

**Behavior therapy**

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Behavior therapy is a therapy that is used to help clients with their self-behavior and self-development. A Behavior therapist helps clients with assisting the individual in recognizing problematic thinking patterns and comprehending how those ideas impact unfavorable actions and attitudes. The therapist helps the patient think more positively when the patterns are identified. In the movie, Ordinary People Conrad's therapist uses behavior therapy to help Conrad understand his actions. During the movie, Conrad acts angrily when his used-to-be friends speak to him about one of his friends. They were giving Conrad a hard time and because he was having a hard time Conrad acted in anger and hurt another person. Although he did not bring this address this issue with his therapist, the therapist used behavior therapy for other concerning problems that Conrad had faced.

The therapist used positive and negative reinforcement to help Conrad understand his behavior. For example one of his concerning issues was the way he acted toward his mom. The therapist helped him understand his mom's actions to why she acts the way she does but also used Conrad's feelings. The therapist uses behavior therapy on Conrad to help him control his feelings/ thoughts when sensitive topics are brought up. A technique that was used was classical conditioning and operant conditioning. The therapist used positive and negative reinforcement on Conrad's behavior. As well as try to help Conrad with repeating the same behavior. As a therapist, I do believe that both techniques are very helpful for Conrad because he was able to understand and control his feelings. Behavior therapy is a great therapy use for people who have depression which is what Conrad is facing. At the end of the movie we can see a big change in Conrads actions.

### **References**

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