

Behavior therapy and the changes in psychology assignment

[Philosophy](#)



**ASSIGN
BUSTER**

Running head: CHANGES IN PSYCHOLOGY Running head: does not have capital H. Not need page numbers on citations. Behavior Therapy and the Changes in the Field of Psychology Roderick J. Smith Columbia College
Abstract Behavior therapy is a clinical approach that can be used to treat a variety of disorders, in various types of settings, and with a wide range of special population groups. A number of disorders have been successfully treated by using this approach. The popularity of psychotropic drugs is contributing to the growing risk of prescription drug addiction.

This paper will discuss some of the specific contributions of behavior therapy as well as some of the problem areas where this approach is particularly effective and the changes it will make in the field of psychology (Corey, 2005). Not citations on abstract. Behavior Therapy and the Changes in the Field of Psychology I believe that the most significant change in the field of psychology will be the decrease in the use of psychotropic drugs and the increase in the popularity of coping skills. Behavior therapy has made some significant contributions to psychology that cannot be ignored.

According to the text, behavior therapy has made some significant contributions to health psychology, especially in helping people maintain a healthy lifestyle (Corey, 2005, p. 259). Behavioral medicine, the wellness movement, and approaches to holistic health is said to incorporate behavioral strategies as part of their practice (Corey, 2005, p. 259). One of the major contributions of behavior therapy is its emphasis on research and assessment of treatment outcomes. The practitioner's responsibility is to demonstrate that the therapy is indeed working (Corey, 2005, p. 259).

If the practitioner recognizes that progress is not being made then he or she will take another look at the original analysis and treatment plan (Corey, 2005, p. 259). The text also tells us that of all the therapies presented in the book, behavior therapy and its techniques have been subjected to the most empirical research. The empirically tested techniques that behavior therapists use assure that the clients are receiving both effective and relatively brief treatment. Managed care and mental health programs also benefit from this form of therapy because it fits well within their requirements and guidelines.

Some might argue that the popularity of drugs and their supposedly quick fix will be harder to overcome than what I am willing to acknowledge. I have been observing how health conscious Americans have become over the years. The use of drugs has been linked to other health related issues whether the drugs were legal or illegal. The issue that I believe will be the most influential when the shift begins will be the tightening of the ethical issues involved in prescribing drugs. A significant strength that the behavioral approach can boast of is its emphasis on ethical accountability (Corey, 2005, p. 260).

According to the text, behavior therapy is ethically neutral in that it does not dictate whose behavior or what behavior should be changed. The clients have a great deal of control and freedom in deciding what the goals of therapy will be (Corey, 2005, p. 260). The ethical issue is addressed when the therapist states that therapy is based on an education process. Clients learn about the nature of counseling, the procedures that may be employed,

and the benefits and risks (Corey, 2005, p. 260). What this does for the client is makes them informed, fully enfranchised partners in the therapeutic process (Corey, 2005, p. 60). People are looking for ways to overcome or avoid becoming dependent on drugs. Most people would rather learn how to cope with certain issues on their own. Behavior therapy is pretty effective in teaching people how to cope with some of life's common problems. Some selected problem areas that behavior therapy is particularly effective in is anxiety disorders, depression, substance abuse, eating disorders, domestic violence, sexual deviance, pain management, and hypertension (Corey, 2005, p. 228). The therapy sessions are well defined and procedural.

Both the therapist and the client have clearly defined roles, and the importance of client awareness and participation in the therapeutic process is stressed. The therapist teaches concrete skills to the client utilizing instruction, modeling, and performance feedback (Corey, 2005, p. 235). According to the text, the client engages in rehearsal with feedback until skills are well learned. The client also often receives homework assignments to complete between therapy sessions (Corey, 2005, p. 235). In order for therapy to be successful, the client must be fully cooperative and motivated to change and fully carry out therapeutic activities.

If the clients are not involved in this way, then chances are slim that therapy will be successful (Corey, 2005, p. 235). References Corey, G. (2005). Theory and practice of counseling and psychotherapy (7th ed.). Belmont, CA: Thomson Brooks/Cole. 6 Use more references Corey, G. (2005). Theory and Practice of Counseling and Psychotherapy (7th ed.). Belmont, CA: Thomson

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