

Essay Questions – Unit 06 –

Chapters Ten and Eleven

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Chapter Ten - Cognitive-Behavioral Therapy

1 # From a Biblical and Christian perspective, the Cognitive-Behavioral theory aligns with the importance of personal responsibility and the power of actions and behavior. As said in the book of James, "Faith without works is dead" (James 2:26). The Cognitive-Behavioral perspective recognizes that individuals can change their thoughts and behavior through self-awareness and intentional effort (Corey, 2017). This is consistent with the Biblical belief in free will and personal responsibility.

However, CBT may prioritize rational thinking over faith's experiential and mystical aspects.

The Cognitive-Behavioral perspective may conflict with a Christian worldview that emphasizes

God's role in the change process. The Cognitive-Behavior perspective tends to focus on the individual's ability to change their own behavior with less emphasis on the role of God or the

power of faith in the process of change. The Bible teaches us that true transformation and healing

come through a relationship with God and reliance on His strength: "I can do all things through

Christ who supports me" (Philippians 4:13) and "For we live by faith, not by sight" (2

Corinthians 5:7.)

In this path, CBT may ignore the role of God, Jesus' redemptive work, and the Holy Spirit's ministry in bringing about inner healing and transformation. CBT may only change psychological self-talk and external behavior without addressing the more profound transformation of the soul and spirit, which only the Holy Spirit can produce. Misused self-efficacy theory can lead to the idea of self-sufficiency, the no need for the grace and love of God. In contrast, appropriate assertiveness and self-efficacy for Christians should be centered on the power and wisdom of the Holy Spirit and not on proud self-sufficiency (Tan, 1987).

Moreover, the cognitive-Behavioral perspective may focus more on present and immediate solutions to problems without considering the larger spiritual and eternal perspective, the spiritual world. Christians believe in the importance of considering the eternal consequences of our actions and decisions: "What good will it be for a person to gain the whole world, yet forfeit their soul?" (Matthew 16:26).

Another possibility is that CBT may lead therapists to impose their values on clients, potentially conflicting with the client's own beliefs. Christian therapists should be ethically responsible in sharing their values with clients and respecting their freedom to choose them (Tan, 1987). As a Christian therapist, I should incorporate spiritual resources and biblical values when appropriate, especially with Christian clients. As it says in Proverbs 11:14, "For lack of guidance a nation falls, but victory is won through many advisers."

2 # Rational Emotive Behavior Therapy (REBT) is known as the parent of Cognitive Behavioral Therapies (CBT). Created by Albert Ellis in the 1950s, REBT served as the first form of CBT and laid the foundation for later approaches such as Cognitive Therapy (CT) (Beck, 1979).

While various forms of CBT differ in their specific techniques and methods, they share a common goal of helping individuals change negative or dysfunctional thought patterns and behaviors. CT, for example, emphasizes identifying and modifying negative thinking patterns, while REBT focuses on identifying and challenging irrational beliefs. However, both approaches focus on identifying and changing negative or dysfunctional thought patterns (Corey, 2016). Other forms of CBT, such as Acceptance and Commitment Therapy (ACT) and Dialectical Behavior Therapy (DBT), have also emerged and evolved from REBT and CT. ACT, for example, emphasizes mindfulness and values-based action, while DBT incorporates emotion regulation and distress tolerance techniques (Beck, 1979).

3# The primary hypothesis of Rational Emotive Behavior Therapy (REBT) is that people's emotional and behavioral reactions are primarily determined by their beliefs about events rather than the events or situations themselves. REBT proposes that irrational beliefs and thoughts lead to emotional disturbance and maladaptive behaviors, while rational beliefs lead to positive ones. These negative and irrational beliefs can be challenged and replaced with rational beliefs through therapy (Corey, 2017).

REBT is an educational process because it teaches clients to think more rationally and challenge their irrational beliefs rather than simply providing emotional support or insight. The therapist guides clients through a structured process of identifying and disputing irrational beliefs. They help clients to understand the connection between their thoughts, emotions, and behavior and provide them with tools and strategies to challenge their irrational beliefs and replace them with more rational and adaptive ones. The goal of REBT is not just to provide emotional support or insight but to help clients learn and practice new ways of thinking and

behaving. By teaching clients to think more rationally and challenge their irrational beliefs, REBT helps them to improve their emotional well-being, build better relationships, and achieve their goals (Corey, 2017).

REBT is considering a philosophical Theory once REBT assumes that we can change our dysfunctional personality by acknowledging our responsibility for creating our emotional problems, accepting our ability to change, recognizing that our problems stem from irrational beliefs, and perceiving these beliefs. It also involves seeing the value of disputing these self-defeating beliefs, accepting the need to work hard to counteract them, understanding rational alternatives, and practicing REBT methods to uproot or change disturbed consequences and adopt healthier alternatives for the long term. This process requires a commitment to self-reflection, personal growth, and a willingness to challenge and change deeply intrinsic beliefs and behaviors. Through philosophical restructuring, individuals can gain greater self-awareness, emotional resilience, and the ability to lead more fulfilling lives (Corey, 2017).

From my point of view, the Rational Emotive Behavior Therapy (REBT) view of human nature is valuable to understanding how our thoughts influence our behavior. I agree with the premise that our thoughts, rather than external events, influence our emotional responses and subsequent actions. Moreover, I believe that individuals can change their irrational beliefs to develop more adaptive and rational ones, leading to a better quality of life.

However, while I appreciate the significance of REBT, I also think that the past plays a crucial role in shaping our actions, thoughts, and mental functions. Our positive and negative past experiences shape our beliefs, values, and expectations, which, in turn, influence our present behavior. So, ignoring the past and focusing only on changing irrational beliefs may limit the effectiveness of therapy in helping clients achieve long-lasting change. The change in our beliefs

and values is more consistent when we deeply comprehend the love and the grace of Jesus in our life. This way, we can change body, mind, and spirit, which is more effective.

For my therapeutic practice, I would incorporate REBT knowledge into my therapeutic approach, but I would not use it as the primary framework for my clients. Instead, I would adopt an integrative approach that acknowledges the influence of past experiences and current thoughts and beliefs on an individual's behavior. By incorporating techniques from different modalities, such as cognitive-behavioral therapy (CBT), psychodynamic therapy, and mindfulness-based approaches, I can help clients develop a more comprehensive understanding of their internal processes and facilitate the desired changes.

4 # From the perspective of Rational Emotive Behavior Therapy (REBT), people develop emotional disturbances because of their irrational beliefs about themselves, others, and the world. These irrational beliefs lead to negative emotional consequences, such as anxiety, depression, anger, and guilt. People also develop emotional disturbances by internalizing and perpetuating self-defeating beliefs often learned from significant others during childhood. These beliefs are reinforced through autosuggestion and self-repetition and are maintained throughout a person's lifetime.

According to REBT, blame is the core of most emotional problems because it leads to an emphasis on external factors rather than inner ones. Blaming external factors, like others, situations, or circumstances, for one's problems can prevent individuals from taking responsibility for their emotions and behavior and changing their irrational beliefs.

So, blame is seen as the root of many emotional disturbances. People are encouraged to stop blaming themselves and others and fully and unconditionally accept themselves despite their imperfections.

REBT therapist teaches and encourages clients to recognize and challenge their irrational beliefs, take responsibility for their emotions and behavior, and adopt more rational and adaptive beliefs. For example, to accept feeling sad but not depressed, even when they feel unaccepted and unloved by significant others. The therapist's goal is to encourage clients to be less emotionally reactive, feel sadness and disappointment about life's adversities, and avoid feelings of anxiety, depression, and shame.

Three fundamental irrational beliefs inevitably lead people to self-defeat. These beliefs are: "I must do well and win the approval of others for my performances or else I am no good," "Other people must treat me considerately, fairly, kindly, and in exactly the way I want them to treat me. If they do not, they are no good, and they earn to be criticized and punished," and "I must get what I want when I want it; and I must not get what I do not want. If I do not get what I want, it is terrible, I cannot stand it, and life is no good for depriving me of what I must have."

The therapy aims to challenge and change these beliefs and to help people achieve and maintain good psychological health (Corey, 2017)

It's important to note that challenging our own irrational beliefs can be a complex and ongoing process. It may be valuable to seek help from a trained REBT therapist or counselor who can provide guidance and help us develop effective strategies for confronting our irrational beliefs.

6# I found this question very interesting, so I will try to answer it too:

- I have trouble handling negative reviews and get anxious and upset when I get these kinds of results. My irrational belief is that if I try my best, any deviation from a very good evaluation is unacceptable.
- Using the A-B-C theory of personality to evaluation of in my behavior:

A (Activating event): I receive a grade of B on my homework for a determinate class.

B (Belief): I interpret this feedback as evidence of my incompetence or that the teacher does not sympathize with me, and I feel anxious and upset.

C (Consequence): I feel uninterested in doing my best on upcoming homework assignments because it won't make a difference as my grade will always be below an "A", which lowers my self-esteem and motivation. Even though it was the first B I got in my course; I see it as a general assessment, a standard of how teachers see my work.

I can learn to challenge my irrational belief and develop a more adaptive belief through REBT therapy. Here are some steps that I can take to change his dysfunctional personality:

1. Identify my irrational belief: I need to recognize that my belief in perfectionism is irrational and causes me emotional distress. What is very good for me could be good for someone with more expertise in the topic than me.
2. Challenge this irrational belief: I can work with my therapist to question the validity of my belief and examine the evidence for and against it.
3. Replace my irrational belief with a more rational one: I can develop a more adaptive belief, such as "it is okay to receive a B and learn from it" or "my worth as a person/student is not dependent on being perfect and have the best evaluation/grade A+,"

but how much I learn in my course, and how I will use this knowledge in my professional life as a therapist with my clients."

4. Practice my new belief: I need to practice my new belief by intentionally taking on challenging but not overwhelming tasks and accepting the inevitable setbacks as opportunities for growth.
5. Monitor progress: I can monitor my progress by keeping track of my thoughts and emotions and evaluating how well my new belief is working for me.

Over time, I can develop a more functional, less rigid, and resilient personality through my rational thoughts restructuring. Once I am imperfect, I can learn to accept my and others' evaluations of my work and approach challenges with a more balanced perspective.

References:

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Chapter Eleven - Reality Therapy

25 # The Reality Theory's perspectives in counseling emphasize personal responsibility, accountability, and the power of choice in shaping one's life. These ideas align with some

Christian beliefs about free will, moral responsibility, and the importance of personal transformation.

From a Christian perspective, the Reality perspective can be seen as a way to affirm the value and dignity of each person as a unique creation of God, capable of making choices and taking responsibility for their actions. This agrees with the biblical teaching that humans are made in God's image and can choose between good and evil (Genesis 1:26-29, 2:17).

Furthermore, the Reality perspective can also be seen as compatible with the biblical teaching on repentance and forgiveness. Christian counselors who work from this perspective can help clients recognize the need for change, take responsibility for their actions, and develop practical plans for growth and transformation.

However, some aspects of the Reality perspectives may conflict with certain Christian beliefs and values. For example, some practitioners may view human beings as uniquely responsible for their problems and overlook the role of external factors such as oppression, injustice, and systemic issues. From a Christian perspective, it is essential to recognize that the spiritual world's role and brokenness can contribute to personal struggles. God's grace and mercy can bring healing and redemption.

Additionally, some approaches within the Reality perspectives may promote a self-centered worldview that emphasizes individualism, autonomy, and self-determination at the expense of community, relationship, and interdependence. From a Christian perspective, it is important to balance personal responsibility with a commitment to love and serve others and to recognize that our choices and actions can impact those around us (Philippians 2:3-4).

26# Reality therapy is a form of counseling developed by William Glasser, emphasizing personal responsibility, and fulfilling basic psychological needs. Some key concepts that define reality therapy are:

1. **Basic Psychological Needs:** Reality therapy asserts that every individual has five basic psychological needs – survival (a place to stay, water, food, and the desire to reproduce), love, a sense of belonging (as social beings, humans have an innate longing for social connections, a sense of belonging to a group, and a desire for affection and love), power and freedom (humans value their freedom and want to make choices without being forced or controlled. However, to ensure everyone has this freedom, it is important to be aware of when we might be trying to dominate or control others), and have fun. These needs are seen as the primary motivators of human behavior and must be satisfied for optimal mental health (Lujan, 2015)
2. **Choice Theory:** Reality therapy operates on choice theory, which says that individuals control their behavior, and that all behavior is purposeful. According to Choice Theory, individuals always have choices and can make different choices to satisfy their basic needs (Lujan, 2015).
3. **Rejection of the Medical Model:** Reality therapy rejects the traditional medical model of mental illness, which views psychological problems as diseases that need to be diagnosed and treated with medication. Instead, reality therapy sees emotional and behavioral problems as the result of not meeting basic needs and ineffective behaviors.
4. **Responsibility:** Reality therapy emphasizes personal responsibility and accountability for behavior and choices. Individuals are encouraged to take responsibility for their happiness and work towards fulfilling their basic needs.

5. Role of the Past: While the past is acknowledged, reality therapy focuses on the present and future, emphasizing what individuals can do in the present moment to make positive changes in their lives (Corey, 2017).
6. Role of Transference: Reality therapy discourages transference, the process by which individuals transfer their feelings and attitudes towards significant others onto the therapist. Instead, the therapist seeks to build a solid therapeutic relationship based on mutual trust and collaboration (Corey, 2017).

29# The counseling cycle involves two major components: creating a counseling environment and implementing specific procedures that lead to behavior change. These components are intertwined throughout the counseling process (Corey, 2017).

Creating a counseling environment involves building a supportive and challenging relationship with the client. The therapist aspires to avoid negative behaviors and create a safe, caring environment where clients can explore their wants, needs, and perceptions. This environment allows clients to feel free to be creative and try new behaviors, leading to success in their relationships (Lujan, 2015).

Implementing specific procedures that lead to behavior change involves asking clients what they want from therapy and inquiring about their relationship choices. The counselor helps the client evaluate their current behavior and make plans to change, committing to those plans. The therapist then follows up on the client's progress and offers further consultation (Lujan, 2015).

The job of counseling is to incorporate these components to guide clients to evaluate their lives and choose to move with adequate guidance. Although these principles are applied progressively, they should not be considered discrete and rigid categories. The therapist works in the counseling

process with what the client presents, and the move toward satisfying relationships remains in the plan (Corey, 2017).

32# The WDEP system is a problem-solving method used by Wubbolding in Reality Therapy. The acronym is Wants, Direction/Doing, Evaluation, and Planning. This system is used to help clients identify what they want in their lives, evaluate their current behaviors, and create an action plan to achieve their goals.

Developing an action plan aims to give clients a clear and practical path forward in achieving their goals. It provides a roadmap that helps the client stay focused and motivated to act toward their desired outcomes.

The key components of an action plan include the following:

1. Specific goals: The client and counselor work together to identify specific, measurable, achievable, relevant, and time-bound goals that the client wants to achieve.
2. Steps to achieve goals: Once goals are established, the client and counselor work together to identify specific actions that the client can take to achieve their goals.
3. Resources and support: The client and counselor identify any necessary resources, such as financial or emotional support, that the client may need to achieve their goals.
4. Timeline: The client and counselor establish a realistic timeline for achieving each goal and taking specific steps.
5. Evaluation and monitoring: The client and counselor regularly monitor the progress toward the goals and make any necessary adjustments.

A client and counselor can work together to develop an action plan using the following steps:

- Identify the problem: The client and therapist need to identify the specific problem that the client wants to manage. It could be related to relationships, work, mental health, or any other area of life.
- Establish goals: Once the problem is identified, the client and therapist must define clear and measurable goals for the client to work toward. These goals should be specific, realistic, and relevant to the client's needs and want.
- Explore options: The therapist can work with the client to examine different options for reaching their goals. It might involve discussing different strategies or techniques, potential obstacles, or challenges and considering the pros and cons of different strategies.
- Develop a plan: Based on the goals and options identified, the client and counselor can develop an action plan that outlines specific steps the client will take to achieve their goals. This plan should be detailed and include specific timelines, milestones, and action steps the client will take to progress toward their goals.
- Monitor progress: Once the action plan has been developed, the client and therapist can work together to observe progress and adjust as needed. This might involve regular check-ins, tracking progress toward goals, and adjusting the plan based on feedback or new information.

By working together to develop an action plan, clients and counselors can create a roadmap for achieving specific goals and making positive changes in their lives. Developing an action plan can also help clients feel more empowered and engaged in the therapeutic process and provide a sense of structure and direction that can help achieve lasting change (Corey, 2017).

35# Reality therapy can be applied to group counseling by providing a structured and supportive environment where group members can work together to identify and satisfy their basic psychological needs. The role of the leader is to facilitate the group process and guide members in exploring their choices and behavior patterns.

The members' focus in group reality therapy is to identify areas where they may struggle to meet their needs and work collaboratively with the group to develop concrete plans for behavior change. Members are encouraged to take responsibility for their choices and behavior and support others in making positive life changes.

In group reality therapy, the leader facilitates the group process and guides members toward achieving their goals. The leader is responsible for creating a safe and supportive environment where members feel comfortable sharing their thoughts and feelings.

One key focus of group reality therapy is identifying and challenging irrational beliefs that may hinder members from achieving their goals. The leader may use various techniques, such as role-playing, reframing, and feedback, to help members recognize their self-defeating thoughts and behaviors and develop more positive ways of thinking and acting.

Another important focus of group reality therapy is helping members learn to meet their basic psychological needs healthily and adaptively. This involves teaching members to take responsibility for their behavior, set realistic goals, and develop effective coping strategies.

The leader also emphasizes the importance of building positive relationships and improving interpersonal communication throughout counseling. By practicing effective communication and active listening skills within the group, members can improve their relationships with others and gain peer support and encouragement. Group reality therapy aims to empower members to take

control of their lives and create positive changes that lead to a more fulfilling and satisfying existence (Corey, 2017).

Reference:

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