

USING COGNITIVE BEHAVIORAL TECHNIQUES IN INDIVIDUAL AND SMALL GROUP COUNSELING OF STUDENTS

Ann Vernon *

Albert Ellis Institute of REBT, New York, U.S.A.

Abstract

The purpose of this study is to provide an overview of cognitive behavioral principles, with specific emphasis on practical applications of CBT and REBT that professional school counselors can use in working with students in individual and small group counseling. In addition to an intervention focus, the author discusses how to develop a preventative approach that integrates cognitive principles in classroom guidance lessons. Further applications with parents and teachers are also highlighted.

Keywords: *counseling, small group*

* Professor and Coordinator of counseling at the University of Northern Iowa in Cedar Falls, Iowa; Albert Ellis Institute of REBT, New York, U.S.A. E-mail: Ann.Vernon@uni.edu