

Welcome to Clinical Behavior Analysis!

You or persons close to you may be concerned about challenges encountered in daily life, such as relationships with loved ones or coworkers. Or you might suffer from a mental health condition, such as depression or anxiety. Alternatively you might worry about health-related issues, such as obesity, diabetes, or chronic pain.

Clinical Behavior Analysts assist with managing challenges that decrease a person's quality of life, concerns and struggles common to all of us. At the same time, Clinical Behavior Analysts view each individual as a unique meeting point of current circumstances, personal history, and biological dispositions that, in some cases, may come together to generate extraordinary challenges. To alleviate suffering and to help individuals meet their personal goals, Clinical Behavior Analysts apply evidence-based principles governing our cognitions, emotions, and behavior.

Clinical Behavior Analysis is an active approach to behavior change. The client and the Clinical Behavior Analyst work together as a team, much like a coach and a player. Together, they assess past and present patterns of interacting with the world and plan steps toward a richer and more meaningful life. As a humanistic approach to psychological intervention, Clinical Behavior Analysis—in addition reducing symptoms—encourages the exploration of personal values and an engagement with the world in novel ways.

Applying evidence-based principles is the central defining feature of Clinical Behavior Analysis, and several approaches to treatment have been developed to address particular kinds of problems.

- **Acceptance and Commitment Therapy** or ACT addresses the difficult thoughts and emotions that frequently become barriers to getting what we want out of life. ACT teaches skills that help us to pursue our values and goals even when difficult thoughts and emotions are present.
- **Behavioral Activation** is the modern application of clinical behavior analysis to depression. This approach first identifies the current circumstances contributing to depression and current patterns of behavior that may maintain feeling depressed. Individuals are then encouraged to actively pursue goals and to monitor what they do each day, so the relationship between different types of activity and changes in mood may be noticed. Finally, individuals also practice the analysis of situation-behavior-consequence relations and their influence on mood.
- **Behavioral Pediatrics** is an emerging area of concentration that occupies the intersection between pediatrics and behavioral psychology. Children with behavioral problems typically enter into the healthcare system through contact with a pediatrician. Behavioral pediatrics represents a natural ally for primary care pediatricians, providing the pragmatic application of evidence based principles to a variety of presenting problems. Other branches of psychology, which focus more on describing symptoms and searching for psychopathology, do not blend as readily or as well. For these reasons, there is a unique opportunity for the expansion of clinical behavior analysis into this domain of healthcare.

- **Dialectical Behavior Therapy** or DBT was initially developed to help individuals struggling with severe, persistent, and multiple problems. Using individual and group therapy sessions, this intensive treatment first focuses on establishing fundamental emotion-regulation, mindfulness, interpersonal, and distress-tolerance skills; subsequently, strategies for self-realization are also integrated into treatment.
- **Functional Analytic Psychotherapy** or FAP concentrates on the quality of our interpersonal relationships. Very often, our behavior impacts others in ways that are quite different from what we originally intended. FAP focuses on developing and honing the skills that can help us create the kinds of relationships we want.
- **Integrative Behavioral Couples Therapy** and **Traditional Behavioral Marital Therapy** increase the quality of romantic relationships by enhancing intimacy and closeness by increasing positive interactions, and building compassion, communication, and problem-solving skills.

We look forward to sharing with you the many ways in which Clinical Behavior Analysis applies to mental and other health difficulties. This area covers a wide variety of topics. The papers we have gathered represent our beginning attempt to share this vast and exciting area with you. We have an open invitation for submissions of additional material. If you are interested in sharing information about a particular area within Clinical Behavior Analysis please [contact us](#) to begin the review process.