

Behavior Therapy



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welcome to behavior therapy

Behavior Therapies

- Therapy that applies learning principles to the elimination of unwanted behaviors.



- The behaviors are the problems- so we must change the behaviors.

MODIFYING CLIENT'S BEHAVIOR



Behavior Therapy

The systematic application of the principles of learning to the direct modification of behaviors.



Definition

behavior therapy

- Behavioral therapy is an **umbrella** term for types of therapy that treat **mental health disorders**. This form of therapy seeks to identify and help change potentially self-destructive or unhealthy behaviors. It functions on the idea that all behaviors are **learned** and that unhealthy behaviors can be changed. The focus of treatment is often on current problems and how to change them.

BEHAVIOR THERAPY

It is a form of treatment for problem in which a trained person deliberately establishes a professional relationship with the patient, with the objective of removing or modifying existing symptoms and promoting positive personality, growth and development.



BEHAVIOR THERAPY

Behavior therapy does not provide insight

Behavior therapists treat symptoms rather than causes

Therapy involves control and manipulation by the therapist

Therapists use empirically supported techniques

Treatment is as brief as possible

Basic Assumptions

**Overt
behavior
holds
primacy**

**Maladaptive
behavior is learned
in the same way as
adaptive behavior**

**Assessment and
evaluation is key**

**Treatment is
active, directive
and
collaborative**

Goals of therapy

**Increase Adaptive
Behaviors**

**Decrease Maladaptive
Behaviors**

Aspects of Behaviour Therapy



**Classical
Conditioning**

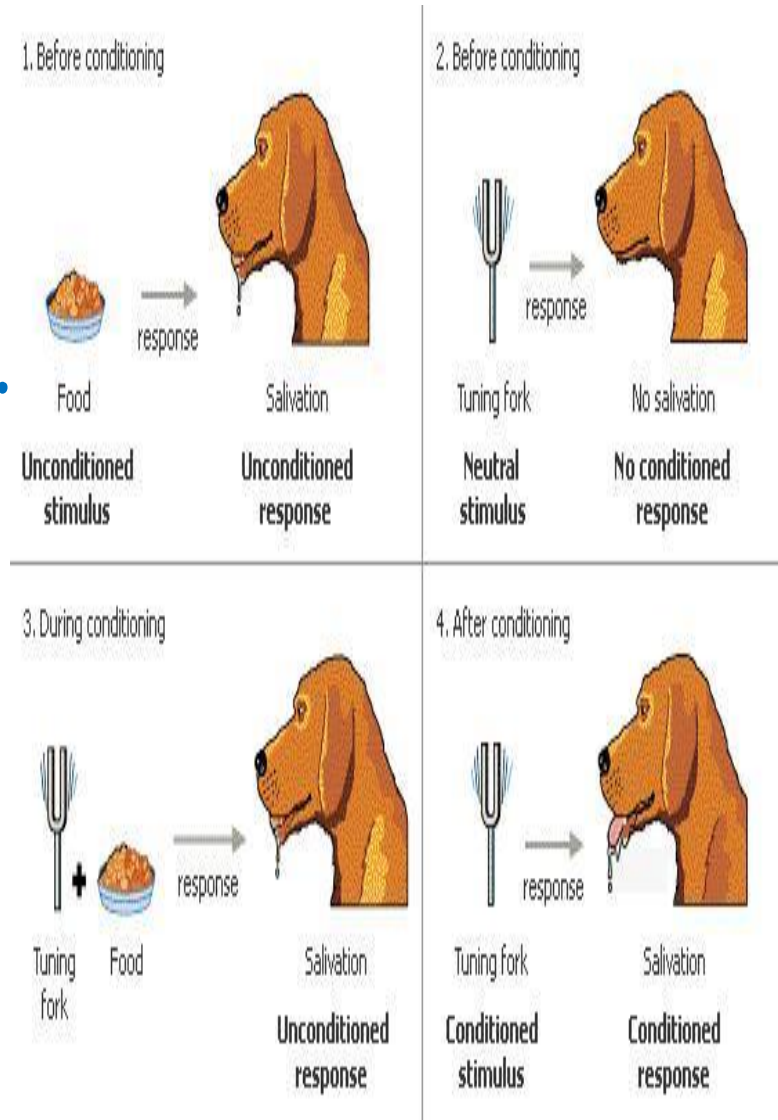
**Operant
Conditioning**

**Social Learning
Approach**

CLASSICAL CONDITIONING

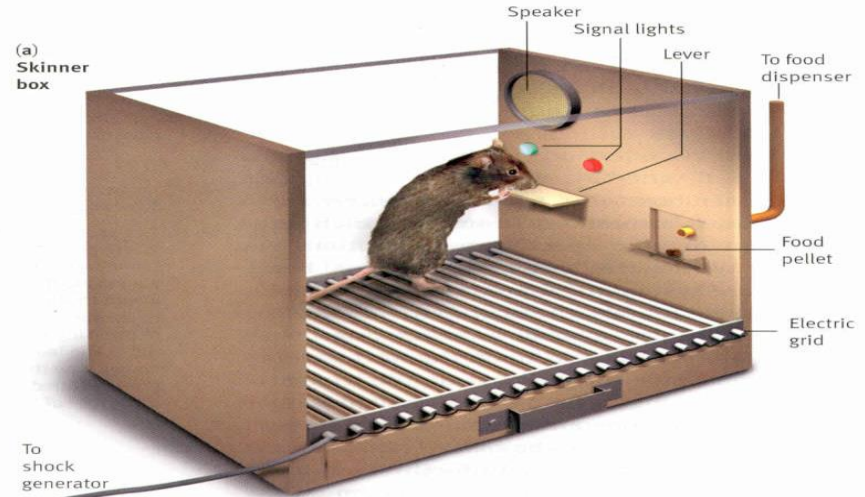
A type of learning in which a neutral stimulus is presented repeatedly with one that reflexively elicits a particular response so the neutral stimulus will eventually elicit the response itself.

Ivan Pavlov



OPERANT CONDITIONING

A type of learning in which behavior is increased or decreased by systematically changing its consequences.



Operant Conditioning

*It's time for
Food. I should
press the lever.*



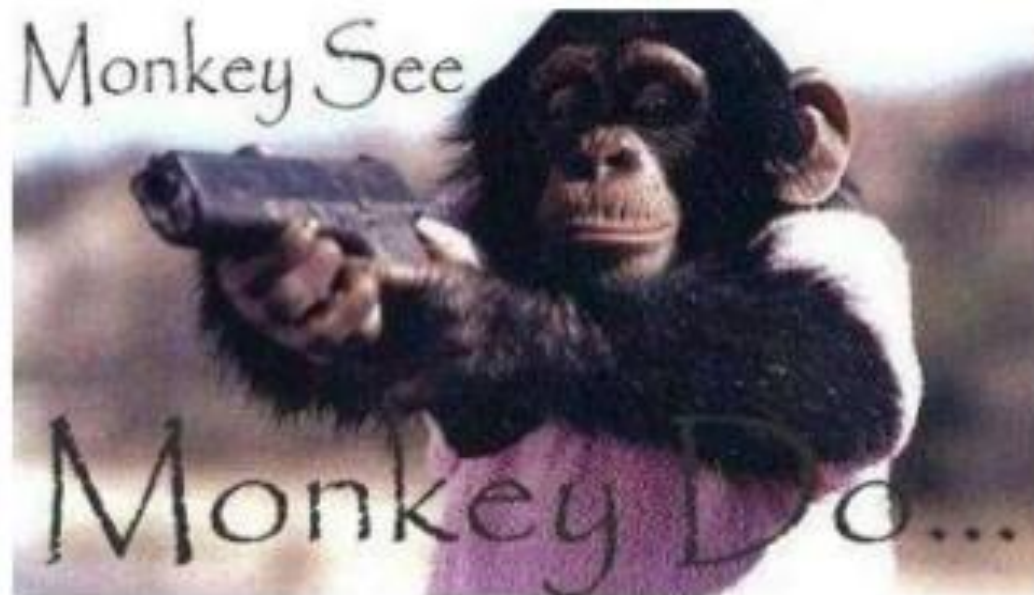
Classical Conditioning



*There goes
the bell. It's
time for Food.*

Social learning theory

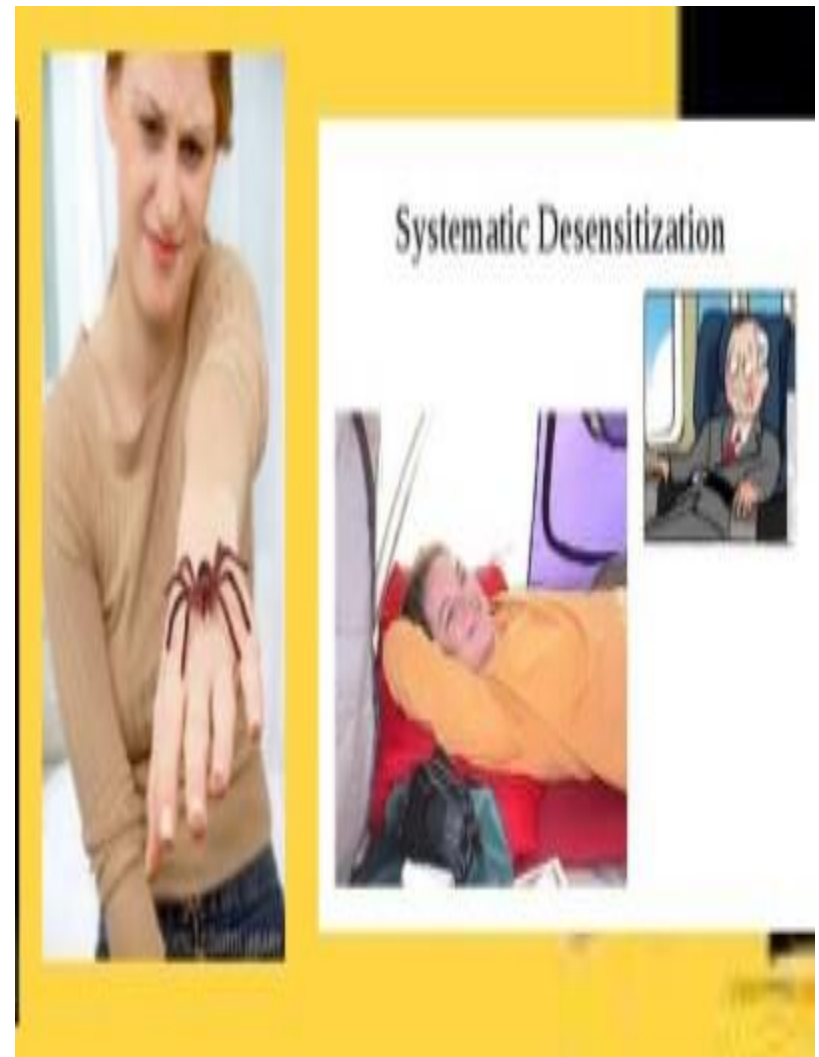
A theory that revolves around the nature of imitation and learning.



TECHNIQUES OF BEHAVIOUR THERAPY

Systematic desensitization

A behavioral technique for reducing a person's fear and anxiety by gradually associating a new response with stimuli that have been causing the fear and anxiety.



It consists of three main steps :

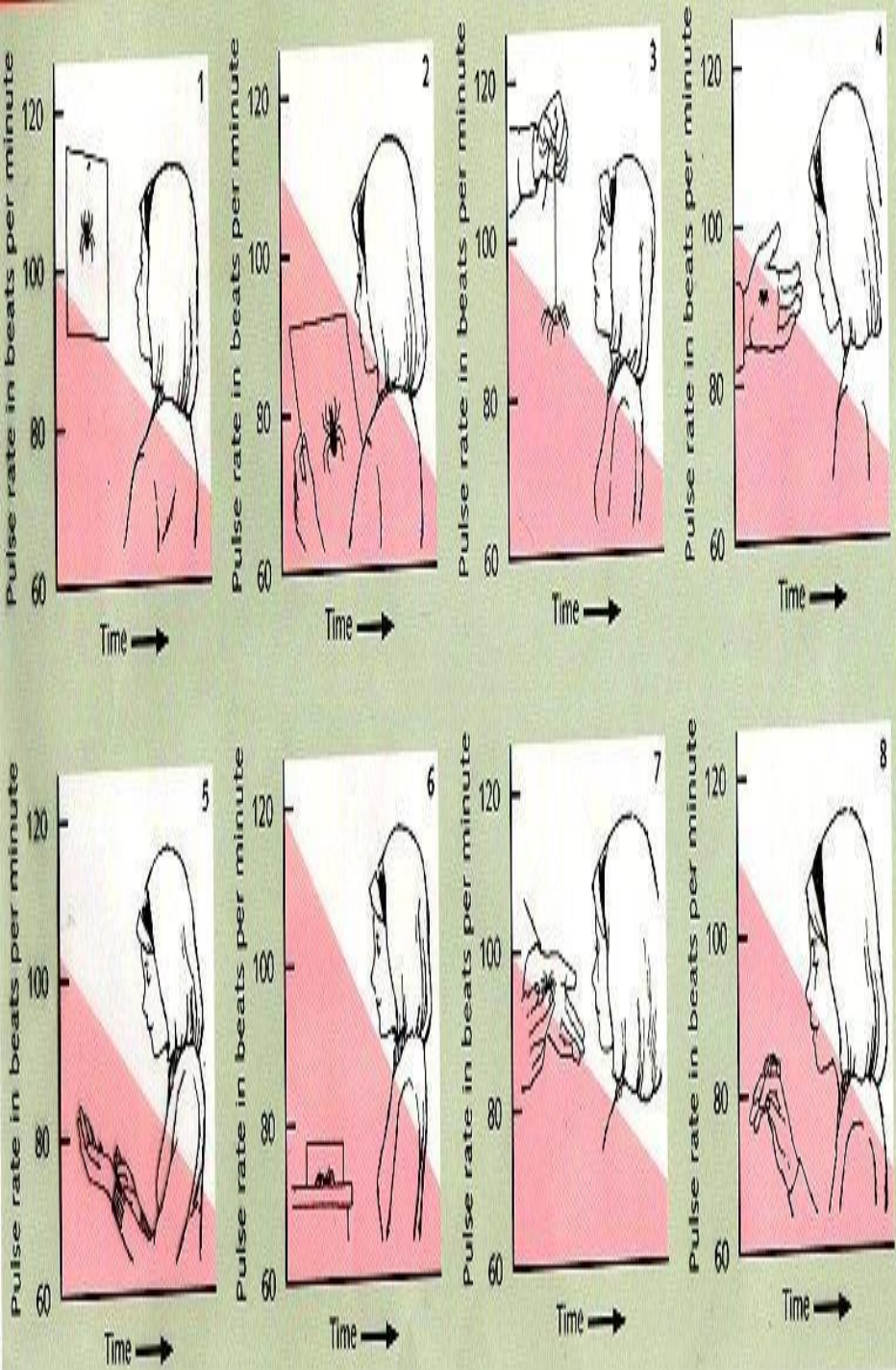
Relaxation training



Hierarchy construction



Desensitisation of Stimulus



DESENSITIZATION

Desensitization involved gradually exposing a patient to an anxiety-provoking stimuli until the anxiety response was extinguished, or eliminated



Implosive Therapy

- This technique is designed *to eliminate avoidance behaviours by the process of extinction.*
- Desensitizing clients to a situation by having them imagine an anxiety-producing situation that may have dire consequences
- **Clients are not taught to relax first.**
- **Thomas Stampfl** (1961) presented the first use of the term implosion, followed by an abundance of work in this area.
- Psychodynamic overtone since *the assumption is that the fear was learned in childhood.*

Flooding

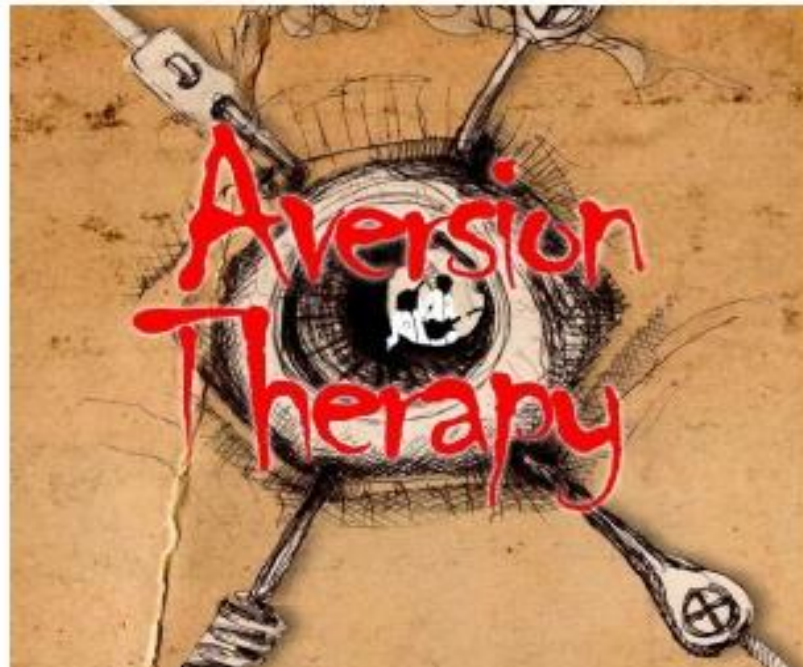
Flooding refers to in vivo or imaginal exposure to highly anxiety-evoking stimuli for a prolonged period of time with ever experiencing the negative consequences.

- Usually used in treatment of **phobias** and **anxiety disorder**
- The patient is directly exposed to the phobic stimulus and escape is made impossible.
- By prolonged contact with the phobic stimulus, therapist's guidance and encouragement, the therapist's modeling behaviour, anxiety decreases and the phobic diminishes.
- Flooding can lead to extinction of fear



Aversion therapy

- An aversion is a complete dislike for something (rather than an allergy)
- Aversion therapy is a form of behavior therapy that uses the principles of **classical conditioning** in which an aversive stimulus (e.g. nausea inducing drug) is paired with a maladaptive behaviour in order to reduce or eliminate that behaviour





Assertiveness Training

A form of behaviour therapy designed to help people stand up for themselves- to empower themselves.

Assertion Training

- Wolpe and Andres Salter were responsible for the development of this therapy. Assertion training therapy is also known as Practice and Rehearsal Approach.
- Clients are taught to express their feelings without interfering with the expression of feelings of others. Often relaxation, behavioral rehearsal, in vivo, and modeling are combined with assertion training.



SHAPING

Based on operant conditioning, each step towards the desired final goal or behavior is rewarded. This technique is known as shaping. Shaping is a technique which involves reinforcing behavior that approximates the desired goals.

Successive Approximation

The student learns to achieve goals “one step at a time”. The teacher rewards (reinforces) the student's success at the completion of each task until the overall goal has been achieved. In the case of Behavior Shaping, the student is encouraged to maintain positive behavior in gradually increasing increments of time.



PREMACK PRINCIPLE

- This technique is named after its originator.
- A frequently occurring response (R1) can serve as a positive reinforcement for a response (R2) that occurs less frequently.

**Discriminative
Stimulus**
(Home Work)
To do or not to do

R2
(Completion of
Home Work)

R1
(Talk to friends
on Telephone)

CONTINGENCY CONTRACTING

- **A contract is drawn up among all parties involved.**
- **The behavior change that is desired is stated explicitly in writing.**
- **The contract specifies the desired behavior change, the negative consequences or punishment that will be rendered for not fulfilling the terms of contract are also delineated.**

Token Economy

Token Economy: an operant conditioning procedure that rewards a desired behavior.



A patient exchanges a token of some sort, earned for exhibiting the desired behavior, for various privileges or treats.



Students are allowed to earn tokens or points in exchange for positive behavior. Students are then allowed to use these tokens or points to “buy” treats or privileges within the classroom.


MODE OF ACTION


- The target behavior is identified
- The nature of the token is identified
- The unconditioned reinforcers are identified.
- The schedule of reinforcement
- The schedule of reinforcement
- Keep records.





TOKEN ECONOMY

EARNING TOKENS:

 Share £13

 WIPE/FLUSH/WASH HANDS £13

 Small chore £13

 Clean bedroom £53

 Large chore £53

Time Out!

- Time-out is a simple procedure in which individual is removed from the area where the inappropriate behavior is reinforced.
- Most of the studies indicated that the effect of repeated applications of TO was to produce rapid decreases in rate of coercive social behaviors in children.



Response Cost



RESPONSE COST

- Response cost is a punishment procedure based primarily on assessing fines or withdrawing positive reinforcers.
- Typically, response cost is one part of token economy systems. If the individual exhibits inappropriate or maladaptive behavior, tokens will be removed or fines assessed



Modelling

Modelling involves learning through observation and imitation of others. Having a positive role model can give individuals something to aim for, allowing them to change their behaviour to match their role model's. This role model may be the therapist or someone the individual already knows.



A graphic illustration for biofeedback. It features a glowing blue heart shape in the background, overlaid on a dark blue grid. A white ECG line is shown at the bottom, with a bright blue light flare at its right end. The word "BIOFEEDBACK" is written in bold white capital letters across the center of the heart.

BIOFEEDBACK



Bio-feedback

Applied Psychological feedback- is a patient guided treatment that teaches an individual to control muscle tension, pain, body temperature, brain waves and other bodily functions and processes through relaxation, visualisation and other cognitive control techniques.



APPLICATION



Behavior Therapy

Advantages of Behavioural Therapy

- Behavioral therapists use empirically tested techniques, assuring that clients are receiving both effective and brief treatment
- Evidence-based therapies (EBT) are a hallmark of both behavior therapy and cognitive behavior therapy
- Most studies show that behavior therapy methods are more effective than no treatment
- Emphasis on ethical accountability (does not dictate whose behavior or what behavior should be changed)
- Address ethical issues by stating that therapy is basically an education process; an essential feature of behavior therapy involves collaboration between therapist & client

Behavior Therapy

LIMITATIONS OF BEHAVIOR THERAPY

- Behavior therapy may change behaviors, but it does not change feelings
- Does not deal with the emotional process as fully as other approaches
- Relationship between client and therapist is discounted



**THANK
YOU!**