BEHAVIOURAL TECHNIQUES

PAPER 1

The Foundation of Behavioral Therapy

- **Classical conditioning** involves forming associations between stimuli.

The Foundation of Behavioral Therapy

- **Operant conditioning** focuses on how reinforcement and punishment can be utilized to either increase or decrease the frequency of a behavior.

Behavior Therapy Based on Classical Conditioning

Flooding:

- This process involves exposing people to fear-invoking objects or situations intensely and rapidly.

Systematic Desensitization:

- This technique involves having a client make a list of fears and then teaching the individual to relax while concentrating on these fears.

Aversion Therapy:

- This process involves pairing an undesirable behavior with an aversive stimulus in the hope that the unwanted behavior will eventually be reduced.

Behavior Therapy Based on Operant Conditioning

Token Economies:

- This type of behavioral strategy relies on reinforcement to modify behavior.

Contingency Management:

- This approach utilizes a formal written contract between the client and the therapist that outlines the behavior change goals, reinforcements and rewards that will be given, and the penalties for failing to meet the demands of the agreement.

Modeling:

This technique involves learning through observation and modeling the behavior of others.
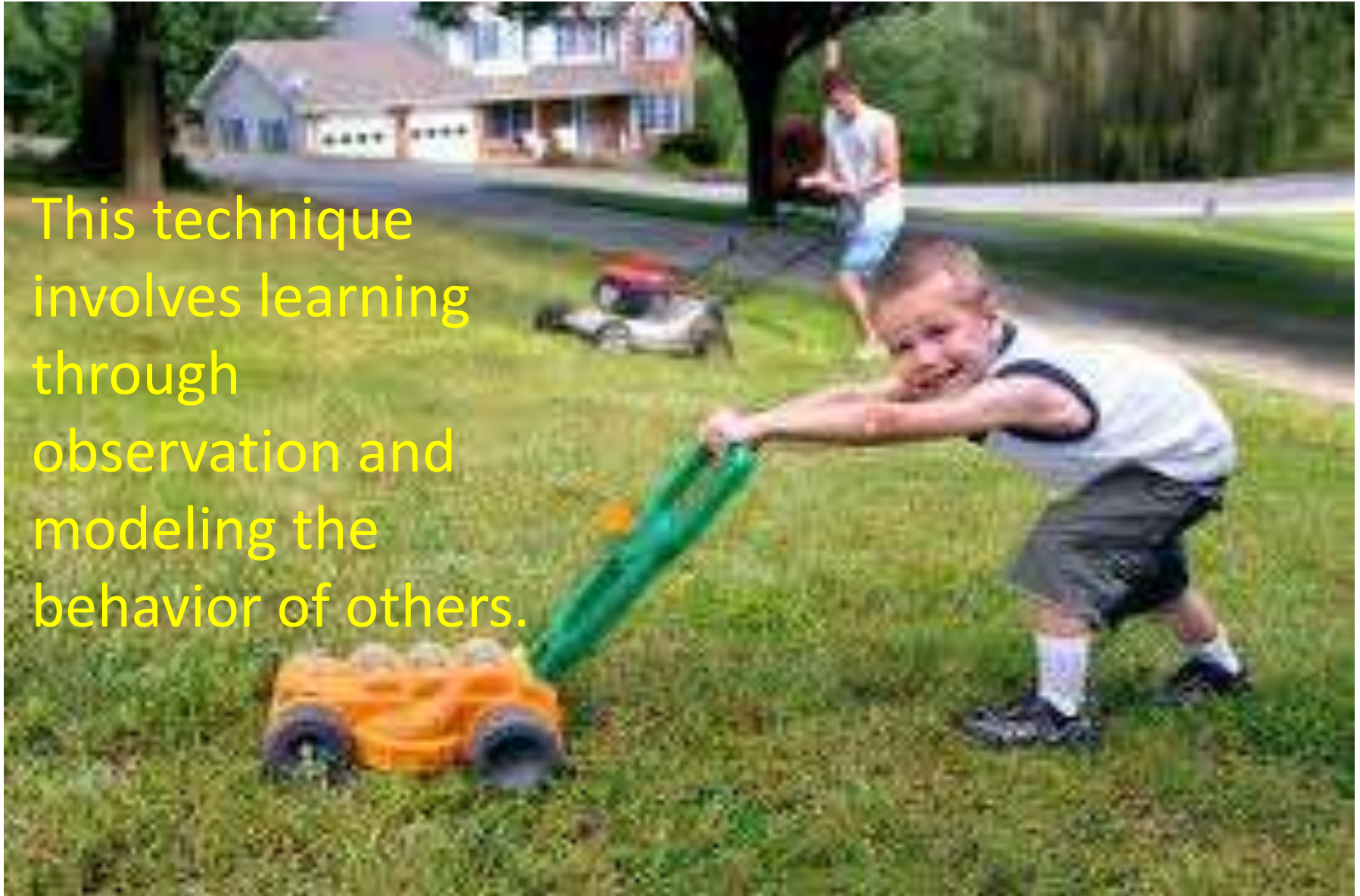
Extinction:

- Another way to produce behavior change is to stop reinforcing a behavior in order to eliminate the response.