BEHAVIORAL THERAPIES

Having insight into **WHY** you do something is **not always enough** to cause you to change…

 - for example a women (Mrs. D.) that had not left her home in 3 years… underwent 1 year of insight therapy…understood why she was afraid to leave, but still could not make herself leave…

Behavioral therapist do not focus on why you are the way you are, but rather how can we change/improve your behavior

Classical Conditioning:

Using the principles first studied by Pavlov to help correct maladaptive behavior

**Techniques:**

1. **Systematic desensitization**: A process of extinguishing a learned fear (phobia) by working through a series of fear-evoking stimuli, while staying deeply relaxed

 **Step 1 =** relaxation training

 **Step2 =** Imagining the fearful situation while staying relaxed

 **Step 3 =** Directly experience the feared situation while staying relaxed…starting with small steps moving toward the most fearful event

Mrs. D.

 1. learn to relax…

 2. imagine going on the front porch…imagine going down the steps…while staying relaxed

 3. actually move toward the front porch…actually start down the steps…while staying relaxed…took Mrs. D. less than 2 months to be able to leave the house alone

1. **Aversion Therapy**: Pairing an unpleasant stimulus with the maladaptive behavior

- in this case the therapist is actually creating anxiety rather than reducing it…

 - used for people with problem like drinking too much…

 The person would add a nausea inducing drug to the alcohol…to make them sick when they drink…as long as they keep adding the drug this will work

 - but many alcoholics stop adding the drug once they leave treatment, so the conditioning is only short term…

Operant Conditioning:

Uses shaping and reinforcement to encourage adaptive behaviors

Uses punishment to discourage maladaptive behaviors

**Target Behavior** = the desired behavior

Parents use these approaches all the time to teach desired behavior, but sometimes the parent also need to be shown how to use these (The Super Nanny)

**Shaping** = rewarded for successive approximations

used as a technique to help Autistic children gain communication skills

1. reward any sounds
2. reward words
3. reward sentences

 Observational Learning:

 **Modeling**: learning by watching others

 This technique can also be applied to problem such as phobias

 - Bandura used this for people with snake fears…had them watch a 2 hour video of people safely handling snakes…then touch a snake…92% allowed a snake to crawl over their hands, arm, and neck

 - This is also an effective technique for teaching appropriate social skills

 - job interview, etc.

As a group behavior therapies are effective for treating

 -phobias, obsessive-compulsive disorder, eating disorders, and autism

Concerns: will these behaviors last once the formal reinforcement stops?