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web jul 17 2023 rational emotive behaviour therapy rebt is a form of psychotherapy introduced by albert ellis in the 1950s alongside cognitive therapy created by aaron beck in 1976 rebt is thought to serve as the basis for

albert ellis wikipedia - Jul 16 2023

web he held ma and phd degrees in clinical psychology from columbia university and was certified by the american board of professional psychology abpp he also founded and was the president of the new york city based albert ellis institute 1