

Vocabulary Activity 17-3

Cognitive and Behavior Therapies

Directions: Choose the term from the list below that best completes each sentence. Write the correct term in the space provided.

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|----------------------------|--------------------------------|
| aversive conditioning | contingency management |
| behavior modification | rational-emotive therapy (RET) |
| behavior therapy | systematic desensitization |
| cognitive-behavior therapy | token economy |
| cognitive therapy | |

1. The therapist and patient decide what old, undesirable behavior needs to be eliminated and what new, desirable behavior needs to appear when they are using _____.
2. The goal of _____ is to change the way people think.
3. A specific systematic method of changing an undesirable behavior is a technique known as _____.
4. _____ focuses on setting goals for changing a client's behavior and emphasizes changing the client's interpretation of his or her situation.
5. The goal of _____ is changing unrealistic assumptions about oneself and others.
6. Some mental hospitals feature a _____ wherein psychologists reinforce desirable behaviors with points that can be exchanged for rewards.
7. The goal of _____ is to make certain acts unpleasant so that they will be avoided.
8. A counterconditioning technique used to overcome irrational fears and anxieties the patient has learned is _____.
9. The goal of _____ is modifying a person's behavior rather than changing one's thought processes.

Directions: Answer the following question in the space provided.

10. Explain the idea behind behavior therapy.
