NOTES – BEHAVIOR

BEHAVIOR THERAPY

4 Base Theories

- **Classical Conditioning (Pavlov)**
  - **Contiguous Association ... [CS => US => UR]**
  - **Little Albert**
  - **Systematic Desensitization**
- **Operant Conditioning (Skinner) ... [Reinforcement]**
  - **Operants**
  - **Token Economies**
- **Social Learning Theory (Bandura)**
  - **Modeling**
  - **Self-Efficacy**
  - **Systematic Desensitization**
- **Cognitive Theory**
  - **Faulty Cognitive Beliefs**
  - **Restrux/Replace Cog Beliefs**

ASPECTS OF BEHAVIOR THERAPY

Human Nature – Producers/Products

- **Early Behaviorism (Skinner)**
- **Contemporary Behavior Therapy**

"Science"

- **Method => Experimental Procedure**
- **Specification & Measurement**
- **Homework**

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Therapeutic Context

- **Goals ... [Client-Defined]**
  - **Specific**
  - **Unambiguous**
  - **Measurable**
- **Therapist => Educator ... Trainer ... Role Model**
  - **Clarifies Problem**
  - **Identifies Antecedents & Consequence**
  - **Implements Plan for Change**
  - **Evaluates Outcomes**
- **Client**
  - **Participates ... [Modifies Behavior]**
  - **Transfers Changes to Everyday Life**
  - **Continues Changes after Conclusion of Therapy**
- **Relationship**
  - **Collaborative Effort**
  - **Therapist Accepting**
  - **Focus => Beh & Change**

Techniques

- **Relaxation ... [Jacobson, 1938]**
  - **Systematic Muscle Contraction/Release**
  - **W/ Other Techniques**
- **Systematic Desensitization [CC] ... [Wolpe]**
  - **Relaxation Training**
  - **Anxiety Hierarchy**
  - **Systematic Desensitization Proper**
- **Modeling ... [Bandura]**
  - **Acquisition of New Response**
  - **Inhibition of Fear**
  - **Reproduction of Response**

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Assertiveness Training – Social Skills … [No!]
- **Individual Therapy**
- **Group Therapy**

Self-Management Programs
- **Select Goals … [Realistic]**
- **Translate Goals into Target Behaviors [↓/↑]**
- **Self-monitor ... [Diary]**
- **Plan for Change … [Self-reinforcement System]**
- **Evaluation Plan**

Multi-Modal Therapy ... BASIC-ID

Interactive System

Template for Assessment & Treatment
- **B – Behavior**
- **A – Affect**
- **S – Sensations**
- **I – Images**
- **C – Cognitions & Beliefs**
- **I – Interpersonal Relationships**
- **D – Drugs & Biology**

Mindfulness & Acceptance Therapies

Mindfulness
- **Meditation/Yoga Training**
- **Practice Routine Mindfulness**
  - **Standing, Walking, Eating**
  - **Lower Anxiety about Life**

[more]

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[Mindfulness & Acceptance Therapies (Strange!!!!)]

- **Acceptance**
  - **Giving Up on (Accepting) what Cannot Change**
  - **Commitment to Change what You Can**
    - **… [Serenity Prayer]**
- **Integrative**
  - **Object Relations … [Insight from Early Memories]**
  - **Cognitive**
    - **Relating Past to Present**
    - **Changes in Perceptions (Self/Others)**
  - **Behavior Techniques**
    - **Goal Setting**
    - **Homework … [New Behaviors]**

Benefits of Behavior Therapy

- **Brief**
- **Comprehensive**
- **Multiple Techniques ... "Doing"**
- **Outcome Assessment**

Limitations

- **Ignores Emotion [Expression]**
- **Therapist/Client Relationship is Negligible**
- **Focuses on Symptoms [v Causation]**
- **Insight Is Unimportant**

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