

Ordinary People: Behavior Therapy

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Behavior therapy is a modality of counseling which focuses on observable behaviors of clients in order to assist with behavior modification using evidence-based techniques. Behavior therapists believe that each person's behavior is a learned result of conditioning from environmental aspects and lived experiences during development. The four areas of development considered by behavior therapists are classic conditioning, operant conditioning, social-cognitive conditioning, and cognitive behavior therapy.

Using evidence-based techniques in therapy, behavior therapy is able to assist clients with modifying their common thought patterns which influence behavior to alter their response to the external stimuli. During therapy, behavior therapists set goals to aid as an intervention of maladaptive behaviors. Using this systematic approach, therapists evaluate the effectiveness of the treatment procedures. This therapeutic concept allows the therapist to empirically assess therapy and revise when necessary.

Modern cognitive behavioral therapy also includes acceptance-based behavior therapy and mindfulness. Mindful practices depend on the client's ability to accept and become self-aware, rather than being critical, to promote physical and psychological health.

If this was a modality that I was using with Conrad, as a counselor I will focus on his behaviors and internal thought patterns. Based on the data of the patterns I was able to observe, I will provide him with detailed goals that we will be working towards. During our sessions I will apply different techniques like role playing, relaxation procedures, and coaching. I will also assign him homework and ask him to keep a journal of moments that he found himself unable to prevent his maladaptive behaviors. As the week progresses we will assess the effectiveness of

treatment and alter anything that did not produce desired results. I may also include family member interested in participating like his father for a form a group therapy.

I believe this form of therapy could be success for Conrad if he is willing to be open to doing the work. This form of therapy could help with how he internalizes the environments he frequents. I could assist him with thought patterns of his mother behaviors. Maybe instead of thinking she does not like him he may view her as a grieving mother that can assist with how they interact. He may be able to use mindfulness techniques when is over whelmed at home.

References

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