

Quizlet

EPPP: Learning Theory and Behavior Therapy Examples

31 terms

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Thorndikes Law of Effect	Johnny experiences satisfaction after completing a puzzle. He is more likely to complete another puzzle.	☆
The Law of Readiness	Thorndike	☆
Thorndikes Law of Spread Effect	Cassandra eats an ice cream while watching a baseball game. She now likes baseball a lot more.	☆
Identical elements	George can speak Spanish and is able to learn French quickly	☆
Thorndikes Law of Exercise	Julien tends to do well on math tests when he uses a certain pencil. The more he uses this pencil, the more he associates it to him doing well.	☆
"Father of modern behaviorism"	Watson	☆
Classical conditioning paradigm	Pavlov	☆
The CS and the US are presented at the same time	Simultaneous conditioning	☆
Presentation of the CS precedes, but overlaps, presentation of the US	Delayed conditioning	☆
The CS is presented and terminated prior to presentation of the US	Trace conditioning	☆
The US precedes the CS	Backward conditioning	☆
"Reinforcement" means that the CS as a signal has been confirmed by being followed by the US	Classical conditioning	☆
When the extinction of	Cue deflation effect	☆

response to the more salient, or overshadowing, conditioned stimulus leads to an increased response to the less salient conditioned stimulus		
"Little Albert"	Conditioned phobia	☆
A tone is paired with a US, and the response originally exhibited at the sight of the US is now given at the presentation of the CS. If a second CS is then presented, the animal might exhibit the same response to it, due to its previous pairing with the first CS.	Sensory preconditioning	☆
If a bell is paired with a shock, the animal will become conditioned to the bell. But the bell might not elicit the fear response outside the experimental room.	Pseudoconditioning	☆
Anxiety is inhibited by a response that is the opposite of anxiety.	Reciprocal inhibition	☆
Research suggests that something other than counterconditioning underlies the successful use of systematic desensitization.	Extinction	☆
Modeling, coaching, group discussion, and relaxation training	Assertiveness training	☆
Masters and Johnson	"Sensate focus" - performance anxiety	☆
Exposing Sarah to garter snakes	Flooding	☆

on a plane and preventing her escape from the plane.		
Telling Bob to run 50 m as fast as possible, then shake his head and flex his muscles.	Interoceptive exposure	☆
Ingestion of antabuse.	Counterconditioning	☆
Phil imagines he is having sex with a sheep and then imagines himself getting a terrible rash.	Covert sensitization	☆
When Lloyd shows up, his girlfriend starts drinking.	Positive reinforcement	☆
The rate of responding during acquisition and the total number of responses before extinction trials.	Operant strength	☆
Depressed people blame themselves for bad outcomes, which reduces their self-esteem, and consider their internal attributions to be both global, and stable.	Learned helplessness	☆
Depression is associated with a low rate of response-contingent positive reinforcement.	Lewinsohn's behavioral model	☆
Fast learning, fast satiation, and fast extinction.	Continuous schedule of reinforcement	☆
Two behaviors have been reinforced separately and then one of the behaviors is extinguished. The other behavior increases in frequency.	Behavioral contrast	☆
Generates a fairly high and constant rate of responding and	Variable ratio schedule	☆

the responses are highly
resistant to extinction.
