

# Guided Reading Activity

17-3

networks

## Therapy and Change

### Lesson 3 *Cognitive and Behavior Therapies*

#### Review Questions: Using Headings and Subheadings

**Directions:** Locate each heading below in your textbook. Then use the information under the correct heading and subheading to help you write each answer.

#### I. Cognitive Therapy

A. Describe two ways that cognitive therapy is different from psychoanalysis.

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B. According to rational-emotive therapy, what are the ABCs that cause unhealthy and self-defeating behavior, and which part is the most important to change?

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C. What are four steps Beck's cognitive therapy might use to help a client overcome depression?

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## Guided Reading Activity *cont.*



### Therapy and Change

#### II. Behavior Therapy

A. What is the main idea behind behavior therapy?

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B. How does counterconditioning work?

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C. Why and how are rewards used in operant conditioning?

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D. How might a cognitive-behavior therapist help a client change behaviors?

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#### Summary and Reflection

**Directions:** Summarize the main ideas of this lesson by answering the question below.

Compare and contrast cognitive therapy and behavioral therapy.

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