Psychotherapies

Definition

Parts and Techniques

What does it treat?

Psychoanalysis

(Freud)

Patient’s free associations, resistances, dreams,

and transferences released previously repressed

feelings, allowing the patient to gain self-insight

Free Association; Interpretation;

Resistance; Transferring

Anxiety; Depression

Psychodynamic

(Rooted in

Psychoanalysis)

View personality with a focus on the unconscious

and the importance of childhood experiences

Helps client understand how past

relationships create things that are acted

out in present relationships

Anxiety; Depression

Humanistic Theory

(Insight)

Aim to improve psychological functioning by

increasing a person’s awareness of underlying

motives and defenses; client-centered therapy

(Carl Rogers)

Active Listening; Unconditional Positive

Regard

Mild to Moderate Depression

Behaviour

Therapy that applies learning principles to the

elimination of unwanted behaviors; behaviour is

learned and can be unlearned

Classical Conditioning Techniques:

counterconditioning, exposure therapies

such as systematic desensitization and

Virtual Reality Exposure Therapy, and

aversive conditioning

Bed-wetting; Phobias; Compulsions;

Marital Problems; Sexual

Dysfunctions

Operant Conditioning: token economies

Cognitive

Therapy that teaches people new, more adaptive

ways of thinking; based on the assumption that

thoughts intervene between events and our

emotional reactions

Changing the distorted thinking and

unrealistic beliefs that lead to maladaptive

behaviour

Anxiety; PTSD; Insomnia;

Depression

CBT

Works to change both cognitions (the way people

think) and behaviours (the way they act) that are

part of a mental health disorder

Anxiety; PTSD; Insomnia;

Depression

Group

Therapy conducted with groups rather than

individuals, providing benefits from group

interaction

May benefit from exploring

feelings, developing social skills

learning that others have similar

problems, getting feedback on ways

of behaving

Family

Treats in the context of family. Views an

individual’s unwanted behaviors as influenced by,

or directed at, other members

Help members discover their roles,

learn to communicate more openly

and directly

Biomedical

Prescribed medications or procedures that act

directly on the person’s physiology

Drug Therapies: Antipsychotic;

Antianxiety; Antidepressant;

Mood-Stabilizing

Control symptoms of psychological

disorders

Brain Stimulation: Electroconvulsive;

Transcranial Electrical Stimulation;

Magnetic Stimulation (rTMS); Deep-Brain

Stimulation

Alleviate depression, especially

when it is unresponsive to drugs or

other forms of therapy

Psychosurgery: Lobotomy

Relieve severe disorders

EMDR (eye

movement

desensitization and

reprocessing)

Alternative Therapy; Adored by thousands and

dismissed by thousands more as a sham

Relieve stress; treatment for trauma

and PTSD

Light Exposure

Therapy

Alternative Therapy; Give people a timed daily

dose of intense light; Shows more promise as an

authentic treatment

Depressio

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COURSE NAME: BMD025 BEHAVIOR MODIFICATION

What is Behavior Modification?

ATLANTIC INTERNATIONAL UNIVERSITY

Aggressive behavior, noncompliance and tantrum behaviors are the main types of maladaptive behaviors that some children displayed within the home or otherwise that might require behavior modification (Cicipani & Schock, 2011). This approach of behavior modification was developed by two main behaviorist B.F. Skinner and J.B. Watson, who are seen as pioneers in the field of behavior modification (Mann 2017). During their research they would use rats or birds to develop their theories by exploring which behavioral response through the process of learning would produce the most likely or desired behavioral response (Mann 2017). Dr. Terry Thomas during his lecture on Behavior Modification at Atlantic International University on May 28, 2022, stated that behavior modification is “a fairly straightforward process that uses a behaviorist approach to explain the science behind behavior change”. Ashley Wehrli in her article also highlighted that behavior modification is one of five types of child disciplines which are: Positive Discipline; Gentle Discipline; Boundary-Based Discipline; Emotion Coaching; and Behavior Modification (Wehrli 2021).

Behavioral Modification according to research is reliant on rewiring, re-training or unlearning behavior which is dependent on learning or conditioning theories. These theories were coined and developed by B.F. Skinner known as Operant conditioning theory or concept (Sarfino, 2012). Skinner’s experimented with lab rats which indicated how depending on the behavior, can be modified based on the right stimuli or motivation that is applied (Sarfino, 2012). The result of the research on the rats’ behavior was a clear indication to Skinner that application of the “reward-and-punishment” concept, could be administered to humans. These theories see behavior as being learnt and can be modified, untrained or unlearnt through training or conditioning technique by rewarding the child or individual for a particular behavior to encourage and maintained or repeating the desired behavior. If the desired behavior is not achieved the child or the individual will be reprimanded for their actions or inactions (Sarfino, 2012).

Positive and Negative reinforcement, positive and negative punishment are four of the main applications that makes up the Behavior Modification model (Sarfino, 2012). These applications are reliant on praise and rewards to reinforce or condition the child to displayed positive behavior (Cicipani & Schock, 2011) (Wehrli, 2021). Punishment is applied to discourage unacceptable behavior reoccurring (Cicipani & Schock, 2011) (Wehrli, 2021). Positive reinforcement encourages the child to conduct themselves in manner that is acceptable by the standards that are set by parents e.g., praise and rewards for their behavior(Fisher, W., Piazza, C. & Roane, H., 2011)**.** Negative reinforcement encourages negative behavior where the only reason the child does what is required is just to get away from the unpleasantness of the parent’s attitude or behavior e.g., the child only go to school because he/she wants to stop the nagging parent (Fisher et al, 2011). This might sound like a cliché, but positive punishment is used to curtail negative behavior. This achieves by applying consequences e.g., introducing spanking to the mix of things to deter maladaptive behavior (Fisher et al, 2011). However, while this sometimes is effective studies has shown that this form of punishment can cause the development of trauma depending on the severity and frequency of that form of punishment (Fisher et al, 2011). Negative Punishment is applied by way of restricting the child from certain privileges or attention e.g., restricting the use of gadgets and other electronic devises as a result undesirable behavior (Fisher et al, 2011).

In summary, behavior modification approaches in child discipline finds behavior as a consequence of reinforcement instead of behavior being modified by thinking and emotions. Reinforcement is fundamental in shaping and controlling behavior which comes about in two ways, negative and positive (Mann, 2017). Positive reinforcement encompasses rewarding the child for good behavior and negative reinforcement surrounds administering punishment for undesirable behavior (Mann, 2017). Positive and negative punishment behavior medication approaches look sat the impact and adverse effect these types of punishment can cause when inflicted on a child (Thomas 2022). While the desired outcome might be achieved the child mental capacity and development might also be impaired based on the punishment that was administered (Thomas 2022). Care must be taken to reduce the effect of punishment to the point where it curves or modify behavior and building resilience instead developing trauma resulting from adverse childhood experience (Thomas 2022).

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