Chapter 1

Behavior Therapy: An Introduction

Participation Exercise 1-1: What Do You Know About Behavior Therapy?
TERMINOLOGY AND SCOPE
WHAT IS BEHAVIOR THERAPY?
- **Defining Themes of Behavior Therapy**
  - Scientific
  - Active
  - Present Focus
  - Learning Focus
- **Common Characteristics of Behavior Therapy**
  - Individualized Therapy
  - Stepwise Progression
  - Treatment Packages
  - Brevity

THE THERAPIST–CLIENT RELATIONSHIP IN BEHAVIOR THERAPY
MANY VARIATIONS OF BEHAVIOR THERAPY
ETHICAL ISSUES IN BEHAVIOR THERAPY
PURPOSE OF THIS BOOK
SUMMARY
REFERENCE NOTES

Guiding Questions

1-1. What are the four defining themes of behavior therapy?

1-2. What are the four common characteristics of behavior therapy?

1-3. What is the difference between defining themes and common characteristics?

1-4. What is the nature of the therapist–client relationship in behavior therapy?

1-5. What are the advantages of the fact that behavior therapy consists of a wide variety of techniques?

1-6. What are the two major potential ethical issues in behavior therapy?

Multiple Choice Questions

1-1 (p. 4, b)
Behavior therapy is the term preferred by the author because behavior therapy
a. changes behaviors directly.
b. is the broadest and purest term.
c. does not deal with cognitions.
d. includes all behavioral modifications.

1-2 (p. 4, c)
The major goal of behavior therapy is to
a. resolve past traumas.
b. validate existing psychotherapies.
c. treat psychological problems.
d. prevent behavioral disorders.

1-3 (p. 5, d)
Which of the following is the most commonly agreed-upon definition of behavior therapy?
a. The therapeutic application of the laws of learning
b. Any empirically-validated psychotherapy procedure
c. The treatment of behavior-maintaining cognitions
d. No single definition exists

1-4 (p. 5, a)
Precision and empirical evaluation are elements of which defining theme of behavior therapy?
a. Scientific
b. Present Focus
c. Active
d. Learning

1-5 (p. 5, c)
Conclusions about the effectiveness of behavior therapies are based on
a. the judgment of experienced therapists.
b. managed-care company actuaries.
c. the results of empirical research.
d. the testimonials of satisfied clients.

1-6 (p. 5, b)
Behavior therapy is considered an active therapy in part because
a. therapists play an active role in treatment.
b. clients engage in actions as part of treatment.
c. researchers actively test existing treatments.
d. behavioral change is activated via treatment.

1-7 (p. 5, c)
In behavior therapy, conversations between the client and therapist are predominantly for
a. building rapport and trust.
b. developing insight into problems.
c. exchanging information.
d. working through past traumas.

1-8 (p. 5, a)
Specific therapeutic tasks clients perform in their everyday environments are called
a. homework assignments.
b. booster sessions.
c. maintenance treatments.
d. therapeutic practice.

1-9 (p. 6, c)
The term in vivo is used to designate therapy procedures
a. associated with greater client discomfort.
b. requiring extensive practice by the client.
c. implemented in the clients' natural environment.
d. not requiring therapist participation.

1-10 (p. 6, a)
The behavior therapy term change agent refers to
a. people trained to assist in treatment.
b. the role assumed by the therapist.
c. any environmental factor influencing behavior.
d. a sponsor not affiliated with the treatment.

1-11 (p. 6, c)
Guiding clients to conduct their own treatment is representative of
a. client–therapist collaboration.
b. a learning focus.
c. the self-control approach.
d. in vivo treatment.

1-12 (p. 6, b)
Clients who participate in changing their own behaviors
a. show faster recovery times.
b. are more likely to maintain the change.
c. are less likely to drop out of treatment.
d. show a greater decrease in symptoms.

1-13 (p. 6, d)
Behavior therapy is said to have a present focus because it assumes that
a. past events do not lead to present problems.
b. it is impossible to focus on the past.
c. the problem only exists in the present.
d. problems are only influenced by present conditions.

1-14 (p. 7, c)
Behavior therapy's learning focus describes, in part, the therapist's
a. attempts to uncover the client's traumatic history.
b. responsibility to "keep up" with the field.
c. replacing of maladaptive behaviors with adaptive ones.
d. assumption that all behavior is a function of learning.

1-15 (pp. 7-8, b)
Which of the following is most representative of behavior therapy?
a. Generic reinforcers issued in a group setting.
b. Procedures moving from simple to complex.
c. Single therapies used one at a time.
d. A relatively long treatment time.

1-16 (p. 8, b)
The combination of two or more behavior therapy procedures is called
a. a multimodal treatment.
b. a treatment package.
c. a multimethod treatment.
d. an integrated therapy.

1-17 (p. 8, a)
For successful treatment in behavior therapy, the therapist–client relationship is considered
a. necessary but not sufficient.
b. both necessary and sufficient.
c. sufficient but not necessary.
d. neither sufficient nor necessary.

1-18 (p. 9, c)
In behavior therapy, decisions about therapy procedures are most often made by
a. the therapist.
b. the client's physician.
c. the therapist and client jointly.
d. the physician and client jointly.

1-19 (p. 11, b)
One advantage of having multiple treatments available for the same problem is that different therapies
a. invite an eclectic approach to therapy.
b. target different aspects of the same problem.
c. vary in their adherence to the present and learning foci.
d. allow for more congruent treatment packages.

1-20 (p. 11, b)
One potential ethical issue in behavior therapy is
a. the use of inefficacious treatments.
b. the deprivation of a client's rights.
c. a prolonged course of treatment.
d. excessive financing from managed care.