Reyna Deras, Miriam Lucas, Becky Duke, Jia Borussard, Elizabeth Carney, Olivia Burgess, Sophia Carcamo Psy 126 Section 1 Spring 2010 Class Exam review

Question 2. Compare and contrast the Behavioral and Cognitive schools of therapy.

The Behavioral school of therapy believes that behavior can be modified with stimuli such as reinforcements and punishment; in contrast the cognitive school focuses on the blue-print of the schema and determines positive and negative interpretations.

Sheila 2/24/10 7:10 PM
Comment: Not very clearly stated

Behavioral therapy consists 12-16 sessions once or twice a week and once there is apparent improvement in the presenting problem(s) the termination phase is established. Behavioral clients are asked to keep a daily log of behavior to identify reinforcers and punishers. Behavioral therapists frequently use systematic desensitization, exposure therapy, and behavioral rehearsal (act out several situations) for phobias. A specific goal for a behavioral therapist is functional analysis (single-case design) and what type of therapy will be better for that person in order to reduce maladaptive behaviors and increase adaptive behaviors. Behavioral therapy is a gradual process and should not be rushed.

Sheila 2/24/10 7:10 PM
Comment: clarify

Sheila 2/24/10 7:07 PM
Deleted: that will

Cognitive therapy has two different ? Phases?: phase 1) establish a treatment relationship with the patient and phase 2) clarify and change the underlining schemas.

Sheila 2/24/10 7:07 PM
Deleted: sessions

In comparison with the Behavioral approach, Cognitive therapy values daily recordings as a goal for understanding the thoughts that cause feelings and behaviors. Cognitive therapy believes that cognitive schema, or ways of thinking influences your behavior.

Sheila 2/24/10 7:10 PM
Comment: this isn't really a comparison, it's just a difference

Both cognitive therapy and behavior therapy focus on the importance of insight because it is useful to recognize the maladaptive behavior or thought processing so that it can be

Sheila 2/24/10 7:10 PM
Comment: insight is not of much importance in behavioral therapy

changed in therapy. Also, Cognitive therapy focuses on the Socratic dialogue/questioning so that the therapist is able to break down the problem and find the underlying thought processes. Both approaches give importance to early experiences that may shape behavior and cognitive schemas. Both the client and the therapist both work together in a therapeutic alliance and value the importance of homework.

Sheila 2/24/10 7:09 PM
Deleted: underlining

Sheila 2/24/10 7:10 PM
Comment: but they understand these experiences quite differently