Chapter 6 Faulty-engine theories: Behavioural, cognitive behavioural and mindfulness approaches

Useful websites and resources

[Albert Ellis Institute](http://www.albertellis.org/)

Drawing on the work of Albert Ellis, the Albert Ellis Institute promotes emotional and behavioural health through the advancement and implementation of Rational Emotive Behaviour Therapy (REBT). REBT assumes that dysfunctional beliefs frequently lead to emotional distress, and that by changing these beliefs into more sensible, realistic and helpful ones, distress can be alleviated. Therefore, REBT aims to provide individuals with the tools and techniques to uncover and reformulate their dysfunctional beliefs to enhance their health and wellbeing. The website includes information about and links to books, audio and video resources, as well as workshops and training opportunities.

[Mindfulness – Headspace](https://www.headspace.com/mindfulness)

Headspace is an online platform for evidence-based meditation and mindfulness practices. Through guided audio lessons on meditation, sleep, focus, movement and breathing, Headspace aims to promote self-care, reduce stress and improve mental wellbeing.

Online readings

[Cognitive behavioural therapy – Mayo Clinic](https://www.mayoclinic.org/tests-procedures/cognitive-behavioral-therapy/about/pac-20384610)

Mayo Clinic is a not-for-profit US-based medical centre focused on integrated person-centred patient care, research and education. This article provides an overview of cognitive behavioural therapy (CBT) for patients seeking mental health support. It informs the patient of what they can expect before, during and after engaging in CBT, with a short-term therapeutic approach that focuses on identifying and reshaping negative patterns of thinking and behaviour.

Multimedia links

[ABC model of cognitive behavioural therapy – Woody Schult [YouTube]](https://www.youtube.com/watch?v=WRRdSm4ZjX4)

In this video Woody Schult, a licensed mental health counsellor, introduces the ABC model of cognitive behavioural therapy (Action, Belief, Consequences). He provides a case example to demonstrate how differing interpretations of the same event can lead to very different consequences for an individual. Schult also discusses how the ABC model can be applied in everyday life as a self-help strategy.

[Mindfulness is for everyone: How to be more present in your life - Eric López Maya, TEDxMSU [YouTube]](https://www.youtube.com/watch?v=SYMsBN_DkfY)

Dr Eric López Maya is the founder and Director of the Mexican Institute of Mindfulness and a Certified Teacher-Trainer in Mindfulness-Based Stress Reduction. Dr Maya discusses evidence-based mindfulness, what it is, and its effects on mental illness symptoms and wellbeing for Latino and Spanish populations. He also leads the audience through a short mindfulness meditation exercise to highlight the relevance and importance of mindfulness for everyone to reduce stress, reconnect to the presence, and find peace.