

Belief and Causality: An Epistemological Inquiry into the Foundations of Rational Emotive Behavior Therapy

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Abstract

The aim of the present paper is to offer a critical examination of the epistemological foundations of rational emotive behavior therapy (REBT). Taking the tension between the basic presupposition between REBT and the ABC cognitive model constituting its core as its cue, the paper focuses on the causal relation between cognition and emotion and tries to argue that, at closer inspection, neither the theoretical, nor the experimental reasons adduced in favor of the idea of a determining role of cognition in the appearance of mental disturbance actually hold.

Keywords

rational and irrational beliefs, causality, primacy of cognition, primacy of emotion.