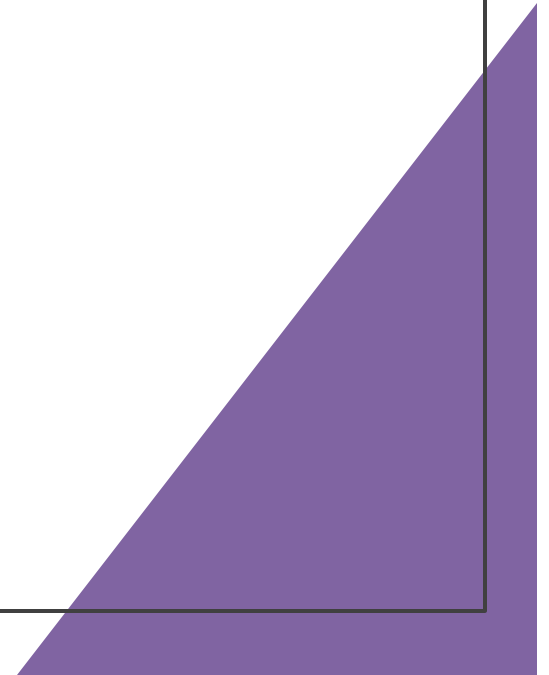
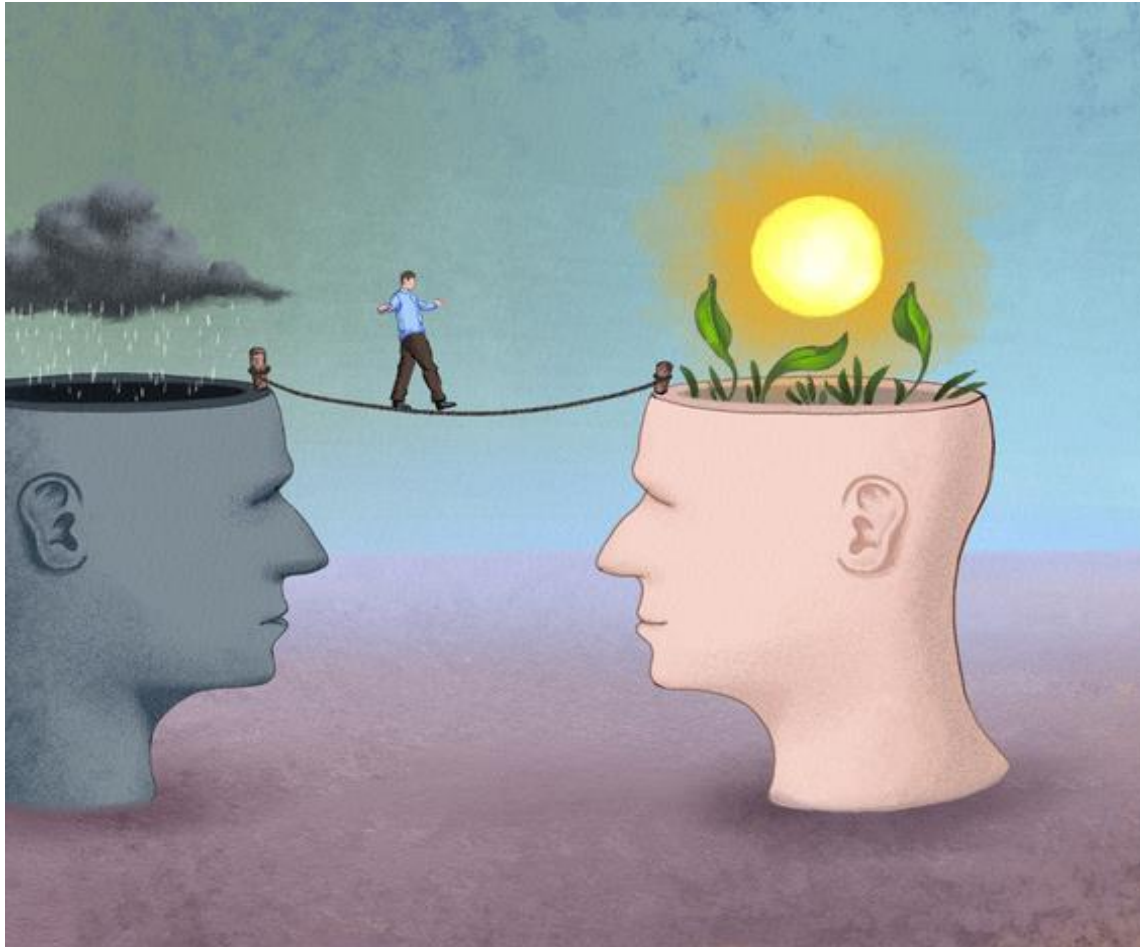


Behaviour Theory in Counselling

Counselling Theory &
Approaches



Behaviour Theory



Behaviour theory in counselling focuses on **observable behaviours** and **how they are learned and modified**. It is based on principles of conditioning and reinforcement.

Key Assumptions of Behaviour Theory



- Behaviour is learned through interaction with the environment.
- Maladaptive behaviours can be unlearned.
- Change occurs through reinforcement, punishment, and modelling.

Classical Conditioning (Pavlov)



Learning through
association.



Example: Pavlov's dogs
salivating at the sound
of a bell.



Application in
counselling: Systematic
desensitisation for
phobias.

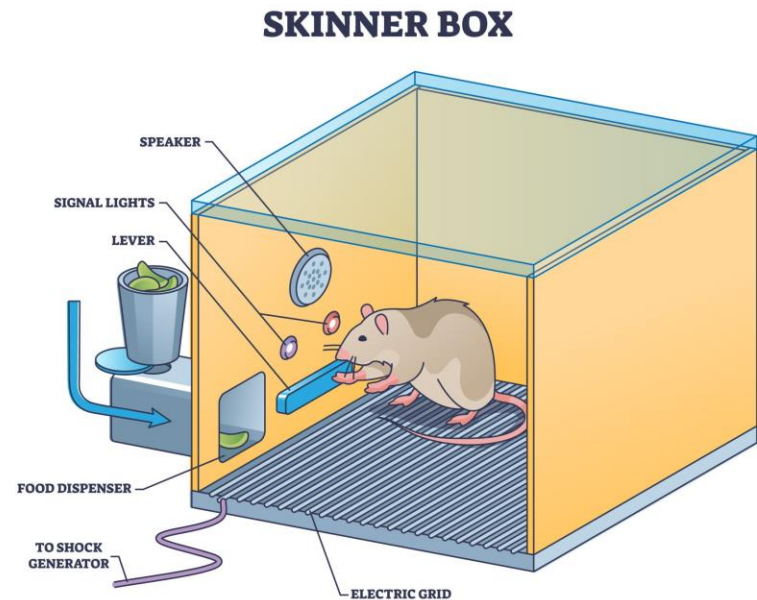
Operant Conditioning (Skinner)

Learning through rewards and punishments.

Positive reinforcement: Adding a reward to increase behaviour.

Negative reinforcement: Removing something unpleasant to increase behaviour.

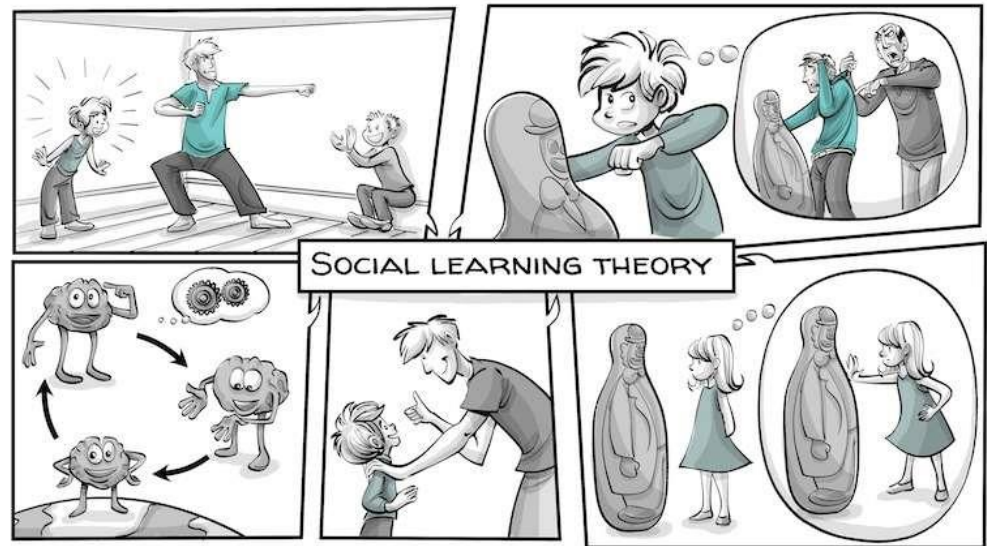
Punishment: Reducing unwanted behaviour.



Social Learning Theory (Bandura)

Learning through
observation and imitation.
Role of modelling in
shaping behaviour.

Example: Children learning
aggression from watching
violent behaviour.

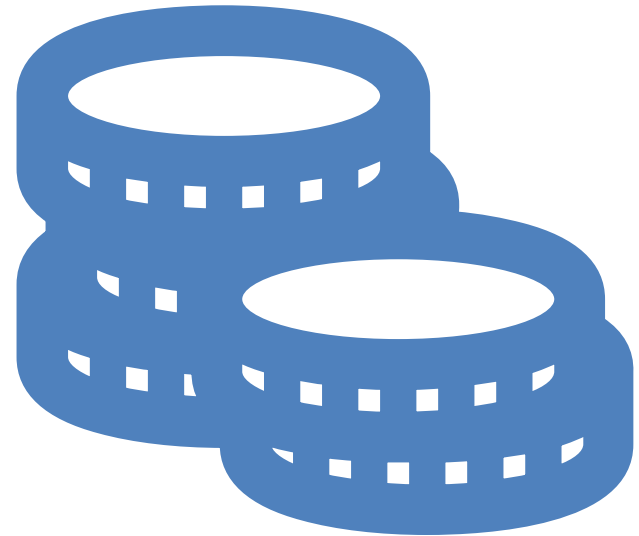


Techniques in Behaviour Therapy

Systematic desensitisation (gradual exposure to feared objects).

Token economies (using rewards to reinforce desired behaviour).

Behaviour modification (changing patterns through reinforcement).



Strengths of Behaviour Therapy



Evidence-based and measurable.



Effective for phobias, anxiety, and habit disorders.



Can be applied in various settings.

Criticisms of Behaviour Therapy



Focuses only on behaviour, ignoring thoughts and emotions.



Can be seen as mechanistic and lacking personal meaning.



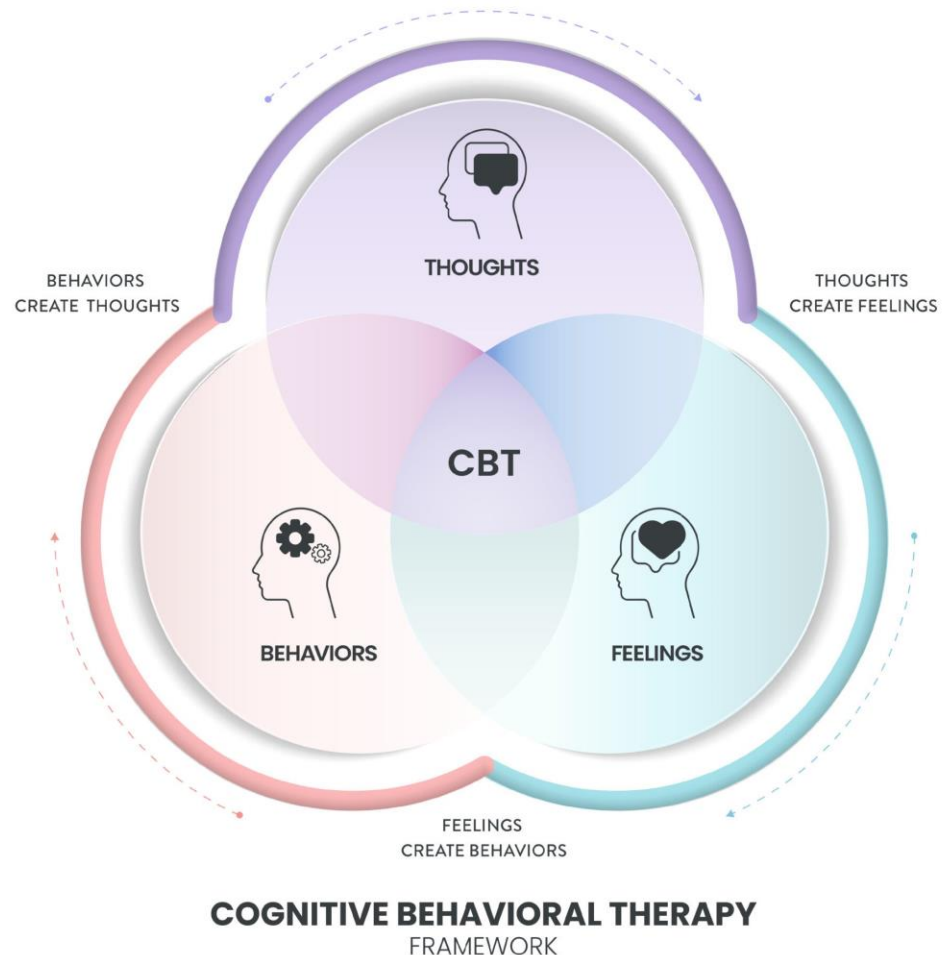
Ethical concerns regarding behaviour modification.

Application in Counselling

Used in cognitive-behavioural therapy (CBT).

Helps clients develop coping strategies.

Applied in schools, mental health settings, and rehabilitation.



Recap

Behaviour theory provides a structured approach to understanding and modifying behaviour. It remains a key foundation in modern counselling practices.

