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PSYC 101

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Take Home Essay

1. Behavior Therapy
   1. View of Human Nature – individuals can become aware of why they feel depressed and yet still feel depressed
   2. What does it take to promote change in general – they try to eliminate the individual *behaviors* rather than get the individuals to realize why they are depressed
   3. What are some techniques used in this form of therapy – classical conditioning, by teaching the client to associate relaxation to situations of intense anxiety, and operant conditioning, by trying to help the client to “unlearn” the learned maladaptive behaviors
   4. According to this form of therapy how would Margaret’s problem be perceived? – Margaret is being rejected by her friends at school because she is a scapegoat.
   5. What would the goals of therapy be? – Margaret needs to learn what the cause of all her problems is, and she needs to act to fix them.
   6. What will it take for Margaret to change? – Margaret should try to realize that school is not the cause of her problems; her friends are. She places school as her main problem because it is the only place where she sees her friends that cause her misery.
   7. What techniques could be used to help Margaret and how? – Margaret needs to learn to be relaxed whenever she is faced with a stressful situation. She must try to find out what causes her pain and to relax and get rid of the tension it causes her.
2. Humanistic Therapy
   1. View of Human Nature – people are encouraged toward self-understanding and personal growth
   2. What does it take to promote change in general – humanistic therapies emphasize conscious thought and self-fulfillment to lead to self-healing
   3. What are some techniques used in this form of therapy – unconditional positive regard: the therapist constantly recognizes the inherent value of the client. Empathy: the therapist strives to put himself/herself in the client’s shoes. Genuineness: the therapist shares feelings with the client and doesn’t hide behind a façade.
   4. According to this form of therapy how would Margaret’s problem be perceived? – Margaret is upset with herself and must admit to her own problems for self-healing.
   5. What would the goals of therapy be? – the goal of this therapy would be to encourage Margaret to admit her guilt and shame for her problems. She must recognize that it is okay for humans to make mistakes and she should move on.
   6. What will it take for Margaret to change? – Margaret needs to learn that skipping school and faking an illness by lying to her parents and doctors is wrong.
   7. What techniques could be used to help Margaret and how? – Margaret should try using reflective speech; she could talk all about her problems to her therapist until she realizes that she is a good person, but her actions are not.