

History and Theory

- Edward Thorndike first introduced idea of modifying behavior
- Aaron Beck and Albert Ellis added in a cognitive element to form cognitive-behavioral therapy
- One of the first therapies dealing with psychology
- Progressed during the time of Sigmund Freud



"Eventually, I'd like to see you able to put yourself back together."

BEHAVIOURAL THERAPY

Definition

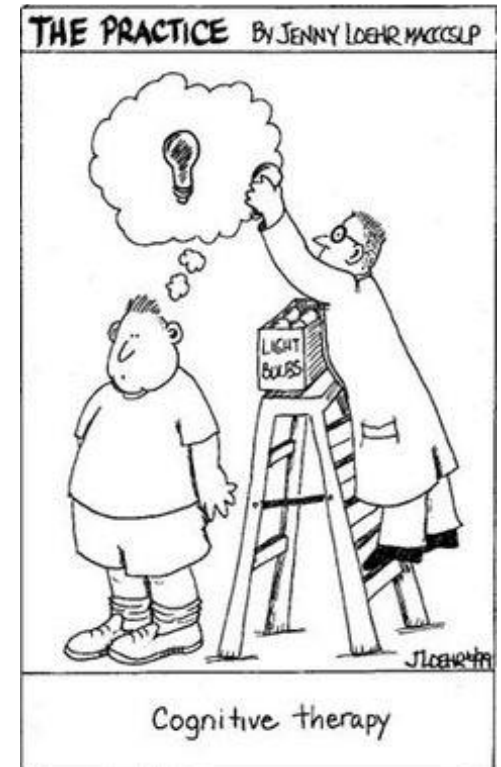
A treatment focused on human behavior that looks to eradicate unwanted or maladaptive behavior. An action-based therapy used to create positive behavior change.

What is it?

Behavioral therapy depends on the idea that people are products of the environment in which they live.

Patients are expected to reinforce functional behavior with the help of a treatment plan by a professional.

Both the patient and the therapist take active roles in this treatment.



**80% OF
PEOPLE
TREATED
FIND IT
BENEFICIAL**



93% of people with anxiety remained in remission 2 years after treatment

Risks Associated with Treatment

- Outbursts of crying and anger when exploring feelings
- Physical exhaustion
- May not fully explore underlying causes

Illnesses Associated

- Phobias
- Stuttering
- Depression
- Anxiety
- Obsessive-compulsive disorder
- Personality disorders
- Substance abuse
- Autism

Effective in coping with difficult situations

Expectations of Treatment

- Schedule of weekly activities: therapist and patient develop new activities that can create positive experiences
- Role playing: used to develop new skills and anticipate issues in social interactions
- Behavior modification: patient receives a reward for engaging in positive behavior
- Journal writing: responses to anger, fear, and pain
- Breathing and relaxation methods: coping with emotions



Results

- Reduced incidents of self-harm
- Improved social skills
- Less outbursts
- Pain management
- Recognition of need for medical help
- Ability to cope in everyday life

Techniques Used

- Flooding: exposing an individual to a situation that causes discomfort
- Systematic Desensitization: gradual, with relaxation techniques
- Aversion: pairs undesirable behavior with aversive stimulus
- Contingency: involves goals, rewards, and penalties