

TOPIC: BEHAVIORAL AND COGNITIVE THERAPIES

Behavioral Therapy

- ◆ **Behavioral Therapy:** Assumes that disordered behaviors are _____.
 - Originated from **classical conditioning**, **operant conditioning**, and **social learning theories**.
- ◆ **Goal:** Change maladaptive behaviors into more _____ behaviors.
- ◆ **Common Techniques:**

1. Behavioral Self-Monitoring

- ◆ _____ unwanted behaviors in a diary.
 - ◆ Become aware of reinforcements or punishments that may be happening.
- Ex: Parents give a child candy to stop a tantrum (unintended reinforcement).

2. Skills Training

- ◆ Therapist works with client to develop _____ that are lacking.
 - ◆ Therapist may _____ appropriate behavior.
- Ex: Role play a hard conversation with your therapist.

3. Exposure Therapy

- ◆ Treat phobias by _____ client to their fear (can be fast or gradual).
 - ◆ Goal: _____ to the stimulus.
Ex: Phobia of dogs
- Step 1: Be in same room as a dog.
Step 2: Move next to the dog.
Step 3: Pet the dog.

4. Systematic Desensitization

- ◆ Similar to exposure, but with an emphasis on _____ during exposure.
 - ◆ Goal: _____ the fear response.
Ex: Phobia of dogs
- Step 1: Deep relaxation in same room as dog.
Step 2: Deep relaxation next to a dog.
Step 3: Deep relaxation while petting dog.

EXAMPLE

Exposure and Systematic Desensitization are both techniques of behavior therapy that rely on the principles of classical conditioning. In two sentences or less, explain the difference between them.

PRACTICE

Which behavioral therapy modality relies on the principles of operant conditioning?

- _____
- a) Exposure therapy.
 - b) Self-monitoring behavior.
 - c) Cognitive therapy.
 - d) Systematic desensitization.

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Cognitive Therapy

- ◆ **Cognitive Therapy:** Focuses on identifying and correcting distorted _____.
- ◆ **Goal: Cognitive Restructuring:** Replace distorted thoughts with more realistic or _____ beliefs.
- ◆ **Common Techniques:**
 1. Examining one's interpretation of an event vs. _____ reality.
 2. _____ irrational beliefs.
 3. **Mindfulness Meditation:** _____ awareness of thoughts/emotions with _____ judgement.

Example Cognitive Therapy Worksheet:		
Situation	Unproductive Thought	Emotion – Feeling and strength (rate out of 100)
Evidence that Supports Thought	Evidence that Does Not Support Thought	
Alternative Thought	Emotion – Feeling and strength (rate out of 100)	

EXAMPLE

True or False: if false, choose the answer that best corrects the statement.

Cognitive therapy is designed to target problematic behaviors that stem from the unconscious.

- a) True
- b) False, cognitive therapy is designed to target problematic behaviors broadly.
- c) False, cognitive therapy is designed to target unproductive or harmful thoughts and beliefs.
- d) False, cognitive therapy is designed to help people self-actualize and reach their ideal self.

PRACTICE

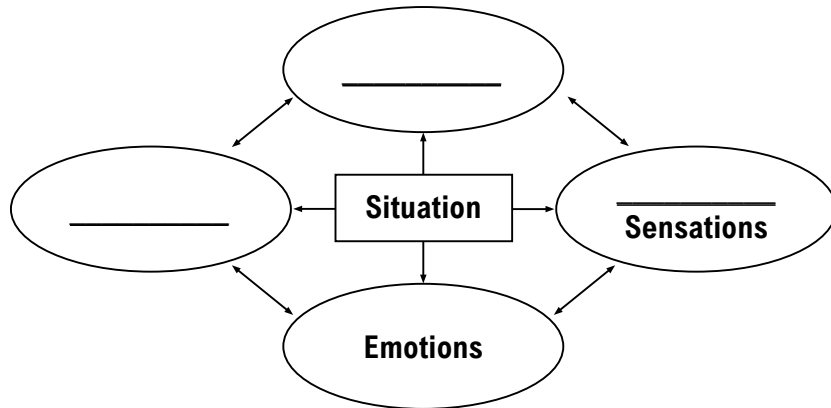
Which of the following is an example of mindfulness meditation?


- a) Jeremy is working with this therapist to gradually expose himself to his greatest fear – spiders.
- b) Susanna has anxiety. Her therapist asks her to provide evidence to support her claim that everyone at work hates her.
- c) Adan has depression. He is working on noticing his unproductive thoughts and allowing them to pass through his mind without judgement or reacting strongly to them.
- d) Eduardo is having a hard time adjusting to fatherhood. His therapist is helping him navigate this new role.

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Cognitive Behavioral Therapy

- ◆ **Cognitive Behavior Therapy (CBT)** brings together techniques of _____ cognitive & behavioral therapies.
- ◆ CBT focuses on helping people understand the relationships between _____ elements:



 Fun Fact! CBT is so effective that even CBT self-help workbooks have positive effects for people experiencing **mild** symptoms!

- ◆ Randomized clinical trials have shown that CBT is one of the _____ effective psychotherapies.
 - Strong support for its use in treating depression, anxiety, OCD, PTSD, eating disorders, and more.
 - See Fordham et al., (2021) for more details.

References
Fordham, B., Sugavanam, T., Edwards, K., Stallard, P., Howard, R., Das Nair, R., Copsey, B., Lee, H., Howick, J., Hemming, K., & Lamb, S. E. (2021). The evidence for cognitive behavioural therapy in any condition, population or context: a meta-review of systematic reviews and panoramic meta-analysis. *Psychological Medicine*, 51(1), 21-29. doi:10.1017/ S0033291720005292

EXAMPLE

Studies have shown that CBT is the most effective treatment for many psychological disorders including anxiety and depression. Why might CBT be more effective than cognitive therapy or behavior therapy alone?

PRACTICE

Lydia struggles with her body image and is referred to a CBT therapist. Which of the following describes how a cognitive behavioral therapist might view the situation?

- a) Lydia has an unconscious conflict about her body as a women stemming from childhood trauma.
- b) It seems that Lydia's ideal and real selves are incongruous at the moment.
- c) Lydia is struggling with biased perceptions. We need to challenge these thoughts and examine how they may be maintaining unwanted behaviors.
- d) Lydia must come from a family where she is expected to be perfect, and she will only improve if the entire family works through these unconstructive dynamics.