the heart of a child but a rod of correction shall drive it far from him (Proverbs chapter 22 verse 15). Also, our present day youth as a result of the exposure to modern facilities have been engaged in so many things learnt from peers and so, need stronger hands of correction in order not to be psychopaths or manifest any other form of anti-social behaviour in future. In the same vein, I support his notion that 'blame is a source of emotional disturbance because, there is a saying that "praise people in the open but correct people in the secret".'

CONCLUSION/SUMMARY

The theory is very suitable to Nigeria situation. Ellis saying that man is irrational and rational, it means that nobody is perfect, at times man can think aright and sometimes he can be upset. Though R.E.B.T is very important in its practical application in our educational system, we must avoid over-directing. A school counsellor has no right to impose his values on his client; rather he should guide him to critically examine each alternative and its consequences before deciding on

what choice to make. It means that a therapist should use his discretion when he serves as a counter propagandist or occasionally insist that the client engages in some activities.

The goal of counselling is to make more information; more skills and better problem solving techniques available to the counsellee who is expected to make his own choice and be ready to face the consequences. The rational emotion therapist when challenging irrational ideas of his clients should be cautious not to resort to indo creation hence it may have adverse effect on the counsellee. Doubtlessly, a school counsellor who uses rational emotive therapy in its modified forms as suggested above will contribute significantly towards assisting the youth to think rationally and behave adaptively (Onwukwe, 2016).

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