

Behavior Therapy – Ordinary People Paper

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Behavior Therapy is about making attempts in changing the way in which people behave. Its effort is to teach them new ways of behaving to either minimize or eliminate behavior that no longer serves them. This Behavioral approach believes that people learned from their environment was introduced in the early 1920s and dominated the field of psychotherapy for many years.

Behavior therapy has been used with great success in many areas of psychological disorders with a specific population such as eating and weight disorders, anxiety disorders, substance use disorders, depression, post-traumatic stress disorder, sexual problems, and pain management. It is also used in the fields of mental illness, developmental disabilities, education, rehabilitation, business, self-management, and sports-related field.

Conrad suffered from posttraumatic stress disorder due to the loss of his brother's death. Behavior therapy helped Conrad to change his way of thinking. From believing that he is responsible for his brother's letting go, and drowning, to understanding that he did the best he could have done in such a bad situation. The loss of his brother really took a toll on Conrad's mental health, to the point where could barely get out of bed and his eating was affected as well.

The Cognitive theory helped Conrad with socializing again. It helped Conrad to be mindful of the responsibility to take care of himself. It helped him to accept that he was the stronger and that there was nothing else he could have done.

The Social learning approach is another theory that allowed Conrad to eliminate some of his familiar friends from his circle of friends because they obviously could not comprehend the magnitude of what he was experiencing. It also helped him to find new friends, and to forgive his mother for not understanding, and for not being there for him when he needed her most.

These techniques were chosen to assist Conrad because they fit well with what he was experiencing at the time he came in for therapy. Cognitive behavior theory and Social learning approach helped Conrad to regain his sense of hopefulness, as well as his social life. They helped him to rediscover his purpose, in life. They allowed him to make adjustments to his behavioral and emotional problems. These theories allowed Conrad to grasp, accept, and made necessary corrections very quickly to the issues he was dealing with. Conrad allowed himself to learn new concepts, and unlearn the old ways of punishing himself.

Conclusion

In conclusion, Behavioral theory is a very popular theory widely used for so many, in so many different arenas and many different purposes. Its main focus is to reverse and change the negative mindset of individuals who are stuck or paralyzed in their emotional, psychological, and mental trap due to everyday occurrences like sports injuries, rejection, education, disabilities, businesses, post-traumatic stress disorder, and suicide.

References

Corey, G. (2018). *Theory and practice of counseling and psychotherapy*, (10th ed., pp. 95-128). Cengage Learning.

Ordinary People, released September 19th, 1980 (USA)

Directed: Robert Redford

Award: Academy Award for Best Picture, Academy Award for Directing, More

Language: English

Music composed by: Marvin Hamlisch

Watched on Pluto