

## Cognitive Behavioral Modification in the Treatment of Aggressive Behavior in Children

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**Abstract :** Cognitive-behavioral modification (CBM) is a combination of cognitive and behavioral learning principles to shape and encourage the desired behaviors. A crucial element of cognitive-behavioral modification is that a change the behavior precedes awareness of how it affects others. CBM is oriented toward changing inner speech and learning to control behaviors through self-regulation techniques. It aims to teach individuals how to develop the ability to recognize, monitor and modify their thoughts, feelings, and behaviors. The review of literature emphasizes the efficiency the CBM approach in the treatment of children's hyperactivity and negative emotions such as anger. The results of earlier research show how impulsive and hyperactive behavior, agitation, and aggression may slow down and block the child from being able to actively monitor and participate in regular classes, resulting in the disruption of the classroom and the teaching process, and the children may feel rejected, isolated and develop long-term poor image of themselves and others. In this article, we will provide how the use of CBM, adapted to child's age, can incorporate measures of cognitive and emotional functioning which can help us to better understand the children's cognitive processes, their cognitive strengths, and weaknesses, and to identify factors that may influence their behavioral and emotional regulation. Such a comprehensive evaluation can also help identify cognitive and emotional risk factors associated with aggressive behavior, specifically the processes involved in modulating and regulating cognition and emotions.

**Keywords :** aggressive behavior, cognitive behavioral modification, cognitive behavioral theory, modification

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