DQ 1

Your Name

Institution

**DQ 1**

**1. What are the differences between cognitive therapy and behavioral therapy? Why is it important for counselors to know the differences between these two therapies?**

Behavioral therapy is used to treat disorder related to the mental health client. Behavioral therapy usually used in identifying unhealthy behaviors, especially self-destructive behaviors.

Cognitive therapy focuses on how a person feels emotionally and how he thinks about various things. This kind of therapy does not focus on past experiences.

It is important for counselors to know the differences between both strategies. Depending on the patient, therapists sometimes have to use cognitive or behavioral therapy independently, or at times in combination.

**2. Glasser, the founder of reality theory, posits that from the moment of your birth, you are faced with choices. Your needs are the driving force behind the choices that you make and are reflected in your behaviors. What steps are involved in the WDEP System? What is the purpose of this process?**

There are total of four steps in WDEP system: wants, doing, evaluation, and planning. The purpose of WDEP system is to help the patient in identifying or clarifying what they want. Next step in WDEP system involves examination of patient’s actions, feelings, and behavior. In this step, the therapist understands what the patients are doing to achieve their wants. Third step in WDEP system is evaluation. This step allows the patient to self-evaluate themselves. Evaluating the doings of patient, whether the doings are aiding them to achieve their wants or not. The final most important step in WDEP system is to devise a strategy to change the doings of the patients. In this step, the therapist plan ways to change the behaviors of the patient.

**3. Taking two interventions discussed in your reading of solution-focused therapy and narrative therapy and using the GCU Library database, read a few articles about the uses of these approaches. Compare and contrast the usage of each. Discuss the client populations you feel these approaches would be most effective with and why.**

Solution focused therapies revolves around finding solutions in present time. In solution focused therapy, the patient is assumed to be the expert of its situation, and the therapist aids the patient in understanding his/ her shortcomings. This kind of approach in psychotherapy helps patient identifying the root cause of the problem. In solution focused therapy, the patient not only identifies the reason for the problem but also figure out the solution for the problem. This therapy is most effective for children.

In narrative therapy, people are treated separately according to their problems. In narrative therapy, patient gets some distance from there issues. Such issues are considered differently; if narrative therapy is applied. Narrative therapy is most effective for women and couples, as often they have issues but they do not express them and keep realizing that those are not hurting them in any way.

**4. Discuss the 10 basic assumptions of solution-focused therapy listed in the textbook (Chapter 13) in your own words. Are there any that you personally agree or disagree with? Why or why not?**

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