

Behavior Control

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Cognitive Behavioural Therapy (CBT)

Cognitive therapy

- ❑ Our cognitive processes are our thoughts which include our ideas, mental images, beliefs and attitudes.
- ❑ Cognitive therapy is based on the principle that certain ways of thinking can trigger, or fuel, certain health problems.
- ❑ For example, anxiety, depression, phobias, etc, but there are others, including physical problems.
- ❑ The therapist helps you to understand your current thought patterns.
- ❑ In particular, to identify any harmful, unhelpful, and false ideas or thoughts which you have that can trigger your health problem, or make it worse.
- ❑ The aim is then to change your ways of thinking to avoid these ideas.
- ❑ Also, to help your thought patterns to be more realistic and helpful.

Cognitive Behavioural Therapy (CBT)

Behavioural therapy

- ❑ This aims to change any behaviour that is harmful or not helpful.
 - ❑ Various techniques are used. For example, a common unhelpful behaviour is to avoid situations that can make you anxious.
 - ❑ In some people with phobias the avoidance can become extreme and affect day-to-day life.
 - ❑ In this situation a type of behavioural therapy called exposure therapy may be used.
 - ❑ This is where you are gradually exposed more and more to feared situations.
 - ❑ The therapist teaches you how to control anxiety and to cope when you face up to the feared situations.
 - ❑ For example, by using deep breathing and other techniques.
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Cognitive Behavioural Therapy (CBT)

Cognitive behavioural therapy (CBT)

- ❑ This is a mixture of **cognitive** and **behavioural** therapies. They are often combined because how we behave often reflects how we think about certain things or situations. The emphasis on cognitive or behavioural aspects of therapy can vary, depending on the condition being treated.
 - ❑ For example, there is often more emphasis on behavioural therapy when treating obsessive-compulsive disorder (OCD)
 - ❑ - where repetitive compulsive actions are a main problem.
 - ❑ In contrast, the emphasis may be on cognitive therapy when treating depression.
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