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Izvorni znanstveni članak



### Cognitive-Behavioral Grief Therapy: The ABC Model of Rational-Emotion Behavior Therapy

Ruth Malkinson ; School of Social Work, Tel Aviv University, Israel

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#### Sažetak

The article briefly reviews the changes that occurred in the field of grief and bereavement, viewing it as a process of searching for a "rational" meaning to life without the deceased in line with the concept of continuing bonds and thus replacing that of Fred's concept of deathecis. Cognitive-behavioral therapy (CBT) evidenced-based studies for PTSD and complicated grief and the Cognitive-behavioral therapy – Rational-emotion behavior therapy (CBT-REBT) model for grief are reviewed. The focus of intervention based on CBT-REBT is to facilitate a healthy adaptation to loss following death. A distinction is made between rational (adaptive) and irrational (maladaptive) grief processes. Case example illustrating the application of the model specifically a dialogue with repetitive thoughts, are presented.

#### Ključne riječi

[grief](#); [complicated grief](#); [cognitive grief therapy](#); [CBT-REBT based intervention](#)

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Srce

Cognitive behavioral therapy is, in fact, an umbrella term for many different therapies that share some common elements. Two of the earliest forms of Cognitive behavioral Therapy were Rational Emotive Behavior Therapy (REBT), developed by Albert Ellis in the 1950s, and Cognitive Therapy, developed by Aaron T. Beck in the 1960s. See Dobson and Block (1988) for a review of the historical basis of cognitive behavioral therapy. General Assumptions. General Assumptions. Cognitive-Behavioral Interventions for PTSD. Grief. Techniques of Rational Emotive Behavior Therapy (REBT). The-Mindfulness-Workbook-for-OCD-A-Guide-to-Overcoming-Obsessions-and-Compulsions-Using-Mindfulness-and-Cognitive-Behavioral-Therapy.pdf. anger workbook. A case example is presented highlighting the ABC model within Rational Emotive Behavior, a model that focuses on the centrality of ones belief system, viewing grief as a process of meaning- construction following an external negative event such as death. From the cognitive perspective, a distinction is made between an adaptive course of grief and a maladaptive one.