

Person-centered and behavior approaches theories essay

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Person-Centered and Behavior Approaches At the age of fourteen it is of great concern to Rosa's parents to take keen interest on some of the behavioral changes that occur to her. As their responsibility they have to give direction and guidance towards a better future and positive psychological growth in general. However, some of the occurrences are too much complicated and requires the help of professional for instance the pediatrician to give a well informed and reliable guidance. As a matter of fact, these professionals for information rely on theories developed through intense research, explaining possible solutions to these problems. Among the theories are the person-centered theory, behavior approaches and the Adlerian approaches. Person centered and the behavior approaches are best suited therapies to handle Rosa's case.

Person-Centered Person-centered therapy is a type of therapy that is applied to make an individual mentally and socially grow and adapt or come in to terms with problems that affect him or her. The therapist is required to genuine, put himself or herself in the shoes of the client and possess a positive feeling to the client. He/she should encourage and support the client with the intentions of making him/her reach his/her full potential and never create an environment that is judgmental. The therapy is mainly based on talking and it is non-directive. The therapists give the patient or client room to fully express their feelings and does not whatsoever give any clear suggestions of how the change should occur (Prochaska, 2007).

He keenly listens to the problems and the feelings and reflects them in a more professional way and thus making them understand and explore their

own feelings. In this regard he is considered as a facilitator. Among the conditions identified by the founder of this theory Rogers, include: relationship, vulnerability, genuineness, accurate empathy, positive regard and perception towards the genuineness. Behavior Approaches Behavior approaches which include: behavior modification, systematic desensitization, flooding, exposure and response prevention, operant conditioning, observational learning covert conditioning, contingency management, habit reversal training and matching law are mostly used in the treatment of among others phobias of all kinds, depression and anxiety problems. These approaches draws there foundation from the behaviorism theory which emphasis on the observable behaviors of an individual rather than his/her internal states. The internal state of an individual can also be improved by the changes or manipulations within the environment (Einfeld & Florio, 2000).

Characterized according to Pear and Martin by great emphasis on definitions of rising problems in terms of measurable behaviors, treatment techniques, precise described rationales and methods, often applied techniques based on learning principles, emphasis on responsible scientific demonstration and accountability, behavior modification stands out in Rosa's case. However habit reversal training which involves training of the general aspects of life, awareness, relaxation and competing response training and contingency management can also be considered as on of the best fit approach. In general terms, behavior therapies rely mostly on observable features or data, pay attention the environment, concerned with the effects or outcome

certain behaviors have, are predictable, rejects the differences that exists in the operations of the mind and body treating them as one and analyzes the relations within one individual and with others. As a teenager Rosa is in her adolescent stage and therefore engages in various habits either through peer influence or curiosity. She is not fully informed or in control of her situation and would require an adults responsible care. However, this parental intervention that leads to counseling can either be taken positively or considered as interference. Therefore whatever the means it should be made to look like she is in full control and by no means her freedom is being interfered with.

Her interests, feelings and perspective of life should be greatly paid attention to. The counseling should not look like there are stiff suggestions to be followed. The therapist should put himself or herself in the shoes of Rosa, for most of the adolescent teens have intense pressure to explore on many without their self will and control.

In this regard, person-centered theory if applied would give the best results to change Rosa's situation. On the other hand it is easier to identify ones behavior especially at younger stage than what exactly are his/her thoughts. Most of the cases one can be able to tell the causes of certain habits, how far are the causes deeply rooted, other parties involved and probably the possible solutions through the behaviors one shows (Capage & McNeil, 2002). Rosa's parents would easily identify some of the changes in her behavior and inconsistencies in her routine. This gave room to notice the

interest drop, dramatic drop in school performance and therefore the urgent need for rescue measures.

Through behavior and application of behavior approaches, the parents since they are close to Rosa would comfortably act as problem identifiers, witness as well as participate fully in the rehabilitation process. For this matter behavior approaches were justifiably selected. Although the two means would work in changing Rosa's habit, they differ in such a way that person-centered theory gives Rosa a large stake in changing and shaping her own life while the behavior approaches give the parents to be part of the problem identification and solution. The therapist in person-centered therapy act as a catalyst to habit change as well as a launch pad for he encourages and gives insight on the possible way forward, on the other hand both the three parties are involved in all the stages of the process of behavior change. Both the theory's objective is to make Rosa among other teenagers with similar problems to change towards a positive direction. The theories however much they succeed in changing Rosa's marijuana addiction, have both the strengths and weaknesses. It is important to give the client the larger stake to changing his behavior as suggested in person centered theory, but for Rosa basing on her age and level of knowledge, she is not in a better position to understand the effects of marijuana and therefore really needs the services of a specialists in terms of suggestions apart from her parents.

Since Rosa is a victim of the addiction, it puts her in bad position to notice that she is heading towards the wrong direction and therefore it requires almost a hundred percent responsibility from a second party like her parents

or guardian. As a strength, a change that is self driven and self engaged lasts to the taste of time as compared that one the is pushed by external environment (Barrera & Li, 2001). This clearly manifests in the person-centered theory. Similarly as much as there are specialists to identify problems, guide and counsel people towards behavior change, it is hard to understand to ones feelings better than he/she understands himself/herself.

The exercise can be made more professional and successful the individual is personally engaged in decision making or creating part of the solution. All is needed is commitment from both sides and responsibility. In behavior approaches, some of the behaviors we have are influenced by various factors ranging from environmental to internal conditions.

This make brings about inaccuracy in our judgment and therefore affect behavior therapy. Most of the time, especially in a school setting, we spend time with our peers and not necessarily our elders or people who are concerned with our behavior. In this case, some of undesirable behaviors are not easily and timely noticed and therefore not subjected to criticism. Sometimes we develop different characters to fit different situations thus hiding our true self.

The dependence on empirical features by the behavior theory comes out as a weakness if the behavior is not identified in time. However on the other side there is always the evidence to start with. In Rosa's case the reduced interest in extra curricular activities and dramatic drop in academics among other behaviors would clearly indicate that something unusual is going on.

Any slight observable change in behavior once identified can easily be detected and removed at an early stage. In behavior therapy some of the responsibilities in finding solutions not necessarily require specialists. Rosa's age and more so gender regarding the effects of marijuana, keeps her vulnerable just any other teenager to the hostilities of the world. It is therefore the responsibility of the parents, the governments and generally the adults as the stakeholders to ensure that harmful drugs are kept away from the reach of children in order to allow them to forge towards a better future. Just like the drugs once abused are harmful to the children, so they are to the adults and every individual should take responsibility of his/her health and in cases where one has already engaged in drug abuse, urgent and appropriate measures should be taken to prevent disorders of all types and their consequences which include loss of life (Frank , 2002).

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