**REBT Case Conceptualization**

After reading the case scenario, you will have to hypothesize what may be going on in the client’s mind. Remember that irrational beliefs are thoughts that a person must be completely competent in every aspect of his or her life.

**Part 1**

Identify what you believe to be the client’s primary presenting problem(s).

Are there secondary concerns?

**Part 2**

1. What was the **Activating Event**?
2. What do you think some of the client’s **Beliefs** are about this event?
   1. Are there any that may be rational? (Not demanding, only preference)
   2. What might be the client’s beliefs that are irrational? (Demanding, “Musterbation”)
3. What are the **Emotional** consequences of the irrational beliefs?
4. Think about how you may **Dispute** these. (part of treatment)

**Part 3 Treatment Planning**

* What **Disputational** techniques might you use?
* What might you say?
* Could you use Rational Emotive Imagery?
* Could you use humor?
* What homework assignments could you give?
* Others?