



Categorización de la conducta verbal del cliente durante la reestructuración cognitiva [

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text (article)

Analítica

Some explanations of the cognitive restructuring technique based on principles of associative learning propose that restructuring is a verbal shaping process (Poppen, 1989). Categorizing the therapist's and client's verbal behavior is an essential prerequisite for understanding the functional associations present during this process. In this paper we propose a classification of the client's verbal behavior evolving from, and complementing, the Therapist verbal behavior category system (Froján, Calero & Montaña, 2006; Froján et al, 2008; Montaña, 2008). The result is a coding system with eight content-based categories: providing information, requesting information, following instructions, showing acceptance, showing disagreement, verbalizing achievements, verbalizing failures, and complaining. Our results constitute the first step toward a functional analysis of the therapeutic situation which will enable us to understand the learning mechanisms responsible for clinical change

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