



Behavior Therapy (Theories of Psychotherapy)

Martin M. Antony, Lizabeth Roemer

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Behavior Therapy is a cogent introduction to the intellectual and therapeutic realms of behaviorism for students and practitioners. Authors Martin Antony and Lizabeth Roemer survey the scholarly and scientific contributions of Ivan Pavlov, John Watson, Clark Hull, B. F. Skinner, Albert Ellis, and many others, to present a rich analytical panorama of the various kinds of behavior therapies developed over time and prevalent today.

Chapters include the history of behavior therapy; theoretical orientations; basic concepts and techniques in behavioral therapy processes, such as functional analysis, operant conditioning, positive and negative reinforcement, and others; an evaluation of the therapy's overall effectiveness, and suggestions for its future development.

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