

Behavior Therapy



FOR ADCP

BY

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Behavior Therapy

- A set of *clinical procedures* relying on experimental findings of psychological research
 - Based on principles of learning that are systematically applied
 - Treatment goals are specific and measurable
 - Focusing on the client's current problems
 - To help people change maladaptive to adaptive behaviors
 - The therapy is largely educational - teaching clients skills of self-management



View of Human Nature

- Person is the producer and the product of his or her environment
- Increase individual freedom and increase people's skills
- Action-oriented approach
- The role of responsibility for one's behavior



Four Aspects of Behavior Therapy

1. Classical Conditioning

- A neutral stimulus is repeatedly paired with a stimulus that naturally elicits a particular response. The result is that eventually the neutral stimulus alone elicits the response.

2. Operant Conditioning

- Focuses on actions that operate on the environment to produce consequences
 - If the environmental change brought about by the behavior is reinforcing, the chances are strengthened that the behavior will occur again. If the environmental changes produce no reinforcement, the chances are lessened that the behavior will recur



Four Aspects of Behavior Therapy

3. Social Learning Approach

- Gives prominence to the reciprocal interactions between an individual's behavior and the environment

4. Cognitive Behavior Therapy

- Emphasizes cognitive processes and private events (such as client's self-talk) as mediators of behavior change



Therapeutic Goals

- General goals: Increase personal choice and create new conditions for learning
- To eliminate maladaptive behaviors and learn more adaptive behaviors
- Client and therapist collaboratively decide the concrete, measurable, and objective treatment goals



Therapist's function and Role

- Be active and directive
- As an consultant and problem solvers
- Conduct a thorough functional assessment, formulate initial treatment goals, use strategies for behavior change, evaluate the success of the change, and conduct a follow-up assessment
- Role modeling (observing others' behavior)



Client's Experience in Therapy

- To be taught concrete skills
- To be motivated to change
- To enlarge the options for adaptive behaviors
- To continue implementing new behaviors



Relationship Between Therapist and Client

- Therapeutic relationship still can contribute significantly to the process of behavior change
- The client's positive expectations and hope for change → contribute to successful outcomes
- Common factors (warm, empathy, acceptance et al.) are necessary but not sufficient for behavior change to occur.
- Believe the progress is due to specific behavioral techniques instead of therapeutic relationship



Therapeutic techniques and procedures

- Operant conditioning techniques
 - positive reinforcement, negative reinforcement, extinction, positive punishment, and negative punishment.
- The functional assessment model
- Relaxation training---to cope with stress
- Systematic Desensitization – for anxiety and avoidance reactions
- Modeling – observational learning



Therapeutic techniques and procedures

- Exposure therapies
 - *In Vivo* Desensitization
 - Brief and graduated exposure to an actual fear situation or event
- Flooding
 - Prolonged & intensive *in vivo* or imaginal exposure to highly anxiety-evoking stimuli without the opportunity to avoid them
- Eye Movement Desensitization and Reprocessing (EMDR)
 - An exposure-based therapy that involves imaginal flooding, cognitive restructuring, and the use of rhythmic eye movements and other bilateral stimulation to treat traumatic stress disorders and fearful memories of clients



Therapeutic techniques and procedures

- Assertion Training – social-skills training
- Self-management strategies
 - Self-monitoring, self-reward
- Multimodal Therapy--Clinical behavior therapy
 - Technical eclecticism—borrow techniques from other therapy system
 - The BASIC I.D. (Behavior, Affective responses, Sensations, Images, Cognitions, Interpersonal relationship, Drug, biological functions, nutrition, and exercise)



Therapeutic techniques and procedures

- Integrating behavioral techniques with contemporary psychoanalytic approach
 - Three phase integrated counseling model (based on object-relations, attachment theory, and behavioral techniques)
 - Assessment and relationship-building
 - Insight—understand how early relational patterns are related to present difficulties.
 - Behavioral techniques.



From a multicultural perspective

■ Contributions

- Changing behavior or developing problem-solving skills
- A thorough assessment of the social and cultural dimension of the client's life

■ Limitations

- Need to pay greater attention to the specific issues of diversity
- Need to pay more attention on the context of the socio-cultural environment.



Summary and Evaluation

■ Contributions

- Empirical-Validated Treatment
 - Third party reimbursement
- Behavior therapy
 - more effective than no treatment
- Education process
 - Clients learn about the nature of counseling, the specific therapy procedures, benefit and risks, decision of therapy goals, and the choice of techniques.



Summary and Evaluation

■ Limitations

- Change behavior, not feelings
- Ignore relational factors
- Not provide insight
- Treat symptom rather than causes
- Control and manipulation by the therapist



books

- Bourbe, E. J. (1995). The anxiety and phobia workbook. Oakland, CA: New Harbinger Publications, INC.
- Greenberger, D., & Padesky, C. A. (1995). Mind over mood: Changing how you feel by changing the way you think. New York, NY: Guilford.



Cognitive Behavior Therapy



Important Points

- Definition
- Historical background
- Combination of two therapies (cognitive therapy and behavior therapy)
- CBT and the interaction of thoughts, feelings and thoughts
- CBT model



Important Points

- When it is used
- Procedure
- CBT and medication
- Length of therapy
- Who provides CBT
- Risks



Definition

- Cognitive-behavioral therapy (CBT) is a practical, short-term form of psychotherapy.
- It helps people to develop skills and strategies for becoming and staying healthy.



Definition

- CBT focuses on the here-and-now on the problems that come up in day-to-day life.
- CBT helps people to examine how they make sense of what is happening around them and how these perceptions affect the way they feel.



CBT:

- is structured
- is time-limited (usually 6-20 sessions)
- is problem-focused and goal-oriented
- teaches strategies and skills
- based on a **poaitive**,
- shared therapeutic relationship

Historical background

- Cognitive behavioral therapy was invented by a psychiatrist, Aaron Beck, in the 1960s.
- He was doing psychoanalysis at the time and observed that during his analytical sessions.
- Internal dialogue

A decorative header featuring a large, stylized star on the left and a path leading towards a horizon on the right, set against a background of soft, colorful clouds.

Historical background

- Automatic thoughts
- Beck realized that the link between thoughts and feelings was very important

Combination of two therapies (cognitive therapy and behavior therapy)

- The basis of both these techniques is that healthy thoughts lead to healthy feelings and behaviors.

Cognitive therapy

- The aim of cognitive therapy is to change the way the person thinks about the issue that's causing concern.



Cognitive therapy

- Negative thoughts cause self destructive feelings and behaviors.
- For example, someone who thinks they are unworthy of love or respect may feel withdrawn in social situations and behave shyly. Cognitive therapy challenges those thoughts and provides the person with healthier strategies.



Behavior therapy

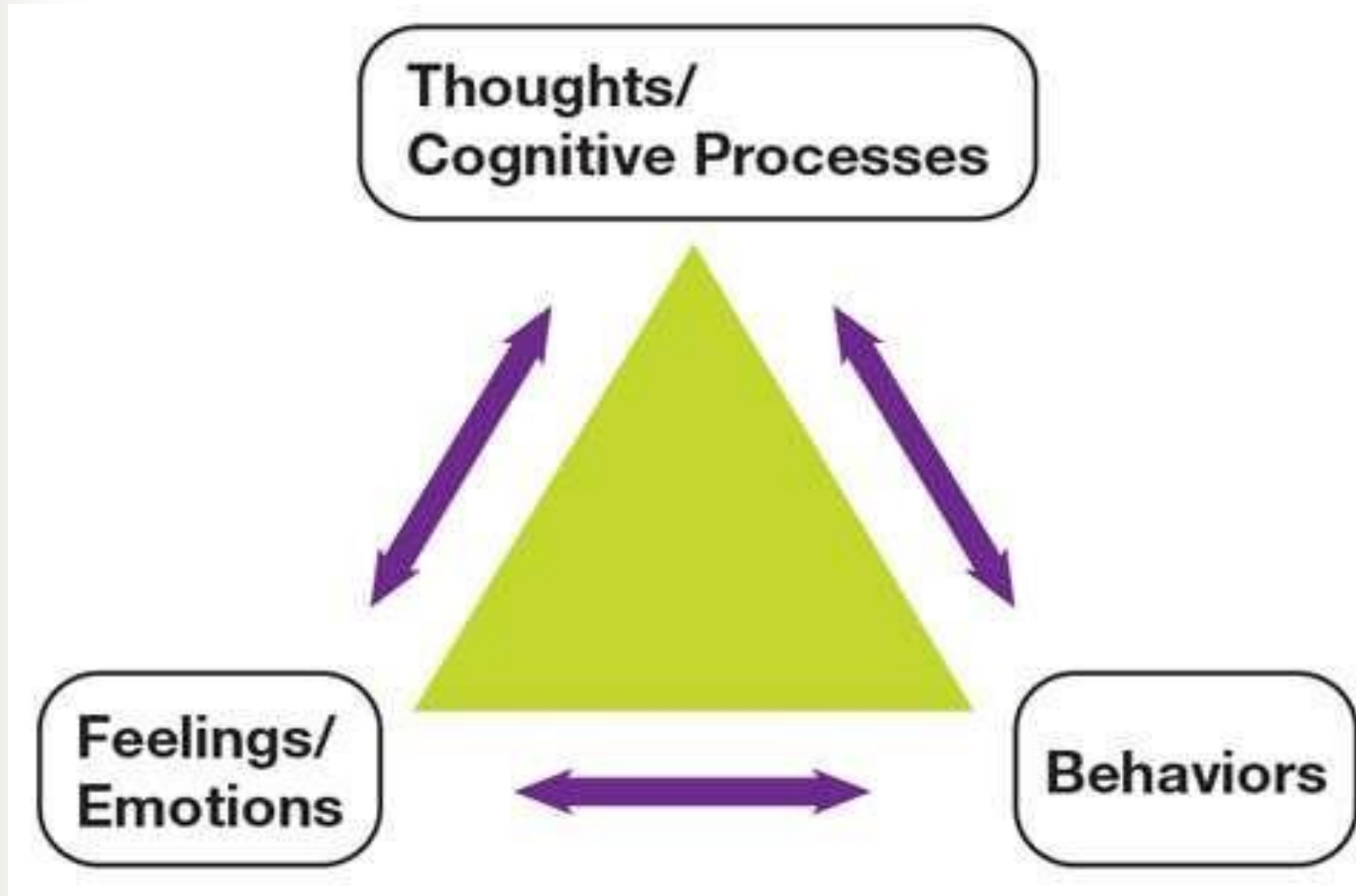
- The aim of behavior therapy is to teach the person techniques or skills to alter their behavior.
- For example, a person who behaves shyly at a party may have negative thoughts and feelings about themselves. They may also lack social skills.

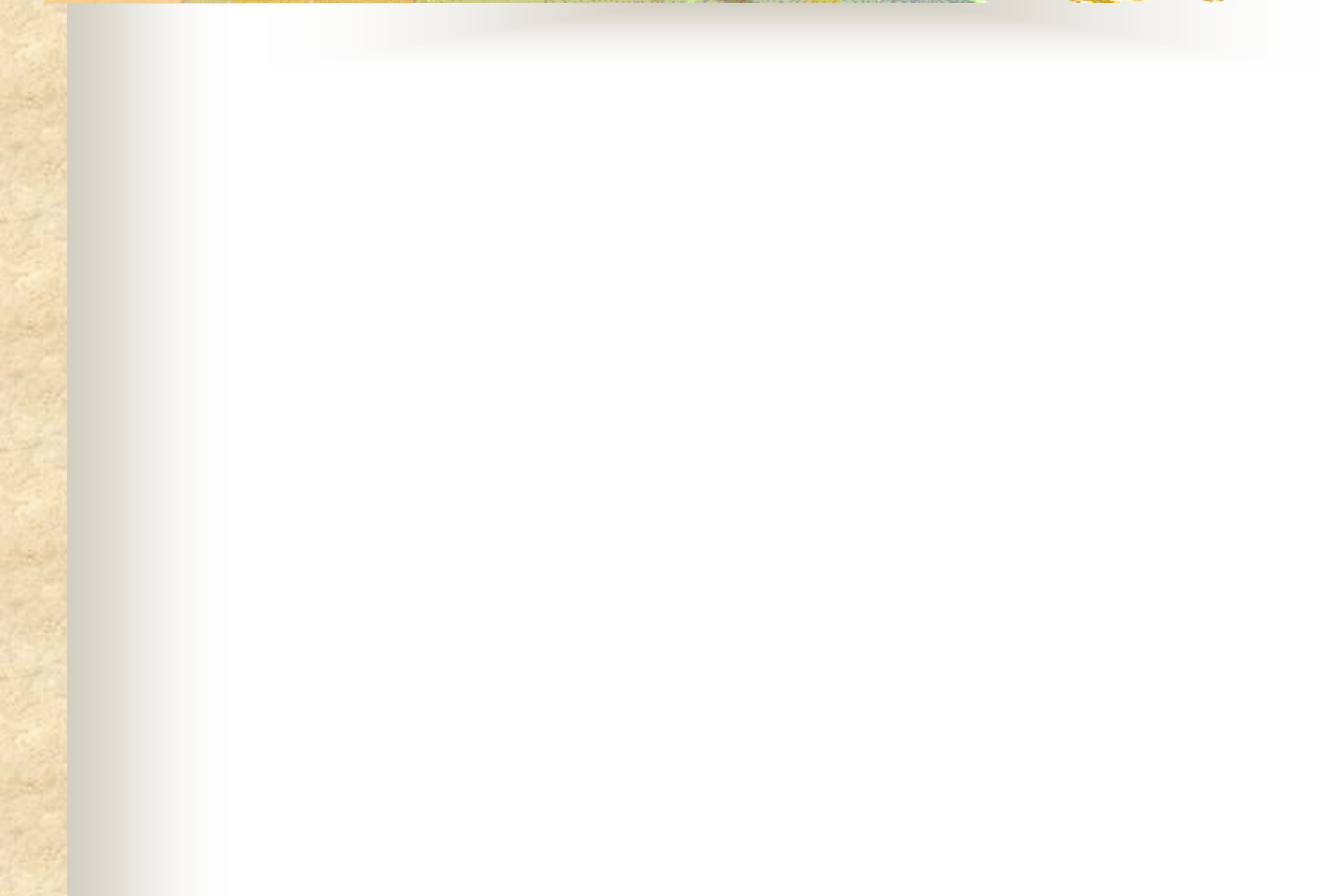


Behavior therapy

- Behavior therapy teaches the person more helpful behaviors.
- For example, they may be taught conversational skills that they practice in therapy and in social situations. Negative thoughts and feelings reduce as the person discovers they can enjoy themselves in social situations.

CBT model









When CBT is used

- Manage symptoms of mental illness
- Prevent a relapse of mental illness symptoms
- Treat a mental illness when medications aren't a good option
- Learn techniques for coping with stressful life situations
- Identify ways to manage emotions



When CBT is used


- Resolve relationship conflicts and learn better ways to communicate
- Cope with grief or loss
- Overcome emotional trauma related to abuse or violence
- Cope with a medical illness
- Manage chronic physical symptoms



When CBT is used

When CBT is used
Mental health disorders that may improve with CBT include:

- Sleep disorders
- Sexual disorders
- Depression
- Bipolar disorders
- Anxiety disorders



When CBT is used

- Phobias
- Obsessive-compulsive disorder (OCD)
- Eating disorders
- Substance use disorders
- Schizophrenia
- PTSD



Procedure

Your first therapy session

- His or her approach
- What type of therapy is appropriate for client
- The goals of your treatment
- The length of each session
- How many therapy sessions you may need



Steps in CBT

- CBT typically includes these steps:

Identify troubling situations or conditions in your life.

- These may include such issues as a medical condition, divorce, grief, anger or symptoms of a mental illness.
- You and your therapist may spend some time deciding what problems and goals you want to focus on.



Steps in CBT

Become aware of your thoughts, emotions and beliefs about these problems.

- self-talk
- your interpretation of the meaning of a situation,
- and your beliefs about yourself,
- other people and events.



Steps in CBT

Identify negative or inaccurate thinking.

- Therapist may ask you to pay attention to your physical, emotional and behavioral responses in different situations.

Reshape negative or inaccurate thinking.

- Long standing ways of thinking about your life and yourself.

CBT Techniques

- Acceptance And Commitment Therapy (ACT).
- Applied Behavior Analysis (ABA).
- Compassion Focused Therapy (CFT).
- Journaling.
- Cognitive Restructuring (CR).

Acceptance and commitment therapy (ACT)

- trying to teach people to better control their thoughts, feelings, sensations, memories and other private events (shame, guilt, embracing moments).
- ACT aims to help the individual clarify their personal values and to take action on them, bringing more vitality and meaning to their life in the process, increasing their psychological flexibility.

Applied behavior analysis (ABA)

- Behavior modification: attempting to change behavior without clarifying the relevant behavior-environment interactions.
- **ABA:** assessing the functional relationship between a targeted behavior and the environment.
- develop socially acceptable behaviors that replace socially unacceptable behaviors.



(ABA)

Disorders

- Autism spectrum disorder
- Criminal behaviour
- Substance abuse
- Phobias

Compassion focused therapy (CFT)

- Transform problematic patterns of cognition and emotion related to anxiety, anger, self-criticism.
- CFT is useful for working with diverse conditions such as depression, anxiety, trauma, and psychosis.

Journalin

gournaling

- A journal is a record of your thoughts and views.
- Your journal documents your reactions to people, ideas, situations, and what you read or see.
- Journaling allows you to record and preserve the intellectual and emotional events of your life; however, a journal is not a diary.

Journalin

gournaling

- You are not writing about every thought or event.
- choosing those you feel may have worth to you.
- Sometimes we don't know how an experience will affect us.

Cognitive Restructuring

- Identification of problematic cognition or thoughts.

(dysfunctional or negative views of the self, world).

- Develop alternative thought.
- Act.

Length of therapy

- CBT is generally considered short term therapy about 10 to 20 sessions.

Factors to consider include:

- Type of disorder or situation
- Severity of your symptoms
- How long you've had your symptoms or have been dealing with your situation
- How quickly you make progress
- How much stress you're experiencing
- How much support you receive from family members and other people



CBT and Medication

- Medication is not always needed.
- CBT can be as effective as medication in the treatment of depression and anxiety.
- Produce the best results.
- For example, bipolar disorder usually benefit from medication that helps control their mood swings.

Who provides CBT?

- Counselors
- Psychologists
- Therapists
- either in one-on-one therapy sessions
- small groups or online



Risks

- it can explore painful feelings
- emotions
- Experiences
- may feel emotionally uncomfortable
- may cry
- get upset
- feel angry
- physically drained.



Risks

- exposure therapy: may require you to confront situations you'd rather avoid such as airplanes if you have a fear of flying. This can lead to temporary stress or anxiety.
- However, working with a skilled therapist will minimize any risks. The coping skills you learn can help you manage and conquer negative feelings and fears