

# Behavioral Therapy for Children with Emotional Disorders

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## Introduction

**Behavioral Therapy** is a therapy for the treatment of Mental Health Disorders. This type of therapy helps to identify the changes as self destructive and the unhealthy behaviors. The main key role of Behavioral Therapy is to analyze all type of behaviors and to change the unhealthy behavior. The treatment mainly focuses on the current problem and how to change them?

**Emotional Disorder** is a type of mental disorder in which one's emotions are disturbed to a great extent. This type of disorder is not caused due to any abnormalities in the brain development but it is a psychological condition in which thoughts and emotions are not in the proper state. Emotional Disorder is inflected in one's behavior due to the unduly emotional thinking and dramatic behavior.

## Types of Behavioral Therapy

### Cognitive Behavioral Therapy

It is most common therapy as it is a combination of behavioral therapy with cognitive therapy. Treatment for this therapy is based upon a person's thoughts and beliefs influence their actions and moods. It gives a light on a person's current problems and how to solve them. The main use of this therapy is to change a person's thinking and behavioral patterns to healthier ones.

### Cognitive Behavioral Play Therapy

This therapy is commonly used with children. According to this therapy, therapist can analyze the uncomfortable expressing of children. Therapists analyze it in different ways:-

A.Children may be able to choose their own toys and play freely.

B.They might be asked to draw a picture or use toys to create scenes in a sandbox.

### System Desensitization

It is based on the classical condition. It is mainly used for the treatment of phobias. Due to this therapy, People are taught to replace a fear response to a phobia with relaxation responses. The ways of treatment by a therapist is by teaching relaxation and breathing techniques to a person and then slowly expose

them to their fear in heightened doses while they practice these techniques.

### Aversion Therapy

This therapy is useful for the treatment of substance abuse and alcoholism. The treatment is done by teaching people to associate a stimulus that's desirable but unhealthy with an extremely unpleasant stimulus. The unpleasant stimulus may be something that causes discomfort.

## Effects Of Behavioral Therapy

- Anxiety disorders
- General stress
- Bulimia
- Anger control problems
- Somatoform disorders
- Depression
- Substance abuse

## Benefits Of Behavioral Therapy

Behavioral therapy can be benefited for a people with a wide range of disorders.

People most commonly seek behavioral therapy to treat:

- Depression
- Anxiety
- Panic disorders
- Anger issues

It is useful in the treatment conditions and disorders such as:

- Eating disorders
- Post-traumatic stress disorder (PTSD)
- Bipolar disorder
- ADHD

- Phobias, including social phobias
- Obsessive compulsive disorder (OCD)
- Self-harm
- Substance abuse

This type of therapy can be benefited for adults and children.

## **Behavioral Therapy For Children**

The two main therapies used for children are Applied Behavior Therapy and Play Therapy. The treatment involves teaching children different methods of responding to situations more positively. It helps in rewarding the positive attitude in the child's day-to-day life.

Children with autism and ADHD often benefit from behavioral therapy.

## **List Of Emotional Disorder**

### **Conduct Disorders**

Children suffering from conduct disorders are mostly diagnosed with anti-social behaviors, as aggressiveness, throwing tantrums, stealing, lying, and hostility, destructive and manipulative attitude. Their non-compliance to rules and indifference towards others poses a great challenge to teachers which leads to frustration and annoyance.

### **Affective Disorders**

Emotional disorders include improper eating habits, depression, and extreme stress; which leads to negative behavior in the individual's personality and in children, the most commonly encountered psychiatric emotional disorder is the change of mood which includes depression and bipolar disorder.

### **Personality Disorders**

The rigid and pervasive behavior pattern exhibited is totally different from the cultural expectations, and results in distress.

This type of disorder may be schizotypal, showing uneasiness in close relationships or borderline, marked by uncertainty in interpersonal relationship or dependent, exhibiting a highly clinging attitude with the need to be cared for.

### **Anxiety Disorders**

The most common type of emotional disorders in children are anxiety disorder. The suffering children exhibit fear, shyness and nervousness which includes phobia, panic, obsessive-compulsive disorders, separation anxiety, and post-traumatic stress disorder.

### **Attention Deficit Hyperactivity Disorder**

Children doing over activity and short span of attention are easily diverted and are unable to consolidate their schedules.

### **Oppositional Defiant Disorder**

Children easily lose their temper and argue a lot with others, quickly irritated by others and express anger often.

### **Pervasive Development Disorder**

Distortions in a child and delay in development is caused when the brain is incapable of processing the information which includes autism and Asperger's syndrome.

### **Schizophrenia**

It includes poor reasoning and judgment, hallucinations, delusions, lack of motivation and concentration.

## **Signs Of Emotional Disorders In Children**

- Affects their educational performance
- Bad rapport among other fellow as students, parents or teachers
- Mood swing
- Phobia
- Violent conduct
- Low self-esteem