

### Article Summary Cognitive intervention

BHSH 311

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Cognitive behavior theory centers on an individual's feelings and thought process. The basis of cognitive theory, rational theory, and rational behavior theory are incorporated with cognitive base theories. A transcript of a possible therapy session may illustrate how cognitive behavior therapy is essential to psychological practice. Providing articles on different human behavior examines who individuals view surroundings and how events influence his or her emotions.

Essentially, human emotion suggests Ellis is not because of the influence of an event in a person's life but how the person perceives his or herself through the event. "Ellis developed a humanistic theory of psychotherapy that "squarely places man in the center of the universe and of his own emotional fate and gives him full responsibility for choosing to make or not to make himself seriously disturbed" (Parrott, 2003, p. 304).

### **Theory Elements**

The elements of cognitive behavior suggest the affect of the surrounding in an individual's life is not the guiding force behind the behavior rather the perception of the event. Ellis believe in a simple concept of the ABC's as reasoning why individuals seek therapy. A disturbing Consequence, which contributes to an Activating event and the Belief an individual, holds about the event. Some of the approaches to therapy consist of teaching clients understanding about rational and irrational behavior by helping the client see through his or her distortions of reality.

### **Article Review**

The articles for researching this week consist of different behaviors and treatments. An introduction to rational emotive behavior therapy by Mulhauser re-enforces Ellis technique and analogy of ABC'S. Action events lead to a rational or irrational Belief that leads to a Consequence. Another article by Mazaheri, Baghban, Fatehizadeh, & Asemi, (2011) follows the study group of 30 adolescents who were all in the same group together. The purpose of the self help group was to help break the barriers commonly associated with cliques and group dynamics. CTB helps with recovery from child abuse and depression.

A recent article on treatment states about a research that was done and showed that those with a history of child abuse engage in avoidant behavior that leads to them stopping from interacting

with others and gives them a greater chance for relapse of depression. The results showed that patients studied responded best to ADM (antidepressants) with CBT (cognitive behavior therapy) at a close second. In an article by Singhal (2012) the topic of ADHD in adults explores the different types of behavior adults with ADHD exhibit. A final article suggest different therapeutic styles and theories on CBT. These differences include a range of Rational Behavior Therapy, Rational Living Therapy, Cognitive Therapy, and Dialectic Behavior Therapy.

### Role Play Transcript

**Therapist-** Hello, What brings you in today?

**Adolescent:** I am here at counseling today because my parents are making me come. They say I have anger problems and do not know how to handle them. I don't think I have anger problems they just get on my nerve and won't listen to me.

**Therapist-** I see, let's start with your belief that your parents won't listen to you. Can you define a resent situation?

**Adolescent:** Oh my gosh! All the time, two days ago they got mad at me for not doing my chores and would not let me explain why. I fell asleep because I was tired after football practice. They kept telling me I was supposed to do them before I lay down. I was tired and when they wouldn't listen to me I started yelling at them trying to make them hear what I was saying and they started yelling back. So I got mad and threw my backpack across the room. I didn't mean to break the picture but they never listen to me!

**Therapist-** What about this situation do you believe you're not paid attention to?