

The Implications of Rational Emotive Behaviour Therapy on Genitally Mutilated Females

Agnes Ebi Maliki

*Educational Foundations Department Faculty of Education, Niger Delta University, P.M.B.
017, Wilberforce Island, Bayelsa State, Nigeria
Email: agnesmaliki@yahoo.com*

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ABSTRACT This paper examined the philosophies of Rational Emotive Behaviour Therapy. It thus explained that Rational Emotive Behaviour Therapy is to teach clients how to detect the irrational disturbances and how to dispute these beliefs, replacing them with beliefs constituting a more rational philosophy of life; It also advocated Rational Emotive Behaviour Therapy for genitally mutilated females so as to change their self-defeating outlook on life and assist them in acquiring tolerant and rational view of life.