

Substance Institute presents



Module 8 Student's Manual Behavior Therapy







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What Is Behavior

Behavior is an action, activity, or process which can be observed and measured.

This form of therapy looks to identify and help change potentially self-destructive or unhealthy behaviors. It's based on the idea that all behaviors are learned and that behaviors can be changed. The focus of treatment is often on current problems and how to change them.

What Is Behavioral Therapy?

Behavioral therapy is a term that describes a broad range of techniques used to change maladaptive behaviors. The goal is to reinforce desirable behaviors and eliminate unwanted ones.

Behavioral therapy is rooted in the principles of behaviorism, a school of thought focused on the idea that we learn from our environment. ss

Behavioral therapy suggests that since old learning led to the development of a problem, then new learning can fix it.

Behavioral therapy is an umbrella term for types of therapy that treat mental health disorders.¹

BEHAVIOR THERAPY: in psychotherapy, refers to a broad method which combines both the psychological and behavior analytical aspects of therapy. In particular, it applies principles such as learning and conditioning in order to modify behavior and eliminate maladaptive behavior patterns. Behavior-based, the therapy focuses on the behavior itself as reinforced by the environment.²

¹ https://www.healthline.com/health/behavioral-therapy#finding-a-therapist

² Cite this page: N., Sam M.S., "BEHAVIOR THERAPY," in *PsychologyDictional* https://psychologydictionary.org/behavior-therapy/ (accessed July 24, 2022).

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Psychotherapy is a service provided by a trained psychotherapist in an effort to recognize and treat mental, emotional, and behavioral disorders in their clients by psychological means.

The process utilizes various forms of interaction and communication to accomplish this goal.

The treatment may be for an individual, a family unit of a group.

The approach is also called talk therapy.

Who founded behaviorism?

John B. Watson is known as the founder of behaviorism.

Though others had similar ideas in the early 1900s, when behavioral theory began, some suggest that Watson is credited as behavioral psychology's founder due to being "an attractive, strong, scientifically accomplished, and forceful speaker and an engaging writer" who was willing to share this behavioral approach when other psychologists were less likely to speak up.³

Origins of Behavior Therapy's Use in Mental Health Treatment

- The history of behavior therapy can be traced back to the mid-20th century.
- Joseph Wolpe, Hans Eysenck, B. F. Skinner, Aaron Beck, and Albert Ellis were among the pioneers in the field; Beck and Ellis pioneered cognitive behavioral therapy (CBT).
- The therapeutic strategies of Beck's model attempted to alter negative thinking patterns, or





maladaptive cognitions, to ameliorate emotional trauma and discourage damaging behaviors.

It often takes much practice for the person to get in the habit of replacing negative thinking and behaviors with their positive counterparts.

Behavior Therapy's Many Uses in Mental Health **Treatment**

All types of people can be helped by behavior and Applied Behavior Analysis (ABA) therapy. For example, stats:

- the approach is effective in children with autism spectrum disorders (ASDs),
- attention deficit disorders (ADDs), and other behavioral issues.
- According to the U.S. Centers for Disease Control and Prevention (CDC), experts in attention deficit hyperactivity disorder (ADHD) are discouraging doctors from prescribing ADHD medicine to children under 6 until their parents first get training in behavior therapy.
- The CDC reports that children are better able to control their behavior when they receive behavior therapy from their parents, who in turn are supported by health care professionals.
- The children function better in school and have improved relationships with family members. Among the skills therapists teach to parents are how to engage in active listening, give positive attention, and create structure and consistency.
- The Society of Clinical Child & Adolescent Psychology defines behavior therapy as a process in which children and adolescents are prompted to behave in new, positive ways.
- The children and adolescents receive positive reinforcement when they make healthy decisions and learn to reject unhealthy behaviors.



- Sometimes negative behaviors are reinforced without people being aware that they are doing soresulting in the negative behaviors occurring more frequently.
- Behavior and Applied Behavior Analysis (ABA) therapy teaches parents and children how to avoid "traps" that unwittingly reward the wrong behaviors.
- Behavior therapy is equally effective in treating mental illness in people 65 and older, a population expected to comprise 20 percent of the U.S. population by 2030.

How is behaviorism used in education?

- Behaviorism can be used to help elicit positive behaviors or responses in students, such as by using reinforcement.
- Teachers with a behavioral approach often use "skill and drill" exercises to reinforce correct responses through consistent repetition, for instance.

Effective Behavior Therapy Techniques

There is no single type of behavior therapy. In fact, what defines behavior therapy are many different types of specialized therapies, including the following:

- Cognitive Behavioral Therapy. The therapist helps the person identify unhealthy thought patterns and understand how those thoughts contribute to self-destructive behaviors and beliefs.
- **Modeling**. The therapist acts out a non-fearful response to a negative situation, and the person's anxiety may be reduced by imitating the non-fearful response.
- Classroom management. Teachers participate in promoting the student's positive behaviors,



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blocking negative behaviors, and focusing the student on academic work.

- **Parent training.** The child's parents are taught ways to reinforce positive behaviors, deter negative acts, and enhance the parent-child relationship. Parents are instructed on observing the child, using praise and positive attention to reward good behavior, setting rules, and addressing negative actions.
- **Peer intervention**. One or more of the student's peers help them address behavior problems.

Among the mental health disorders that can be treated with behavior therapy are

- addiction and substance use,
- schizophrenia and
- other psychotic disorders,
- depression,
- bipolar disorder,
- anxiety,
- eating disorders,
- insomnia,
- antisocial and borderline personality disorder,
- criminal actions,
- chronic pain,
- fatigue, and
- general stress.

Types of Behavioral Therapy

There are a number of different types of behavioral therapy. The type of therapy used can depend on a variety of factors, including the condition being treated and the severity of the person's symptoms.

- Applied Behavior Analysis (ABA) uses operant conditioning to shape and modify problematic behaviors. ABA has also been applied to enhance
 - early-childhood education,

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- sports performance, and
- organizational behavior management.
- Acceptance and commitment therapy (ACT) is a type of psychotherapy that includes behavioral analysis performed by a mental health clinician.
- Cognitive behavioral therapy (CBT) relies on behavioral techniques, but adds a cognitive element, focusing on the problematic thoughts behind behaviors.
- Cognitive behavioral play therapy utilizes play to assess, prevent, or treat psychosocial challenges.
- Dialectical behavioral therapy (DBT) is a form of CBT that utilizes both behavioral and cognitive techniques to help people learn to manage their emotions, cope with distress, and improve interpersonal relationships.
- Exposure therapy utilizes behavioral techniques to help people overcome their fears of situations or objects.
- Rational emotive behavior therapy (REBT) focuses on identifying negative or destructive thoughts and feelings.
- Social learning theory centers on how people learn through observation.
- Methodological Behaviorism states that observable behavior should be studied scientifically, and that mental states and cognitive processes don't add to the understanding of behavior. Methodological behaviorism aligns with Watson's ideologies and approach.
- Radical Behaviorism is rooted in the theory that behavior can be understood by looking at one's past and present environment and the reinforcements within it, thereby influencing behavior either positively or negatively. This behavioral approach was created by the psychologist B.F. Skinner.⁵
- Role Play Strategy employed in interpersonal interaction education and psychoanalysis wherein individuals carry out a variety of interpersonal roles in emotional scenarios. Techniques

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In order to understand how behavioral therapy works, it is important to know more about the basic principles that contribute to behavioral therapy.

The techniques used in this type of treatment are based on the theories of classical conditioning and operant conditioning.

There are two main types of behaviorism used to describe how behavior is formed. Factors That Impact Conditioning behaviorism:

- Classical Conditioning is a technique frequently used in behavioral training in which a neutral stimulus is paired with a naturally occurring stimulus. Eventually, the neutral stimulus comes to evoke the same response as the naturally occurring stimulus, even without the naturally occurring stimulus presenting itself. Throughout the course of three distinct phases of classical conditioning, the associated stimulus becomes known as the conditioned stimulus and the learned behavior is known as the conditioned response. During the first part of the classical conditioning process, known as acquisition, a response is established and strengthened. Factors such as the prominence of the stimuli and the timing of the presentation can play an important role in how quickly an association is formed. Classical Conditioning involves forming associations between stimuli. Previously neutral stimuli are paired with a stimulus that naturally and automatically evokes a response. After repeated pairings, an association is formed, and the previously neutral stimulus will come to evoke the response on its own. Classical conditioning is one way to alter behavior. Several different techniques and strategies are used in this approach to therapy.
 - Learning Through Association The classical conditioning process works by

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developing an association between an environmental stimulus and a naturally occurring stimulus.

- **Aversion therapy**: This process involves pairing an undesirable behavior with an aversive stimulus in the hope that the unwanted behavior will eventually be reduced.
- Flooding: This process involves exposing people to fear-invoking objects or situations intensely and rapidly. It is often used to treat phobias.
- **Systematic desensitization** is a process that helps you to become less sensitive to certain triggers. It relies heavily on classical conditioning, a type of unconscious and automatic learning that creates behavior
- **Operant Conditioning**, sometimes referred to as instrumental conditioning, is a method of learning that occurs through reinforcement and punishment. Focuses on how reinforcement and punishment can be utilized to either increase or decrease the frequency of a behavior.
- Behaviors followed by desirable consequences are more likely to occur again in the future, while those followed by negative consequences become less likely to occur.
- **Consequences Affect Learning Behaviorist** B.F. Skinner described operant conditioning as the process in which learning can occur through reinforcement and punishment.9
 - Behavioral therapy techniques use reinforcement, punishment, shaping, modeling, and related techniques to alter behavior. These methods have the benefit of being



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

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

- 1. Bipolar disorder⁵
- 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)⁶

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Behavioral therapy is problem-focused and actionoriented.

Treatments that incorporate behavioral techniques are usually focused on producing results in a relatively short period of time.

Benefits of Behavioral Therapy

Behavioral therapy is widely used and has been shown to be effective in treating a number of different conditions.

Cognitive behavioral therapy (CBT), in particular, is often considered the "gold standard" in the treatment of many disorders,⁸ and cognitive behavioral play therapy, specifically, can be effective for children where other types of therapy aren't.⁹

CBT is often more affordable than other types of therapy and results are often seen in five to 20 sessions.¹⁰

Research has shown that CBT is most effective for the treatment of:

- Anger issues
- Anxiety
- Bulimia
- Depression
- Somatic symptom disorder
- Stress
- Substance abuse and relapse prevention¹¹

In addition, behavioral therapy has been found to help people with the following:

- Communication
- Coping strategies
- Healthier thought patterns
- Self-esteem¹²

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Effectiveness of Behavioral Therapy

- How well behavioral therapy works depends on factors such as the specific type of treatment used as well as the condition that is being treated.
- Overall, research has found that approximately 67% of people who try psychotherapy experience some type of positive improvement.¹³
- This does not mean that CBT or other behavioral approaches are the only types of therapy that can treat mental illness. It also doesn't mean that behavior therapy is the right choice for every situation.
- Anxiety disorders, including post-traumatic stress disorder (PTSD), panic disorder, obsessivecompulsive disorder (OCD), and phobias, for example, often respond well to behavioral treatments.14
- However, researchers found that the effectiveness of behavioral therapy, specifically CBT, in the treatment of substance use disorders can vary depending on the substance being misused.¹⁵
- CBT was also shown to have beneficial effects on some symptoms of schizophrenia but showed no benefits on relapse and hospital admission when compared to other forms of treatment.¹⁵

Things to Consider

Behavioral therapy has a number of advantages. However, behavioral approaches are **NOT** always the best solution.

• It's Not Enough for Complex Mental Health **Conditions**

When treating certain psychiatric disorders such as severe depression and schizophrenia, behavioral therapy often must be used in conjunction with other medical and therapeutic treatments. Behavioral therapy can help

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clients manage or cope with certain aspects of these psychiatric conditions, but should not be used alone.²

• It May Not Account for Underlying Problems

Behavioral treatments tend to focus on current problems with functioning and may not fully appreciate or address the underlying factors that are contributing to a mental health problem.²

• It May Not Address the Whole Picture

Behavioral approaches are centered on the individual working to change their behaviors. Some of these approaches, however, often don't address how situations and interpersonal relationships might be contributing to a person's problems.²

How to Get Started

If you are interested in behavioral therapy, there are some things that you can do to get the most out of your treatment.

- Find a behavioral therapist. Some mental health professionals who can provide behavioral therapy include counselors, psychologists, psychiatrists, and social workers.
- Ask for recommendations. If you aren't sure where to begin your search, it can be helpful to ask your primary care physician for a referral.
- Contact your health insurance. Find out if your plan covers behavioral therapy and, if so, how many sessions.
- **Set goals.** Once you begin treatment, discuss your goals. Knowing what you hope to accomplish can help you and your therapist create an effective treatment plan.
- **Be an active participant**. In order for behavioral therapy to be effective, you need to be committed to participating in the process.¹⁶

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Module 8

Homework -Behavior Therapy



Homework – Module 8 – Behavior Therapy

Name:	Date:/	/
Question	1: Behavioral therapy is an	term for
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Question	2: Behavior is an,	, or
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Question	3: Behaviorist B.F. Skinner described	
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Question 5: What are the 11 things Behavior therapy can help

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Question 6: Behavioral therapy has a number of advantages.
However, behavioral approaches are NOT always the best
solution. ()
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Question 7: Factors That Impact Conditioning behaviorism: () Question 8: In your own words, What is either Behavior Therapy or Behavioral Therapy? (_____)



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