

# Behavior therapy

Psychology



Psychoanalytic approach and behavior therapists Psychoanalytic Approach and Behavior Therapists Every psychiatric problem has to be dealt with from the basis of it all because for every behavior to manifest there must be a force or a motivation behind it. It is very evident that people act the way they do because of a specific reason or as a reaction to self-defense so that they can prove their self-esteem (Kottler & Carlson, 2003).

It is always every ones desire to be appreciated and to find pride in the things they do but all the same life may not always offer everyone the best choice. People's emotions are mainly the product of our beliefs, evaluations, interpretations and reactions to life (Follette & Ruzek, 2006).

Psychoanalytic approach is built on the belief that one may behave in a certain way because of a certain reason. In most cases the reason acts as a catalyzer which pushes the victim to react or act in a certain way. If this catalyzer is controlled, then definitely the person will not react or even act under the same circumstances.

Behavior therapy on the other hand uses substitution as a quick solution to the root problem (Corey, 2013). If a victim reacts by crying, the therapist finds a way of replacing the act of crying with something else which could be less embarrassing to the subject. In this case, the victims have not changed in the way they react or reason in certain situations, which means they are simply manipulation their mind to act otherwise.

In the absence of the catalyzers which is considered as the underlying cause the person will act normal. The psychoanalytic approach is actually the best way to handle behavioral problems because it helps the person affected to be able to understand and conceptualize the cause of the actions which will help one be in control of the actions (Corey, 2001).

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I agree that identifying and resolving the underlying causes of behavioral problems is the ultimate solution because other symptoms may be substituted for the ones treated unless the underlying causes are also treated as practiced by behavior therapists.

#### References

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