



Professor Richard Brown

Module:

Psychological Foundations of Mental Health

Week 5:

Psychological therapies: From behaviour
modification to behaviour therapy

Topic 1

**The First Wave –
Behavioural Psychotherapy**

Part 2 of 3

In this topic...

- US tradition of behavioural psychotherapy
- *British tradition of behavioural psychotherapy*
- Application of psychotherapy approaches

British Tradition



Primary influencers:	Cover-Jones, Watson, Pavlov, Hull
Methods:	Classical conditioning, de-conditioning, extinction
Targets:	'Neuroses', anxiety, fear
Know as:	Behaviour therapy
Major driver:	Return of soldiers following WW1 suffering with 'shell shock' or 'war neurosis'



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Recap – Watson and Rayner (1920) and Little Albert

- Behavioural model of fear learning
- Stimulated new approach to treatment

What happened to any conditioned fear that he had acquired?

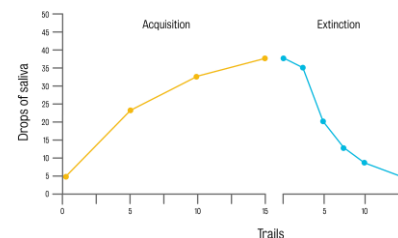
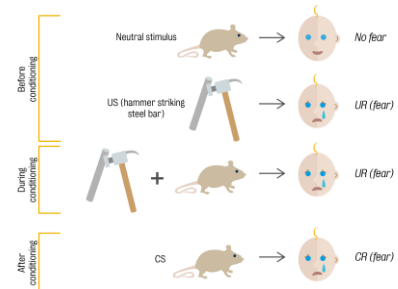
The condition responses does not usually persist (Extinction)

If fear did persist...

Other processes needed to explain persistence

If fear did not persist...

Other factors needed to explain development of lasting phobia



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Mary Cover-Jones and the Case of Peter (1924) (1)



Mary Cover-Jones 1897 - 1987

- Watson and Rayner planned to reverse or 'decondition' Little Albert's fear response
- However he was unexpectedly discharged from hospital
- At risk of lasting distress
- Potential of classical conditioning to remove fear

The experiment

Subject: Peter, boy, less than 3**Afraid of:** White rabbits**Duration:** 1-2 per day, some gaps**Assessment:****Not afraid of:** Wooden rabbits**'Stages of tolerance (A-Q)'**

A = Rabbit in room leads to fear
Q = Allows rabbit to nibble finger

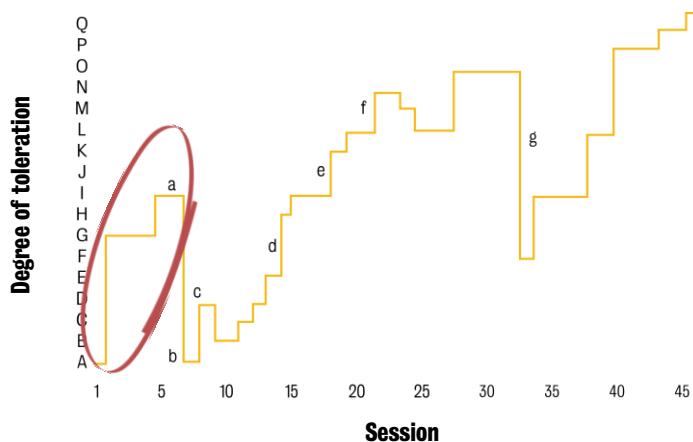
(Cover-Jones, 1924)

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Mary Cover-Jones and the Case of Peter (1924) (2)

**Stages of Toleration:**

- Systematic series (Exposure/Stimulus hierarchy)
- Gradual unthreatening presentation (Exposure)
- See other children playing with rabbit without fear (modelling, observational/social learning)

Measured observable behaviour - ability to tolerate the rabbits presence, no fear

(Cover-Jones (1924)

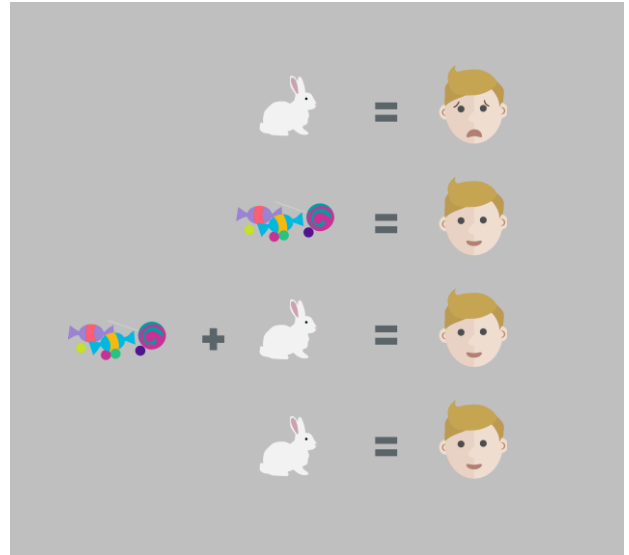
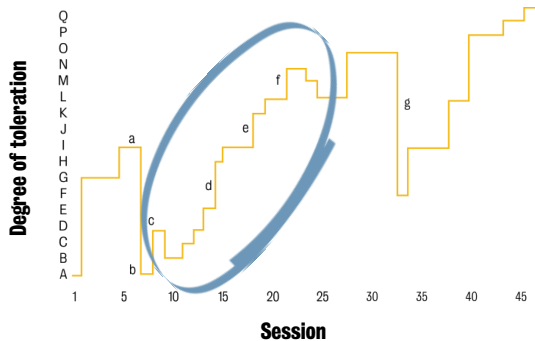
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Mary Cover-Jones and the Case of Peter (1924) (3)

- Change conditioned response to rabbit from fear to positive or neutral
- Sweets as positive unconditioned stimulus
- Paired rabbit and food



Cover-Jones (1924)

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Mary Cover-Jones legacy to behavioural psychotherapy (1)

Established many principles and methods of later behavioural psychotherapy

Application of evidence and theory

Experimental approach

Methodological innovations

- Deconditioning
- Systematic exposure
- Stimulus hierarchy
- Observation and modelling
- Systematic measurement of behaviour
- Objective measurement

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Mary Cover-Jones legacy to behavioural psychotherapy (2)



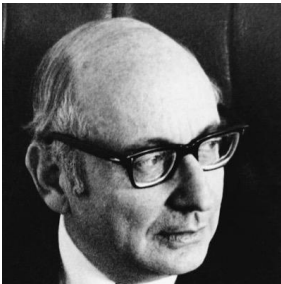
“The mother of behavioural psychotherapy”

“My last 45 years have been spent in longitudinal research in which I have watched the psychobiological development of our study members as they grew from children to adults now in their fifties... Now I would be less satisfied to treat the fears of a 3-year-old, or of anyone else, without a later follow-up and in isolation from an appreciation of him as a tantalizingly complex person with unique potentials for stability and change.”

Click **Next** to continue

Jones (1974)

Joseph Wolpe and the development of Behaviour Therapy



Joseph Wolpe 1915–1997

- Experiments in animals on fear conditioning and deconditioning
- Used punishment techniques
- Applied to the treatment of neuroses

You can't be anxious and afraid

If you are carrying out behaviours of relaxation and fearlessness

Reciprocal Inhibition

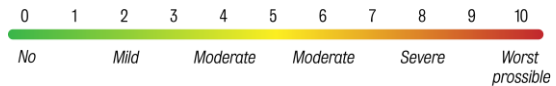
Wolpe (1952)

Systematic desensitisation

- Stimulus hierarchies
- Systematic graded exposure
- Response prevention
- Subjective units of distress (SUD)
- Relaxation training

Behaviour	Fear rating
Think about a spider	10
Look at a photo of a spider	25
Look at a real spider in a closed box	50
Hold the box with the spider	60
Let a spider crawl on your desk	70
Let a spider crawl on your shoe	80
let a spider crawl on your pants leg	90
Let a spider crawl on your sleeve	95
Let a spider crawl on your bare arm	100

Systematic Desensitisation



Wolpe (1952)

In-vivo and in-vitro desensitisation

Systematic desensitisation became a mainstay of behaviour therapy for the treatment of a range of anxiety disorders

Imaginal desensitisation

- A person imagines

"In Vitro"

Broaden the range of target problems that can be treated

Allows the patient to practise exposure



- A person experiences

"In Vivo"

More effective when it is practical



Social Learning Theory



Albert Bandura

Deconditioning by observation

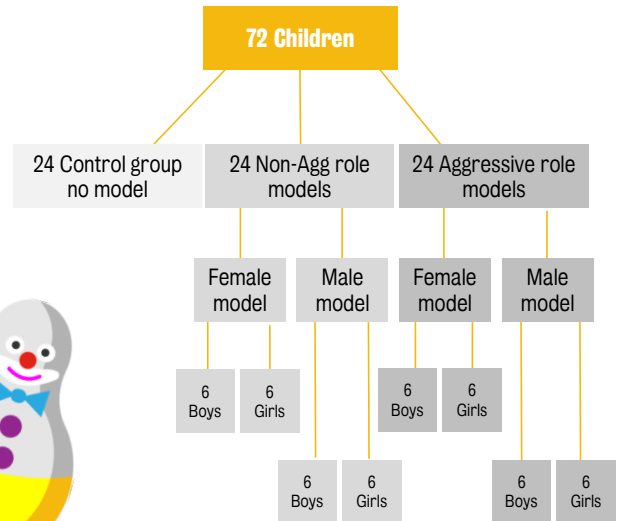
Social Learning Theory

Cognitive Revolution (1960)

We can learn without being directly reinforced ourselves

Bobo doll experiments – 1961

- Study of influence of observation of aggression in your children.
- Bandura et al (1961)
- Children imitated aggressive behaviour that they had observed



Bandura et al. (1961)

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Observational learning and modelling

Fear behaviour has a social function

We communicate danger to others

They can take the appropriate action

Intergenerational Transmission of Fear

Child observing

Parent demonstrating fear of a spider

Child develops the same fear

A patient observing another person in a situation they find distressing

Observer (fear)

Person modelling behaviour (fear)

Both have the same fear

Coping Modelling

Therapeutic modelling

Observer (fear)

Person modelling behaviour (no fear)

Mastery Modelling

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