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Reintegration of destructive beliefs with the use of REBT therapy among HIV patients**Adeela Saba**

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The present study explored the relationship overcoming destructive beliefs with the use of Rational Emotive Behavior Therapy among HIV patients. It was hypothesized that there is likely to be a relationship between rational emotive behavior therapy to challenge the destructive beliefs among HIV patients. Repeated measure research design was employed and purposive sampling was used to draw a sample of 12 patients who had undergone treatment for HIV disease from Mayo Hospital, Jinnah Hospital and Services Hospital, Lahore. Demographic information sheet, history take examination, MSE and destructive beliefs measured by shortened general attitude and belief scale. The new and personal invention of the study is the pictorial presentation of REBT techniques which give a better understanding and significant results. All the pictures were handmade and my mind invention. The finding of the study indicated a significant difference in irrational beliefs of HIV patients before and after treatment. Based on the finding, it can be concluded that present research provides justification for irrational beliefs in HIV Patients.

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