

## Chapter 22 Changing Respondent behaviors

**Counterconditioning** - is mainly an emotion, such as an anger or fear. *Phobias* is an intense and irrational fear of something specific, and anxiety as a fear that has vague or unspecified source.

**Positive reinforcement**- trains the target person to substitute a competing or incompatible behavior for the CR when CS is present. It was developed to reverse a person's previous learning of fear.

**Relaxation**- refers to a state of calmness with low psychological and physiological tension or arousal. Tension and arousal accompany and are part of fear reactions and are experienced physically as tense muscles and rapid breathing and heart rate.

**Progressive muscle relaxation(progressive relaxation)**- involves alternately tensing and relaxing separate muscle groups while resting, which leaves the muscles more relaxed than they were before .

**Autogenic training**- has people imagine being in pleasant and peaceful scene and experiencing specific bodily sensations, such as their arms feeling warm or heavy.

**Meditation**- the process of contemplating or focusing one's attention on an object, event, or idea to help people become detached from their physical states, thoughts, and feelings. ( mindful awareness)

**Desensitize**- to make someone less responsive or susceptible to certain stimuli, such as a CS.

**Systematic desensitization**- designed to reduce a CER by presenting CSs that *are successively more fear arousing* while the individual remains in a physiologically calm state, which is induced by having the *person perform relaxation exercises*.

**Stimulus hierarchy**- a graded sequence of CSs that are rank-ordered based on the magnitude of the CER they are likely to elicit.

**Gradual in vivo exposure**- is very similar to systematic desensitization, but it doesn't use relaxation techniques. This is effective treatment for several types of fear, such as agoraphobia (fear of being in crowded or open spaces).

**Flooding (response prevention)** - the person is exposed to a highly feared situation for prolonged periods of time under a therapist's direction. The therapist tries to prevent the person from using avoidance or escape responses to reduce anxiety. Flood is an extinction procedure.

**Participant modeling**- the fearful person watches someone else cope well in real-life, increasingly threatening situations: then the person is encouraged to join in and is guided toward

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more and more contact with the feared object. Guiding toward contact usually involves verbal and physical guidance prompts.

**Videotaped modeling** – an effective method for reducing patients' anxieties before, during, and after receiving frightening medical treatments, such as surgery or invasive dental work.

**Virtual reality computer technology**- allows a person to experience three-dimensional scenes that rather closely simulate real-life situations, including the sensations of vision, sound and touch.