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behaviors and eliminate unwanted ones behavior therapy also known as behavioral therapy has become a well developed and integrated mental health treatment behavior therapy has undergone three waves of significant changes that include unique terms and constructs for each behavior therapy became more inclusive during this development by drawing from different aspects of psychology the second wave of behavioral therapies such as cognitive behavior therapy cbt and rational emotive behavior therapy rebt developed by aaron beck and albert ellis respectively integrated thoughts and beliefs into a new understanding of changing behavior and emotional experiences following the cognitive revolution that superseded skinn when working with an aba therapist clients will determine which behaviors require change set goals and expected outcomes establish ways to measure changes and improvements evaluate where there are several types of therapy that are evidence based the most popular and most widely 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