

Juvenile justice in america chapter 12

Law



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Teacher Juvenile justice in America Behaviour therapy This is a correctional programme has been in use in correctional facilities and various learning institutions. The programme focus is to change negative behaviour to positive behaviour that is acceptable in the society. The results are achieved through rewarding positive behaviour and neglecting or ignoring the negative. When an individual does something positive, he or she is rewarded and praised for such an action. However, when another does a negative act it is ignored and no one takes note of it. Through doing this the person doing negative will also like to be rewarded at some point and the only way to achieve that is through doing something positive and that requires change in behaviour.

Cognitive behaviour therapy

The programme is mostly focused on the thoughts of an individual that leads towards certain undesired actions. These thoughts are because of experiences and other affecting factors. The programme is rooted in the fact that most individuals are aware of their thoughts and behaviours, and that they can change their actions from negative to positive. The change starts from the thoughts and finally the actions taken by the individual. The programme helps individuals to great lengths, it ensures that they adopt a positive line of thought resulting in change of behaviour and equips them with necessary social skills (Bartollas et al, 2014).

The above programmes prove to be highly effective however, they are problems associated with them. The behavioural therapy for example rewards positive behaviour and ignores the negative. This type of approach may create further problems when an individual is doing wrong in a bid to seek attention. Ignoring such an individual is wrong because they will try

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harder to get the attention they seek, creating more problems.

Work cited

Bartollas, Clemens, and Stuart J. Miller. *Juvenile Justice in America*. , 2014.

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