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Weekly assignment

In chapter 9 Corey talks about the behavior therapy and the role of EMDR. I like the way in which Corey has explained the role of this therapy on changing the behavior of individuals. I think that the positive reinforcement is an effective way of building a positive behavior or habit in children. Similarly negative reinforcement is also an effective tool for removing a bad behavior. The most impressive part of this therapy is that it is applicable in real life situation and everyone can benefit from it. Another thing that I find more practical as it highlights one of the common problems of anxiety faced by humans (Corey, 2017).

Systematic desensitization can be used for understanding why people become insensitive to anxiety-arousing situations. This is a behavior therapy process that offer numerous benefits to the people who are victims of anxiety and extreme depression. I like this therapy because it can be adopted by therapists for improving the behaviors of the clients and providing them solution for anxiety. There are some confusing things such as what are the appropriate social conditions for the best use of this technique.

This chapter raises some questions like; how therapist will choose the best behavior therapy considering the condition of the client? Does these treatments offer permanent solutions for changing negative behaviors? Is behavior therapy effective for controlling fears of clients?

I think the therapists can make best use of the behavior therapies if they study the behaviors and uncover causes of disturbances or mental instability. I also like the concept of exposure therapies presented by Corey in chapter 9 because it is one of the practical methods of controlling feelings of fear, trauma and insecurities. This also involve evaluation of the situations and circumstances.

Reference

Corey, G. (2017). *Theory and Practice of Counseling and Psychotherapy, 10th ed.* Cengage Learning.