



Substance Institute – Counseling – Behavior Therapy



# Substance Institute presents



## Module 8 Student's Manual Behavior Therapy



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highly focused, which means they can produce fast and effective results.

- **Contingency management:** This approach uses a formal written contract between a client and a therapist (or parent or teacher) that outlines behavior-change goals, reinforcements, rewards, and penalties.
- **Extinction:** Another way to produce behavior change is to stop reinforcing behavior in order to eliminate the response.
- **Behavior modeling:** This technique involves learning through observation and modeling the behavior of others.
- **Token economies:** This strategy relies on reinforcement to modify behavior. Parents and teachers often use token economies, allowing kids to earn tokens for engaging in preferred behaviors and lose tokens for undesirable behaviors. What Behavioral Therapy Can Help With

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Behavioral therapy can be utilized to treat a wide range of psychological conditions and disorders, including:

1. Bipolar disorder<sup>5</sup>
2. Alcohol and substance use disorders
3. Anxiety
4. Attention-deficit/hyperactivity disorder (ADHD)
5. Autism spectrum disorders
6. Borderline personality disorder (BPD)
7. Depression
8. Eating disorders
9. Panic disorder
10. Phobias
11. Obsessive-compulsive disorder (OCD)<sup>6</sup>









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## Module 8

# Homework - Behavior Therapy



## Homework – Module 8 – Behavior Therapy

Name: \_\_\_\_\_ Date: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

**Question 1:** Behavioral therapy is an \_\_\_\_\_ term for types of \_\_\_\_\_ that treat \_\_\_\_\_ health \_\_\_\_\_. (\_\_\_\_\_)

**Question 2:** Behavior is an \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_ which can be \_\_\_\_\_ and \_\_\_\_\_. (\_\_\_\_\_)

**Question 3:** Behaviorist B.F. Skinner described \_\_\_\_\_ as the process in which learning can occur through \_\_\_\_\_ and \_\_\_\_\_ is \_\_\_\_\_. (\_\_\_\_\_)

**Question 4:** If you are interested in behavioral therapy, how do you get started? (\_\_\_\_\_)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



**Question 5:** What are the 11 things Behavior therapy can help with: (\_\_\_\_\_)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_

**Question 6:** Behavioral therapy has a number of advantages. However, behavioral approaches are **NOT** always the best solution. (\_\_\_\_\_)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_





**Final Paper Due: Monday, September 12, 2022  
(9/12/2022) - Week 14** - Research about ALL these Psychology Terms for your own benefits and pick one and write your final paper.

**Required Formatting:**

- >500 words
- >Double space
- >12 Font Size
- >Times New Roman

**Topics:**

1. **Clinical Psychology**
2. **Child Psychiatry**
3. **Piaget's Theory Of Cognitive Development**
4. **Habit**
5. **Antisocial Reaction**
6. **Re-Education**
7. **Sexual Deviations (General)**
8. **Schizophrenic Reactions (Therapy)**
9. **Adolescence (Theories)**
10. **Diagnosis And Treatment Planning**
11. **Topic of your choice**