

COMPATIBILIZING SCHOOL COUNSELING AND RELIGIOUS EDUCATION

COMPATIBILIZAREA CONSILIERII ȘCOLARE CU EDUCAȚIA RELIGIOASĂ

Adrian Opre*

Abstract

Many religious clients prefer counseling or therapy that in some way includes their belief system. Furthermore, researchers have documented the positive effects and therapeutic benefits that these religious and spiritual interventions can have on the client's mental and physical health. Some authors have specifically written that rational emotive behavior education (REBE) includes many religious philosophies and the principles and practice of REBE are similar to those endorsed by certain kind of religionists. The present study shows how REBE is compatible with some important religious views and can be used effectively with many clients who have absolutistic philosophies about God and religion.

Key words: rational emotive behavior education, religion in school counseling

* Conf. univ. dr., „Universitatea Babeș-Bolyai” Cluj-Napoca; e-mail: adrianopre@psychology.ro