

Film Ordinary People
Behavior Therapy Paper

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GCN 502 OA Theories and Foundations

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March 28, 2023

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Behavior therapy is a therapy that helps people with mental health disorders. This therapy looks to change a person unhealthy behavior Behavioral therapy could be used with people that have depression, anxiety and panic disorders. Behavior therapy says that behavioral theory is learned and can be changed. Who can benefit from this type of therapy? all children and adults.

There are four major features of development in behavior therapy are classical conditioning, operant conditioning, social learning theory, and cognitive behavior therapy. Classical conditioning is what happens before the behavior. Operant conditioning is when the person behavior is controlled by the actions that follow the behavior. (Tan. Pg 215). Operant conditioning techniques include positive reinforcement, negative reinforcement, extinction, positive punishment, and negative punishment.

Two techniques that Conrad could benefit from this therapy are progressive muscle relaxation and In vivo exposure and flooding. Progressive muscle relaxation helps the client to deal with stresses that deal with everyday living. Progressive muscle relaxation shows a client how to relax. The client will learn a passive and relaxed position in a quiet environment while alternately contracting relaxing muscles. The client will learn deep breathing with relaxation, and mentally able to let go by focusing on thoughts or images. Here the client is told to let the tension build up to hold it and experience the tension.

In Vivo exposure and flooding techniques is designed to treat fear and other negative emotions. In Vivo exposure helps to expose the client to the actually fear rather than imagining it. One example of in vivo technique is to have the Conrad believe that he is having some contact with the other students and that they are sitting in the session with him. The therapist could help Conrad by helping him believe that he is actually having a conversation with the students and

enjoying it. In vivo flooding could be used with Conrad through exposure to the actual anxiety. When Conrad is feeling like his mother isn't caring enough than the therapist could have him to be around her even when he doesn't feel like it, this way exposure to her could bring on more anxiety which could reduce the anxiety.

I chose these two techniques because they seem to be the best for Conrad and to help his situation.

References

https://pluto.tv/en/ondemand/movies/ordinary101?utm_medium=textsearch&utm_source=google

Corey, Gerald. (2015), Theory and Practice of Counseling and Psychotherapy.,
10th Edition USA, Thompson Learning.