

# Cognitive-behavioral therapy social learning theory



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Cognitive-Behavioral Therapy (A. T. Beck & R. L. Beck)(CBT) views emotional and behavioral consequences as a result of cognitions. posits that people's feelings and behaviors are based on how they think (cognitions). personality (Cognitive-Behavioral Therapy (A. T. Beck & R. L. Beck)is seen as an enduring set of behavioral and emotional responses to stimuli that stem from ingrained, idiosyncratic ways of thinking. CBT holds that individuals have innate dispositions that interact with the environment to shape their responses and worldviews

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Nowprimary goal of therapy (Cognitive-Behavioral Therapy (A. T. Beck & R. L. Beck)is to teach clients about how they think so they can correct faulty reasoningprimary technique (Cognitive-Behavioral Therapy (A. T. Beck & R. L. Beck)is psychoeducation and the emphasis is on developing skills for managing specific problems

Five common CBT techniques (Cognitive-Behavioral Therapy (A. T. Beck & R. L. Beck)(a) identification of dysfunctional and distorted cognitions; (b) self-monitoring of negative thoughts, or " self-talk"; (c) identification of the relationships between thoughts, underlying beliefs, and feelings; (d) identification of alternative thinking patterns; and (e) personal hypothesis testing regarding the validity of basic assumptions about self, world, and future

Other popular techniques (Cognitive-Behavioral Therapy (A. T. Beck & R. L. Beck)include skills training, assertiveness training, relaxation techniques, and training in areas such as life skills, social skills, communication, role-play, systematic desensitization, flooding, thought-stopping, and cognitive modification

counselors (Cognitive-Behavioral Therapy (A. T. Beck & R. L. Beck)work collaboratively with clients and develop a mutual relationship with therapeutic rapport. Empathy,

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genuineness, and unconditional positive regard are considered necessary for change, but not necessary. Social learning theory (Bandura, Underwood, and Fromson) posited that the influence of environmental events on behavior is largely determined by cognitive processes. This approach (Social learning theory (Bandura, Underwood, and Fromson)) is based on a reciprocal determinism model that suggests that there are three interacting factors that contribute to behavior: (a) external stimulus events, (b) external reinforcement, and (c) cognitive mediational processes. Psychological functioning (Social learning theory (Bandura, Underwood, and Fromson)) involves the reciprocal interaction between behavior, cognition, and the environment. In social learning theory, the person is the agent of change, emphasizing that individuals have the ability for self-directed behavior change.