

## EFFICIENCY OF RATIONAL EMOTIVE BEHAVIOR RELIGIOUS EDUCATION IN OVERCOMING MOURNING

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*Abstract*

*Suffering, disease and death are unpleasant events facing both adults and children. Anxiety towards death appears essentially at the age of 10, when children begin to understand the universality of death and perceive that death cannot be avoided. The need of religious education is supported by the fact that intellectual answers about death and suffering do not satisfy the curiosity of children and adolescents, which is why it requires religious need answers about life after death. It is important to note that in this sense, counseling cannot have a proselytizing role; the aiming will be the mental health of children and adolescents. Rational Emotive Behavioral Religious Education (REBRE) has been proved effective in a 10-year-old which suffered the loss of maternal grandfather.*

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