Cognitive Behavioral Theories

Who were the CB Theorists?

Skinner
Beck
Ellis

What are their basic tenants?

Observable behavior
Environmental control
Appraisal
Self talk
Skinner believed that society exercised control over its members using four methods. Please describe each of them.

How do humans practice “self-control”?

According to Skinner, “social control” and “self-control” can produce detrimental effects. What are the two ways that this happens and give several examples of each.
According to Bandura, how do humans learn most efficiently? Explain your answer.

What is “triadic reciprocal causation”? Explain your answer.

What is “self-efficacy”? Give two examples from your own life.
What does social cognitive theory have to say about “aggressive behavior”? Talk about its causes and its remedies.

Discuss Rotter’s concept of “locus of control”

Briefly explain Mischel’s Cognitive-Affective Personality System (CAPS).

Explain Kelly’s Personal Control Theory