

Online Rational Emotive Behaviour Therapy (REBT) Programme presented by Student Counselling and Development

Do you tend to overthink? Does overthinking put you in a bad, anxious or depressed mood?

Then, the REBT programme might be for you! This programme equips you with healthy thinking patterns, that will lead to healthy emotions and behaviours.

- The programme is on Blackboard.
- You can complete it at your own pace.
- It is a self-help workbook, with psychologists facilitating the process.
- Runs from March to November – sign up anytime!

1	Log into Blackboard
2	Select Organizations
3	Select Student Counselling and Development
4	Select the REBT Programme
5	Register using the Group Sign-up sheet
6	Immediately access the course content

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