

Essay Question #6

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1. Cognitive Behavioral therapy seems to be focused on an individual's negative thinking pattern. Doing this is helpful because by helping an individual focus on their mental thoughts, gives them a better understanding of their emotions.

- a. Conflict elements about this would be that I see it involving the individual / client. Is that in certain situations it may require the individual to understand certain negative thought patterns or ways in thinking. Are the end result of past or childhood trauma, which may cause the client to dwell in the thoughts more and even remember more about their trauma than they did before.

2. REBT (Rational emotive behavior therapy) helps in managing cognitive and behavioral disturbances.

- a. Both REBT and Cognitive Behavioral therapies rely on the A-B-C model.

3. The REBT hypothesis would be based on the idea that a person's perspective, morals and feelings can potentially cause an imbalance or distress psychologically.

4. From a REBT perspective emotional disturbance like depression, panic attack, or anxiety; are a result of the combination of an activating event.

Chapter #11:

25. From a Christian point of view the " reality/ choice" therapy can be seen as very helpful. Helping a client, especially one that may be depressed and due to depression, struggles to complete simple tasks in their life.

26. Characteristics that define reality therapy are focusing on the present and not dwelling on the past. Prioritizing, avoid procrastinating, blaming, complaining or excuses.

- a. Basic psychological needs characteristics are open mindedness, agreeableness, conscientiousness, extraversion and stress tolerance
- b. Choice therapy characteristics would be changing thoughts and behavior
- c. Rejection characteristics would be learning not to fear rejection
- d. Responsibility characteristics would be learning to take responsibility for actions
- e. Role of the past characteristics would be to learn to live in the present
- f. Role of transference characteristics would be tackling repressed emotions.

27. Basic ideas involved in choice therapy would be survival, freedom, power and belonging.

28. The view of human nature in reality therapy is that there is a fundamental need to feel love and to be loved. The overall goal in reality therapy is focused on changing existing negative behavior, to help the client see the bigger picture regarding their mental impact on their behavior and emotions.