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|  | **Joseph Banks Secondary College**  **PSYCHOLOGY**  **ATAR UNIT 3**  Production task \_\_\_\_\_\_\_ / 46  Validation: \_\_\_\_\_\_\_ / 28  \_\_\_\_\_\_\_\_\_\_% |

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Project 1: Pet Training Manual Validation**

**MARKING KEY**

1) Nathan is 15 and suffers from severe anxiety when it comes to driving. When he was younger, he has a bad accidence in his parent’s car when he in the front passenger seat. Ever since then Nathan has avoided travelling in the car whenever possible. If absolutely necessary Nathan can be in a car for short journeys as long as the car is going slowly and he sits in the back with his headphones in. As he will soon be able to learn to drive his parents are wanting to somehow help Nathan overcome this anxiety.

i) Briefly outline what type of learning has occurred for Nathan to have developed this fear and make reference to the relevant variables involved. **[6 marks]**

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| Classical conditioning - involuntary learning through association of two stimuli | 2 |
| UCS – pain / car crash UCR – fear / anxiety | 2 |
| NS – driving CR – fear / anxiety | 2 |

ii)Using either systematic desensitisation or cognitive behavioural therapy.

Explain the process involved in helping Nathan to overcome this fear and eventually learn to drive and the steps that a therapist would take a patient such as Nathan through

**[9 marks]**

**Systematic Desensitisation**

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| Systematic desensitization is a type of behaviour modification based on the principle of **classical conditioning**. This **therapy** **aims to remove the fear response of a phobia**, and **substitute a relaxation response** to the conditional stimulus gradually using **counter conditioning. (OR 3 KEY FEATURES OF S.D.)** | 3 |
| The patient is taught **relaxation techniques** | 1 |
| Creates a **fear hierarchy** with his therapist from least anxiety inducing to most | 1 |
| The patient is **put in (or imagines) the situation** which **induces the lease amount of fear** | 1 |
| S/he then uses the **relaxation techniques** till calm at that stage of exposure | 1 |
| **S/he then moves up to a more anxiety inducing step on if calm**. If not, he moves down to regain calm and start again | 1 |
| Continue until the **target behaviour is reached** – no anxiety when driving | 1 |

**Cognitive Behaviour Therapy**

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| CBT works by **changing people's attitudes and their behaviour** by focusing and **bringing awareness to ones thoughts, images, beliefs and attitudes that are held around a certain troubling situation** and **challenging the core beliefs and automatic thoughts** / behaviours that occur | 3 |
| **Identify troubling situations** / behaviours in your life with a therapist | 1 |
| Therapist will encourage you to share and **become aware of your thoughts, emotions and beliefs about the situation** | 1 |
| **Identify negative or inaccurate thinking / self -talk and the thought patterns you have around the situation** | 1 |
| Therapist may ask you to **pay attention to your physical, emotional and behavioural responses** | 1 |
| **Challenge negative or inaccurate thinking by seeing** whether your view of a situation is based on fact or on an inaccurate perception and reframing the perception you have | 1 |
| **Challenge negative or maladaptive behavioural and emotional responses such as challenge avoidant behaviour or teach calming strategies for anxiety** | 1 |

1. With reference to psychological research to support your response, explain why two sisters might play ‘tea parties’ after watching their mother and her friends.

In your answer you should apply the four (4) cognitive conditions that need to be present for this type of learning to occur.

**[9 marks]**

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| Definition of Observational Learning | 2 |
| Applies ARRMR to the girl’s tea party scenario - 1 mark each | 5 |
| Outlines Banduras Bobo Doll Experiment | 2 |

You are a part of a team of social workers and psychologists who are responsible for coming up with a rewards-based system to help shape the behaviour of young offenders in a rehabilitation centre. The goal of the facility is to ensure that young offenders do not repeat offend and are able to hold down steady jobs, plan their finances and pay rent on time.

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| A brief outline of the learning theory that this behaviour modification system is based on. | **2** |
| A definition of behaviour modification | **1** |
| Outline and name the system selected | **2** |
| Describe the mechanisms involved for this system to work and how it works | **4** |
| Name and apply one small current behaviour and one small target behaviour and why this would be target behaviour for the outside world. | **1** |
| One limitation of the system selected to shape behaviour | **1** |