Title page

Psychology

Behavior Therapy is criticized on the basis of two main arguments; first one stating that it allows clients to maintain much control over the people. I agree with the claim that the therapy exerts excessive control over the people who are receiving counseling. However this involve benefits for the youth who is addicted to alcohol or drugs. The therapist is capable of influencing the environment of the clients. People who are undergoing some problematic behavior struggle more for gaining control because they are influenced by others (Smith-Jones, 2016). By adopting reinforcement strategy the therapist can transform the behavior of individual. This suggests punishing individuals for wrong acts. I think that excessive control over people can be seen as a shortcoming of behavior therapy. This will build specific personality that will provoke clients to control others such as by implementing rigid rules.

The second claims that it dismisses the role of thought. The behavior therapy thinks that thoughts are unimportant and stresses on transforming behaviors through reinforcement. I agree that thoughts are of no significance in behavior therapy. This therapy stresses on changing the behavior of the clients by interpreting actions. The therapist identifies the issues by examining the tendency of repeating behaviors. Thoughts are non-existent because therapists considers behavior are more important. Behavior therapy also suggests that it is important to teach individuals to behave in certain ways. This will allow them to overcome negative behaviors such as substance use, aggression or violence. Thoughts are non-existent because the therapists don’t focus on studying the minds or identify inner most feelings of the individuals (Smith-Jones, 2016). As behavior therapy relies on molding the behaviors of individuals through practical methods such as reinforcement the role of thoughts is unimportant.

Reference

Smith-Jones, E. (2016). *Theories of Counseling and Psychotherapy. 2nd Edition Sage.* Newbury Park,CA: SAGE Publications, Inc.