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P & C I
Ch. 10 + 11 Essays
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Chapter Ten

REQUIRED QUESTION:

1.

The Bible talks about confessing sins one to another for healing. This approach hints toward this process of healing by using a collaborative relationship between the therapist and the client to work toward healing. Proverbs 23:7 basically summarizes this all therapy perspective by saying, “As a man thinks, so is he.” Cognitive Behavior has a premise that psychological anxiety and frustration starts in the mind and is expressed through emotions and behaviors. Deuteronomy 30:19 gives the people of Israel a choice between life and death, blessing and cursing from God. God is urging them to choose life, but ultimately it is up to them to decide what they want to do. If clients in REBT or CT or SB-CBT therapy are guided to change their irrational and/or rigid and extreme beliefs, they will have new ways of behaving and find new, healthier outlooks on thought processes, which in a sense is them choosing life! This approach values being fully present from the therapist and the client. The Holy Spirit is also fully present and active in our time of need, but we need to do what we can do as well to bring about positive change. This approach is educational. This relates to a Christian point of view in that the Holy Spirit himself, and the people he chooses to use, teach others how to have the “mind of Christ” and alter their false and self-defeating beliefs. Lastly, this type of therapy focuses on the assumption that everything (behaviors, beliefs, feelings, values, and physical responses) are all connected. They understand that if one changes other areas are likely to change as well. The Bible and Jesus is not

considered with changing just one area in person, but transforming them from the inside out, step by step, in a holistic way. This is in concurrency with Cognitive Behavioral Therapy.

4.

From the REBT perspective, people develop emotional disturbances by adopting irrational credences from their close relationships during their early development and then reconstructing them throughout their lives. This is done through self-repetition and autosuggestion. As a result, our actions follow in accordance to these extreme and illogical beliefs. This process becomes a very defeating and destructive cycle that continues into late-adulthood, unless it is dealt with and corrected.

Blame is at the center of the majority of emotional problems, because people are not able to accept their flaws, imperfections, frailties. We blame ourselves and others for why we feel the way we feel. We create dogmatic expectations of ourselves such as “could have”, “should have”, “must do”, and are great unsettled and blame ourselves when we do not live, or even think that we met, these irrational goals. This could also lead to harmful external behaviors.

8.

For therapy to be effective, the client must be fully present in and outside of the therapy sessions by completing the agreed upon homework between them and the therapist. This will assist the client in decreasing their illogical thinking and irritations of behaviors and feelings. They need to use their innate ability to alter their harmful patterns of cognition and emotion that they developed at a previous time frame. Clients also need to formulate action plans and positive coping mechanisms, when they may come across new difficulties or are tempted to fall back into irrational beliefs from their past.

17.

Strengths-Based CBT (SB-CBT) is centered evidence based approaches and practices. This empirical approach places a lot of weight on the therapist having a good understanding of proven, well-documented strategies and techniques. In this therapy, the client is the one to direct the therapy time in a way, but the information they provide from their personal lives. Having a collaborative relationship is key to exam a client's beliefs, along with using specific experiments to meet the unique needs for cognitive change of the client.

One of the biggest and most stand-out differences from this approach compared to others is that a client's strengths are included at each stage of the treatment. The therapist may focus on the areas of a client's life that are going well, to hopefully help them understand that they can transfer those good attributes about themselves, and/or their situation, to the problems that they are facing. The therapist's main goal is to assist the client in constructing novel productive ways of relating to the world around them. Essentially, this approach encourages and guides clients to try something completely new, instead of struggling to adjust a continual issue or come up with a better solution to a problem. In sum, this approach assists clients by collaboratively design a brand new perspective of what they want to be and what they would want their problematic areas of life to look like in the future.

Chapter Eleven

REQUIRED QUESTION:

25.

The Reality/Choice perspective assumes that people's problems are rooted in their current unfulfilling relationships or not having any real relationships in the first place. This runs parallel to a Biblical point of view in that the devil will do everything he can to isolate and separate people

from each other, especially within the immediate home. The Bible says that he comes to steal, kill, and destroy. This can be viewed in the context of relationships as well.

The therapist's job is to get the client to establish gratifying and close relationships with others.

The heart of God is for people to come into relationship with Him (John 15:5, John 3:16, Zephania 3:17). Another key concept of this therapy is behavior dictates where a person is in the present. The Bible talks about this a lot, especially in the Old Testament through "if" and "then" promises. For instance, if the Israelites follow and obey, they will be successful and multiple in the land, but if they disobey the Lord and do their own thing, they will be defeated and not be able to enter the Promise Land.

27.

Choice theory is the theoretical foundation for reality theory. This theory proposes that people innately have 5 encoded needs that spur us throughout our lives: survival or preservation, love and belonging, power or inner control, freedom or independence, and fun or enjoyment. These elements are in everyone at different degrees. This view presumes that we need to interact with others, which means that we need to give and receive love. If this need is established the other needs mentioned will follow suit. This does not happen all at once, but is a lifelong process and is met in indirect ways. The culmination of our specific wants and specific ways of obtaining them is summed up by our quality world. This concept is at the center for our continual drive throughout our lives. Some of our needs might not be clearly seen or viewed by clients, so it is the aim of the therapist to help them obtain a little more focus on them and then organize and work on them in a prioritized fashion.

Part of understanding a client's needs is understanding their total behavior. This is the interconnected aspects of individuals that includes acting, thinking, emotions, and physiology. The focus of choice theory is cognition and behavior. What the client is presently doing in the moment, or what they did in the recent past is essential to help them establish new patterns of behavior to get them to wear they want to go and be in life.

31.

The only time a person should be diagnosed with a mental illness is for insurance purposes, according to Glasser. If therapist gives labels to a non-working action it will cause the client to give up control, responsibility, and any power of choice they actually possess. Instead of identifying with a disorder, therapists and clients should use action verbs like anxietying or depressing. This will bring them into the present and help them change their perspective into something that could hopefully change. This will happen by the choices they choose to make now and in the near future. This idea connects the client to their total behavior.

33.

Self-evaluations are the most important part of the process of reality therapy, because it forces the client to face the behaviors they made to get them to the point where they are in the present. Once they see how they got to where they are now, they will be compelled to analyze whether their actions are getting them closer or further away from their quality world. Self-evaluations of a client's current behavior is the necessary stepping stone to get them to a point where they realize that they need to make an action plan. Without the insight provided by this stage of therapy, action plans, techniques, and "talking it out" will not be very effective in the long-run.

Self-evaluations also provide the client with a sense of the basic needs and sparks them to want to do something to fulfill those needs specific to them.