

Behavioral Therapy

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ABSTRACT

Behavioral therapy is an umbrella term for sorts of therapy that treat psychological state disorders. This form of therapy seeks to identify and help change potentially self-destructive or unhealthy behaviors. It functions on the thought that each one behaviors are learned which unhealthy behaviors are often changed. The focus of treatment is usually on current problems and the way to vary them.

Keywords: Behavioral therapy

INTRODUCTION

WHO CAN BENEFIT FROM BEHAVIORAL THERAPY?

Behavioral therapy can benefit people with a good range of disorders.

People most commonly seek behavioral therapy to treat:

- Depression
- Anxiety
- Panic disorders
- Anger issues

It also can help treat conditions and disorders such as:

- Eating disorders
- Post-traumatic stress disorder (PTSD)
- Bipolar disorder
- ADHD
- Phobias, including social phobias

TYPES OF BEHAVIORAL THERAPY

There is variety of various sorts of behavioral therapy:

Cognitive behavioral therapy: Cognitive behavioral therapy is extremely popular. It combines behavioral therapy with cognitive therapy. Treatment is centered around how someone's thoughts and beliefs influence their actions and moods. It often focuses on a person's current problems and the way to unravel them. The long-term goal is to vary a person's thinking and behavioral patterns to healthier ones.

Cognitive behavioral play therapy: Cognitive behavioral psychotherapy is usually used with children. By watching children

play, therapists are ready to gain insight into what a toddler is uncomfortable expressing or unable to precise. Children could also be ready to choose their own toys and play freely. They might be asked to draw an image or use toys to make scenes during a sandbox. Therapists may teach parents the way to use play to enhance communication with their children.

System desensitization: System desensitization relies heavily on classical conditioning. It's often used to treat phobias. People are taught to exchange a fear response to a phobia with relaxation responses. A person is first taught relaxation and breathing techniques. Once mastered, the therapist will slowly expose them to their fear in heightened doses while they practice these techniques.

Aversion therapy: Aversion therapy is usually used to treat problems like drug abuse and alcoholism. It works by teaching people to associate a stimulus that's desirable but unhealthy with a particularly unpleasant stimulus. The unpleasant stimulus could also be something that causes discomfort. For example, a therapist may teach you to associate alcohol with an unpleasant memory.

Is behavioral therapy effective?

Behavioral therapy has successfully been used to treat an outsized number of conditions. It's considered to be extremely effective.

About 75 percent of people who enter cognitive behavioral therapy experience some benefits from treatment.

One study found that cognitive behavioral therapy is best when treating:

- Anxiety disorders
- General stress
- Bulimia
- Anger control problems

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- Somatoform disorders
- Depression
- Substance abuse

Studies have shown that psychotherapy is extremely effective in children ages 3 to 12. However, this therapy is increasingly getting used in people of all ages.

Behavioral therapy for children: Applied behavior modification and psychotherapy are both used for youngsters . Treatment involves teaching children different methods of responding to situations more positively.

A central a part of this therapy is rewarding positive behavior and punishing negative behavior. Parents must help to reinforce this in the child's day-to-day life.

It may take children a while to trust their counselor. This is normal.

They'll eventually warm up to them if they feel they will express themselves without consequences.

Children with autism and ADHD often enjoy behavioral therapy.

HOW TO FIND A BEHAVIORAL THERAPIST

Finding a therapist can feel overwhelming, but there are many resources that make it easier.

When finding a provider, you can choose from:

- Social workers
- Faith-based counselors
- Non-faith-based counselors
- Psychologists
- Psychiatrists

You should confirm that the provider you select has the required certifications and degrees. Some providers will specialize in treating certain conditions, like eating disorders or depression.

If you don't skills to urge started finding a therapist, you'll ask your doctor for a recommendation. They may recommend you to a psychiatrist if they think you would possibly enjoy medication. Psychiatrists are able to write prescriptions for medication.

Most insurance plans will cover therapy. Some providers offer scholarships or sliding-scale payment for low income individuals.

A therapist will ask you a great many personal questions on yourself. You will know you've got found the proper therapist if you are feeling comfortable lecture them. You may have to meet with several therapists before you find the right one.