

## BEHAVIOUR THERAPY



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# BEHAVIOURAL THERAPY

## Founders/Developers

B.F. Skinner (1904-1990) is the person most responsible for the popularization of behavioral treatment methods. Applied behavior analysis is “a direct extension of Skinner’s (1953) radical behaviorism” (Wilson, 2008, p. 224), which is based on operant conditioning. Other notables in the behavioral therapy camp are historical figures, such as Ivan Pavlov, John B. Watson, and Mary Cover Jones. Contemporary figures, such as Albert Bandura, John Krumboltz, Jacobson, Steven Hayes, and Marsha Linehan have also greatly added to this way of working with clients.

## View of Human Nature

Behaviorists, as a group, share the following ideas about human nature (Rimm & Cunningham, 1985; Seligman & Reichenberg, 2010):

- ❖ A concentration on behavioral process\_ that is process closely associated with overt behavior (except for cognitive\_ behaviorists)
- ❖ A focus on the here and now as oppose to the then and there of behavior
- ❖ An assumption that all behavior is learned , whether it be adaptive or maladaptive
- ❖ A belief that learning can be effective in changing maladaptive behavior.
- ❖ A focus on setting up well-defined therapy goals with their clients
- ❖ A rejection of the ideas that the human personality is composed of traits.

Behavioral orientation and the client’s goals. Generally, however, a behaviorally based counselor is active in counseling sessions. As a result, the client learns, unlearns, or relearns specific ways of behaving. In the process, the counselor function as a consultant, teacher, adviser, reinforce, and facilitator (James & Gilliland, 2003).

## **Goals**

The goals of behaviorists are similar to those of many other counselors. Basically, behavioral counselor wants to help clients make good adjustments to life circumstances and achieve personal and professional objectives. Thus, the focus is on modifying or eliminating the maladaptive behaviors that clients' display, while helping them acquire healthy, constructive ways of acting.

## **Techniques**

Behavioral counselor has at their disposal some the best-researched and most effective counseling technique available.

### **1-General Behavioral Techniques**

General techniques are applicable in all behavioral theories, although a given technique may be more applicable to a particular approach at a given time or a specific circumstance.

### **2-Use of Reinforces**

Reinforces are those events that, when they follow a behavior, increase the probability of behavior repeating. A reinforce may be either positive or negative.

### **3-Schedules of Reinforcement**

When a behavior is first being learned, it should be reinforced every time it occurs.....in other words, by continuous reinforcement. After a behavior is established, however, it should be reinforced less frequently---in other words, by intermittent reinforcement.

## **Personal Reflection**

### **❖ Shaping**

- Behavior learned gradually in steps through successive approximation is known as shaping. When client are learning new skills, counselors may help break down behavior into managing units.

### **❖ Generalization**

- Generalization involves the display of behaviors in environments outside where they were originally learned. It indicates that transference into another setting has occurred.

### **❖ Maintenance**

- Maintenance is defined as being consistent in performing the action desired without depending on anyone else for support. In maintenance, an emphasis is placed on increasing a client's self-control and self-management. One way this may be done is through self-monitoring, when client learn to modify their own behavior. It involves two processes related to self-monitoring: self—observation and self-recording. Self observation requires that a person notice particular behaviors he or she does; self recording focuses on recording these behavior.

### **❖ Extinction**

- Extinction is the elimination of a behavior because of a withdrawal of its reinforcement.

### **❖ Punishment**

- Punishment involves presenting an aversive stimulus to a situation suppresses.

### **❖ Specific Behavior Techniques**

- It refined behavioral methods that combine general techniques in precise ways.

### **❖ Behavioral Rehearsal**

- It consists of practicing a desired behavior until it is performed the way a client wishes.

#### ❖ **Environmental Planning**

- It involves a client setting a part of the environment to promote a limit on certain behavior.

#### ❖ **Systematic Desensitization**

- It is designed to help a client to overcome anxiety in particular situations. It helps the client avoid anxiety and face the situation, the counselor teaches him to relax physically or mentally.

#### ❖ **Assertiveness Training**

- The technique consists of counter conditioning anxiety and reinforcing assertiveness. A client is taught that everyone has the right of self-expression.

#### ❖ **Contingency Contracts**

- It spells out the behavior to be performed, changed or discontinued.

#### ❖ **Implosion And Flooding**

- Implosive therapy is an advanced technique that involves desensitizing a client to a situation by having him or her imagine an anxiety-producing situation that may have dire consequences. The client is not taught to relax.

#### ❖ **Time-Out**

- Time-out is a mild aversive technique in which a client is separated from the opportunity to receive positive reinforcement.

#### ❖ **Over Correction**

- Over correction is a technique in which a client restores the environment to its natural state and then makes it "better than normal".

#### ❖ **Covert Sensitization**

- It is a technique in which undesired behavior is eliminated by associating it with unpleasantness.

## **Strengths and Contribution**

Among the unique and strong aspects of the behavioral approach are the following:

- ❖ The approach deals directly with symptoms. Because most clients seek help for specific problems. Counselors who work directly with symptoms are often able to assist clients immediately.
- ❖ The approach focuses on the here and now. A client does not have to examine the past to obtain help in the present. A behavioral approach saves both times and money.
- ❖ The approach offers numerous techniques for counselors to use
- ❖ The approach is supported by exceptionally good research on how behavioral techniques affect the process of counseling.

## **Limitations**

The behavioral approach has several limitations, among which is the process of counseling:

- ❖ The approach does not deal with the total person, just explicit behavior. Critics commend that many behaviorists have taken the person out of personality.
- ❖ The approach is sometimes applied mechanically.
- ❖ The approach ignores the client's past history and unconscious forces.
- ❖ The approach does not consider developmental stage

