**Looking for an REBT/CBT therapist in the UK?**

By Meir Stolear (2013)

Many therapists are now claiming to be competent CBT therapists, but it is hard to know if these claims are true or not, as the UK therapy/counselling market is not regulated by the state. However, there are voluntarily self-regulated psychotherapists and counsellors, who abide by the codes of practice of their professional organisations and are accountable to them. These therapists and counsellors usually carry the title of “accredited or chartered professional”.

In the process of accrediting/ chartering professionals, the professional organisations make sure that the accredited/chartered individual is trained to the standard that is required to become a specialist, as well as ensuring that such an individual has gained sufficient supervised work experience. Once awarded the accreditation/charter the specialist will continue to be supervised and will have no less than 30 hours of continued professional development annually.

Accreditation/chartering aims to protect the public from bogus therapists and counsellors

and make sure that the service one receives is to the highest standards.

If you are looking for an accredited REBT/CBT therapist in the UK, please visit:

<http://www.cbtregisteruk.com/Default.aspx>.

Fees for treatment by an accredited REBT/CBT therapist in London are between £75 to £110 per session.

Always ask your therapist, psychologist or counsellor if he or she is accredited by the British Association for Behavioural and Cognitive Psychotherapies (BABCP) or by the Association for Rational Emotive Behaviour Therapy (AREBT). If they are not, but are regulated by other organisation/s, they may still be a good professional to work with, but you cannot regard them as an CBT/REBT specialist.