

1: Behavioral Therapies | National Institute on Drug Abuse (NIDA)

The behavioral approach is based on the concept of explaining behavior through observation, and the belief that our environment is what causes us to behave differently or suffer illnesses.

Cognitive-Behavioral Therapy (CBT) is a form of psychotherapy that emphasizes the important role of thinking in how we feel and what we do. CBT is based on the cognitive model of emotional response. CBT is briefer and time-limited. A sound therapeutic relationship is necessary for effective therapy, but not the focus. CBT is a collaborative effort between the therapist and the client. CBT is based on aspects of stoic philosophy. CBT uses the Socratic Method. CBT is structured and directive. CBT is based on an educational model. CBT theory and techniques rely on the Inductive Method. Cognitive-behavioral therapy does not exist as a distinct therapeutic technique. However, most cognitive-behavioral therapies have the following characteristics: Cognitive-behavioral therapy is based on the idea that our thoughts cause our feelings and behaviors, not external things, like people, situations, and events. Cognitive-behavioral therapy is considered among the most rapid in terms of results obtained. The average number of sessions clients receive across all types of problems and approaches to CBT is only 16. What enables CBT to be briefer is its highly instructive nature and the fact that it makes use of homework assignments. CBT is time-limited in that we help clients understand at the very beginning of the therapy process that there will be a point when the formal therapy will end. The ending of the formal therapy is a decision made by the therapist and client. Therefore, CBT is not an open-ended, never-ending process. Some forms of therapy assume that the main reason people get better in therapy is because of the positive relationship between the therapist and client. Cognitive-behavioral therapists believe it is important to have a good, trusting relationship, but that is not enough. CBT therapists believe that the clients change because they learn how to think differently and they act on that learning. Therefore, CBT therapists focus on teaching rational self-counseling skills. Cognitive-behavioral therapists seek to learn what their clients want out of life their goals and then help their clients achieve those goals. For excellent cognitive-behavioral therapy self-help and professional books, audio presentations, and home-study training programs, please click here. Not all approaches to CBT emphasize stoicism. Cognitive-behavioral therapy does not tell people how they should feel. However, most people seeking therapy do not want to feel they way they have been feeling. The approaches that emphasize stoicism teach the benefits of feeling, at worst, calm when confronted with undesirable situations. They also emphasize the fact that we have our undesirable situations whether we are upset about them or not. If we are upset about our problems, we have two problems – the problem, and our upset about it. Most people want to have the fewest number of problems possible. So when we learn how to more calmly accept a personal problem, not only do we feel better, but we usually put ourselves in a better position to make use of our intelligence, knowledge, energy, and resources to resolve the problem. Cognitive-behavioral therapists have a specific agenda for each session. Therefore, CBT therapists do not tell their clients what to do – rather, they teach their clients how to do. CBT is based on the scientifically supported assumption that most emotional and behavioral reactions are learned. When people understand how and why they are doing well, they know what to do to continue doing well. A central aspect of Rational thinking is that it is based on fact. If we knew that, we would not waste our time upsetting ourselves. Therefore, the inductive method encourages us to look at our thoughts as being hypotheses or guesses that can be questioned and tested. If when you attempted to learn your multiplication tables you spent only one hour per week studying them, you might still be wondering what 5 X 5 equals. The same is the case with psychotherapy. Goal achievement if obtained could take a very long time if all a person were only to think about the techniques and topics taught was for one hour per week.

2: Behavioral Approaches

The Behavioral Approach. Human behavior is learned, thus all behavior can be unlearned and new behaviors learned in its place. Behaviorism is concerned primarily with the observable and measurable aspects of human behavior.

Varieties[edit] There is no universally agreed-upon classification, but some titles given to the various branches of behaviorism include: Radical behaviorism forms the core philosophy behind behavior analysis. Post-Skinnerian, purposive, close to microeconomics. Focuses on objective observation as opposed to cognitive processes. As proposed by Arthur W. Staats , unlike the previous behaviorisms of Skinner, Hull, and Tolman, was based upon a program of human research involving various types of human behavior. Psychological behaviorism introduces new principles of human learning. Humans learn not only by the animal learning principles but also by special human learning principles. Humans learn repertoires that enable them to learn other things. Human learning is thus cumulative. No other animal demonstrates that ability, making the human species unique. Skinner proposed radical behaviorism as the conceptual underpinning of the experimental analysis of behavior. This view differs from other approaches to behavioral research in various ways but, most notably here, it contrasts with methodological behaviorism in accepting feelings, states of mind and introspection as behaviors subject to scientific investigation. Like methodological behaviorism it rejects the reflex as a model of all behavior, and it defends the science of behavior as complementary to but independent of physiology. Radical behaviorism overlaps considerably with other western philosophical positions such as American pragmatism. In contrast with the idea of a physiological or reflex response, an operant is a class of structurally distinct but functionally equivalent responses. For example, while a rat might press a lever with its left paw or its right paw or its tail, all of these responses operate on the world in the same way and have a common consequence. Operants are often thought of as species of responses, where the individuals differ but the class coheres in its function-shared consequences with operants and reproductive success with species. With this method, Skinner carried out substantial experimental work on the effects of different schedules and rates of reinforcement on the rates of operant responses made by rats and pigeons. He achieved remarkable success in training animals to perform unexpected responses, to emit large numbers of responses, and to demonstrate many empirical regularities at the purely behavioral level. This lent some credibility to his conceptual analysis. An important descendant of the experimental analysis of behavior is the Society for Quantitative Analysis of Behavior. In an essay republished in his book *Contingencies of Reinforcement*, [24] Skinner took the view that humans could construct linguistic stimuli that would then acquire control over their behavior in the same way that external stimuli could. The possibility of such "instructional control" over behavior meant that contingencies of reinforcement would not always produce the same effects on human behavior as they reliably do in other animals. The focus of a radical behaviorist analysis of human behavior therefore shifted to an attempt to understand the interaction between instructional control and contingency control, and also to understand the behavioral processes that determine what instructions are constructed and what control they acquire over behavior. Recently, a new line of behavioral research on language was started under the name of relational frame theory. Skinner found that behaviors could be shaped when the use of reinforcement was implemented. Desired behavior is rewarded, while the undesired behavior is punished. In the field of language learning, this type of teaching was called the audio-lingual method , characterised by the whole class using choral chanting of key phrases, dialogues and immediate correction. Within the behaviourist view of learning, the "teacher" is the dominant person in the classroom and takes complete control, evaluation of learning comes from the teacher who decides what is right or wrong. The learner does not have any opportunity for evaluation or reflection within the learning process, they are simply told what is right or wrong. The conceptualization of learning using this approach could be considered "superficial" as the focus is on external changes in behaviour i. Operant conditioning Operant conditioning was developed by B. Skinner in and deals with the modification of "voluntary behaviour" or operant behaviour. Operant behavior operates on the environment and is maintained by its consequences. Reinforcement and punishment , the core tools of operant conditioning, are either positive delivered following

a response, or negative withdrawn following a response. From this study, he discovered that the rats learned very effectively if they were rewarded frequently. Classical conditioning Although operant conditioning plays the largest role in discussions of behavioral mechanisms, classical conditioning or Pavlovian conditioning or respondent conditioning is also an important behavior-analytic process that need not refer to mental or other internal processes. After a few repetitions of this sequence, the light or sound by itself caused the dog to salivate. Logical behaviorism Behaviorism is a psychological movement that can be contrasted with philosophy of mind. The basic premise of radical behaviorism is that the study of behavior should be a natural science, such as chemistry or physics, without any reference to hypothetical inner states of organisms as causes for their behavior. Less radical varieties are unconcerned with philosophical positions on internal, mental and subjective experience. Behaviorism takes a functional view of behavior. According to Edmund Fantino and colleagues: We hope that successful application of behavioral theory and methodology will not only shed light on central problems in judgment and choice but will also generate greater appreciation of the behavioral approach. It is sometimes argued that Ludwig Wittgenstein defended a logical behaviorist position [9]. In logical positivism as held, e. Gilbert Ryle defended a distinct strain of philosophical behaviorism, sketched in his book *The Concept of Mind*. But if the explanation is very complex and intricate, we may want to say not that the behavior is not rational, but that we now have a better understanding of what rationality consists in. This whole organism then interacts with its environment. Molecular behaviorists use notions from melioration theory, negative power function discounting or additive versions of negative power function discounting. Molar behaviorists argue that standard molecular constructs, such as "associative strength", are better replaced by molar variables such as rate of reinforcement. Please help improve it by removing promotional content and inappropriate external links, and by adding encyclopedic content written from a neutral point of view. March Learn how and when to remove this template message The early term behavior modification has been obsolete since the s as it currently refers to the brief revival of methodological behaviorism in the s and early s. The independent development of behaviour analysis outside the US also continues to develop. In terms of motivation, there remains strong interest in the variety of human motivational behaviour factors, e. Some, may go as far as suggesting that the current rapid change in organisational behaviour could partly be attributed to some of these theories and the theories that are related to it. Such interests include everything from developmental disabilities and autism, to cultural psychology, clinical psychology, verbal behavior, Organizational Behavior Management OBM; behavior analytic "O psychology. Applications of behavioral technology, also known as applied behavior analysis or ABA, have been particularly well established in the area of developmental disabilities since the s. Treatment of individuals diagnosed with autism spectrum disorders has grown especially rapidly since the mids. This demand for services encouraged the formation of a professional credentialing program administered by the Behavior Analyst Certification Board, Inc. As of early , there are over BACB approved course sequences offered by about colleges and universities worldwide preparing students for this credential and approximately 11, BACB certificants, most working in the United States. Modern behavior analysis has also witnessed a massive resurgence in research and applications related to language and cognition, with the development of relational frame theory RFT; described as a "Post-Skinnerian account of language and cognition". During the s, behavior analysts, most notably Sigrid Glenn, had a productive interchange with cultural anthropologist Marvin Harris the most notable proponent of "cultural materialism" regarding interdisciplinary work. Very recently, behavior analysts have produced a set of basic exploratory experiments in an effort toward this end. Understanding behavior from the informatics and computing perspective becomes increasingly critical for in-depth understanding of what, why and how behaviors are formed, interact, evolve, change and affect business and decision. Behavior informatics [48] [49] and behavior computing [50] [51] deeply explore behavior intelligence and behavior insights from the informatics and computing perspectives. Criticisms and limitations of behaviorism[edit] See also: Cognitive psychology and Cognitive neuroscience In the second half of the 20th century, behaviorism was largely eclipsed as a result of the cognitive revolution. In the mid-20th century, three main influences arose that would inspire and shape cognitive psychology as a formal school of thought: Allen Newell and Herbert Simon spent years developing the concept of artificial intelligence AI and

later worked with cognitive psychologists regarding the implications of AI. The effective result was more of a framework conceptualization of mental functions with their counterparts in computers memory, storage, retrieval, etc. Mandler described the origins of cognitive psychology in a article in the Journal of the History of the Behavioral Sciences [55] In the early years of cognitive psychology, behaviorist critics held that the empiricism it pursued was incompatible with the concept of internal mental states. Cognitive neuroscience , however, continues to gather evidence of direct correlations between physiological brain activity and putative mental states, endorsing the basis for cognitive psychology. List of notable behaviorists[edit].

3: Behavioral Approach

Use 'behavioral approach' in a Sentence The supervisor of the IT department took a behavioral approach in determining whether John was the better employee or if it was Mary. 18 people found this helpful.

Saul McLeod, updated There are various approaches in contemporary psychology. An approach is a perspective i. There may be several different theories within an approach, but they all share these common assumptions. You may wonder why there are so many different psychology perspectives and whether one approach is correct and others wrong. Most psychologists would agree that no one perspective is correct, although in the past, in the early days of psychology, the behaviorist would have said their perspective was the only truly scientific one. Each perspective has its strengths and weaknesses, and brings something different to our understanding of human behavior. For this reason, it is important that psychology does have different perspectives on the understanding and study of human and animal behavior. Below is a summary of the six main psychological approaches sometimes called perspectives in psychology. Behaviorism is different from most other approaches because they view people and animals as controlled by their environment and specifically that we are the result of what we have learned from our environment. Behaviorism is concerned with how environmental factors called stimuli affect observable behavior called the response. The behaviorist approach proposes two main processes whereby people learn from their environment: Classical conditioning involves learning by association, and operant conditioning involves learning from the consequences of behavior. Though looking into natural reflexes and neutral stimuli he managed to condition dogs to salivate to the sound of a bell through repeated associated with the sound of the bell and food. The principles of CC have been applied in many therapies. These include systematic desensitization for phobias step-by-step exposed to a feared stimulus at once and aversion therapy. Skinner investigated operant conditioning of voluntary and involuntary behavior. Therefore behavior occurs for a reason, and the three main behavior shaping techniques are positive reinforcement, negative reinforcement, and punishment. Behaviorism also believes in scientific methodology e. Behaviorism rejects the idea that people have free will, and believes that the environment determines all behavior. Behaviorism is the scientific study of observable behavior working on the basis that behavior can be reduced to learned S-R Stimulus-Response units. Behaviorism has been criticized in the way it under-estimates the complexity of human behavior. Many studies used animals which are hard to generalize to humans, and it cannot explain, for example, the speed in which we pick up language. There must be biological factors involved. Freud believes that events in our childhood can have a significant impact on our behavior as adults. He also believed that people have little free will to make choices in life. Instead, our behavior is determined by the unconscious mind and childhood experiences. It is the original psychodynamic theory and inspired psychologists such as Jung and Erikson to develop their own psychodynamic theories. Freud, the founder of psychoanalysis, explained the human mind as like an iceberg, with only a small amount of it being visible, that is our observable behavior, but it is the unconscious, submerged mind that has the most, underlying influence on our behavior. Freud used three main methods of accessing the unconscious mind: He believed that the unconscious mind consisted of three components: If this conflict is not resolved, we tend to use defense mechanisms to reduce our anxiety. Psychoanalysis attempts to help patients resolve their inner conflicts. It shows how early experiences affect adult personality. Stimulation of different areas of the body is important as the child progresses through the important developmental stages. Too much or too little can have bad consequences later. The most important stage is the phallic stage where the focus of the libido is on the genitals. However, it has been criticized in the way that it over emphasizes the importance of sexuality and under emphasized of the role of social relationships. Nevertheless, psychoanalysis has been greatly contributory to psychology in that it has encouraged many modern theorists to modify it for the better, using its basic principles, but eliminating its major flaws. Humanism Humanistic psychology is a psychological perspective that emphasizes the study of the whole person know as holism. Humanistic psychologists look at human behavior, not only through the eyes of the observer, but through the eyes of the person doing the behaving. The humanistic perspective centers on the view that each person is unique and

individual, and has the free will to change at any time in his or her lives. The humanistic perspective suggests that we are each responsible for our own happiness and well-being as humans. We have the innate i. Because of this focus on the person and his or her personal experiences and subjective perception of the world the humanists regarded scientific methods as inappropriate for studying behavior. Two of the most influential and enduring theories in humanistic psychology that emerged in the s and s are those of Carl Rogers and Abraham Maslow. Cognitive Psychology Psychology was institutionalized as a science in by Wilhelm Wundt , who found the first psychological laboratory. His initiative was soon followed by other European and American Universities. These early laboratories, through experiments, explored areas such as memory and sensory perception, both of which Wundt believed to be closely related to physiological processes in the brain. The whole movement had evolved from the early philosophers, such as Aristotle and Plato. Today this approach is known as cognitive psychology. Cognitive Psychology revolves around the notion that if we want to know what makes people tick then the way to do it is to figure out what processes are actually going on in their minds. It views people as being similar to computers in the way we process information e. For example, both human brains and computers process information, store data and have input an output procedure. This had led cognitive psychologists to explain that memory comprises of three stages: It is an extremely scientific approach and typically uses lab experiments to study human behavior. The cognitive approach has many applications including cognitive therapy and eyewitness testimony. Biological Psychology We can thank Charles Darwin for demonstrating the idea that genetics and evolution play a role in influencing human behavior through natural selection. Theorists in the biological perspective who study behavioral genomics consider how genes affect behavior. Now that the human genome is mapped, perhaps, we will someday understand more precisely how behavior is affected by the DNA we inherit. Biological factors such as chromosomes, hormones and the brain all have a significant influence on human behavior, for example, gender. The biological approach believes that most behavior is inherited and has an adaptive or evolutionary function. For example, in the weeks immediately after the birth of a child, levels of testosterone in fathers drop by more than 30 per cent. This has an evolutionary function. Testosterone-deprived men are less likely to wander off in search of new mates to inseminate. They are also less aggressive, which is useful when there is a baby around. Biological psychologists explain behaviors in neurological terms, i. Many biological psychologists have concentrated on abnormal behavior and have tried to explain it. For example, biological psychologists believe that schizophrenia is affected by levels of dopamine a neurotransmitter. These findings have helped psychiatry take off and help relieve the symptoms of the mental illness through drugs. However, Freud and other disciplines would argue that this just treats the symptoms and not the cause. This is where health psychologists take the finding that biological psychologists produce and look at the environmental factors that are involved to get a better picture. Evolutionary Psychology A central claim of evolutionary psychology is that the brain and therefore the mind evolved to solve problems encountered by our hunter-gatherer ancestors during the upper Pleistocene period over 10, years ago. The Evolutionary approach explains behavior in terms of the selective pressures that shape behavior. Observed behavior is likely to have developed because it is adaptive. It has been naturally selected, i. Behaviors may even be sexually selected, i. A strength of this approach is that it can explain behaviors that appear dysfunctional, such as anorexia, or behaviors that make little sense in a modern context, such as our biological stress response when finding out we are overdrawn at the bank. Perspectives Conclusion Therefore, in conclusion, there are so many different perspectives in psychology to explain the different types of behavior and give different angles. No one perspective has explanatory powers over the rest. Only with all the different types of psychology, which sometimes contradict one another nature-nurture debate , overlap with each other e. The fact that there are different perspectives represents the complexity and richness of human and animal behavior. A scientific approach, such as behaviorism or cognitive psychology, tends to ignore the subjective i. The humanistic perspective does recognize human experience, but largely at the expense of being non-scientific in its methods and ability to provide evidence. The psychodynamic perspective concentrates too much on the unconscious mind and childhood. As such, it tends to lose sight of the role of socialization which is different in each country and the possibility of free will. The biological perspective reduces humans to a set of mechanisms and

physical structures that are clearly essential and important e. However, it fails to account for consciousness and the influence of the environment on behavior. How to reference this article:

4: Educational and Behavioral Therapies | Interactive Autism Network

Behavioral interventions help adolescents to actively participate in their recovery from drug abuse and addiction and enhance their ability to resist drug use. In such approaches, therapists may provide incentives to remain abstinent, modify attitudes and behaviors related to drug abuse, assist families in improving their communication and overall interactions, and increase life skills to.

Saul McLeod, updated Behaviorism refers to a psychological approach which emphasizes scientific and objective methods of investigation. The approach is only concerned with observable stimulus-response behaviors, and states all behaviors are learned through interaction with the environment. Basic Assumptions All behavior is learned from the environment: Behaviorism emphasizes the role of environmental factors in influencing behavior, to the near exclusion of innate or inherited factors. This amounts essentially to a focus on learning. Psychology should be seen as a science: Theories need to be supported by empirical data obtained through careful and controlled observation and measurement of behavior. Watson stated that: Its theoretical goal is prediction and control. The components of a theory should be as simple as possible. Behaviorists propose the use of operational definitions defining variables in terms of observable, measurable events. Behaviorism is primarily concerned with observable behavior, as opposed to internal events like thinking and emotion: While behaviorists often accept the existence of cognitions and emotions, they prefer not to study them as only observable. Therefore, internal events, such as thinking should be explained through behavioral terms or eliminated altogether. There is little difference between the learning that takes place in humans and that in other animals: Therefore, research can be carried out on animals as well as humans. Consequently, rats and pigeons became the primary source of data for behaviorists, as their environments could be easily controlled. Behavior is the result of stimulus-response: All behavior, no matter how complex, can be reduced to a simple stimulus-response association. Watson described the purpose of psychology as: Its theoretical goal is the prediction and control of behavior. Introspection forms no essential part of its methods, nor is the scientific value of its data dependent upon the readiness with which they lend themselves to interpretation in terms of consciousness. The behaviorist, in his efforts to get a unitary scheme of animal response, recognizes no dividing line between man and brute. Radical Behaviorism Radical behaviorism was founded by B. F Skinner and agreed with the assumption of methodological behaviorism that the goal of psychology should be to predict and control behavior. Skinner, like Watson, also recognized the role of internal mental events, and while he agreed such private events could not be used to explain behavior, he proposed they should be explained in the analysis of behavior. Another important distinction between methodological and radical behaviorism concerns the extent to which environmental factors influence behavior. In contrast, radical behaviorism accepts the view that organisms are born with innate behaviors, and thus recognizes the role of genes and biological components in behavior. The History of Behaviorism Pavlov published the results of an experiment on conditioning after originally studying digestion in dogs. Watson launches the behavioral school of psychology, publishing an article, Psychology as the behaviorist views it. Thorndike formalized the Law of Effect.

5: Behaviorism | Simply Psychology

Behavioral Approaches Although behavioral personality theory involves the study of personality through behaviorism (which emphasizes overt, objective behavior), theorists in this area also consider cognitive processes and study particular ways of learning, such as by observing others in a social context.

Theoretical approaches are an understandably integral part of the therapeutic process. But with so many different methods out there, how do you know which counseling approach works best for you? These theories are integrated throughout the curriculum of Counseling Northwestern and are built into a foundation grounded in the psychodynamic perspective. Counseling Northwestern uses this theory to train counselors, and it is embedded throughout the counselor training process. The belief is that by revealing and bringing these issues to the surface, treatment and healing can occur. Behavioral Theory Behavioral theory is based on the belief that behavior is learned. Pavlov executed a famous study using dogs, which focused on the effects of a learned response e. Skinner developed another behavioral therapy approach, called operant conditioning. He believed in the power of rewards to increase the likelihood of a behavior and punishments to decrease the occurrence of a behavior. Behavioral therapists work on changing unwanted and destructive behaviors through behavior modification techniques such as positive or negative reinforcement. Cognitive Theory In the s, psychotherapist Aaron Beck developed cognitive theory. Unlike psychodynamic theory, therapy based on cognitive theory is brief in nature and oriented toward problem solving. Cognitive and behavioral therapy are often combined as one form of theory practiced by counselors and therapists. Humanistic Approach Humanistic therapists care most about the present and helping their clients achieve their highest potential. Humanistic theories include client-centered, gestalt, and existential therapies. Carl Rogers developed client-centered therapy, which focuses on the belief that clients control their own destinies. He believed that all therapists need to do is show their genuine care and interest. Existential therapists help clients find meaning in their lives by focusing on free will, self-determination, and responsibility. In addition to traditional talk therapy, holistic therapy may include nontraditional therapies such as hypnotherapy or guided imagery. The key is to use the techniques and psychotherapy tools best suited for a particular client and problem. There are various therapies that counselors can choose to study, but the type of theory matters less than the success of the relationship between client and therapist. In the Counseling Northwestern online Master of Arts in Counseling Program, students are prepared to become self-reflective practitioners and learn to examine the factors that influence the client-therapist relationship to become successful counselors.

6: Behavioral Approach to Leadership - Management - Oxford Bibliographies

The behavioral approach to leadership focuses on the human dimension of the workplace. By fostering understanding of how people respond during times of conflict, and by teaching the best ways to.

This web site was created for use by students in PSY. The material on these pages is not intended for use by individuals not enrolled in that course. The Behavioral Approach Human behavior is learned, thus all behavior can be unlearned and new behaviors learned in its place. Behaviorism is concerned primarily with the observable and measurable aspects of human behavior. Therefore when behaviors become unacceptable, they can be unlearned. Behaviorism views development as a continuous process in which children play a relatively passive role. It is also a general approach that is used in a variety of settings including both clinical and educational. Behaviorists assume that the only things that are real or at least worth studying are the things we can see and observe. We cannot see the mind, the id, or the unconscious, but we can see how people act, react and behave. From behavior we may be able to make inferences about the minds and the brain, but they are not the primary focus of the investigation. What people do, not what they think or feel, is the object of the study. Likewise the behaviorist does not look to the mind or the brain to understand the causes of abnormal behavior. He assumes that the behavior represents certain learned habits, and he attempts to determine how they are learned. The material that is studied is always behavior. Because behaviorists are not interested in the mind, or its more rarified equivalents such as psyche and soul, inferences about the conditions that maintain and reinforce human behavior can be made from the study of animal behavior. Animal research has provided a very important foundation for the behavioral approach. The behavioral researcher is interested in understanding the mechanisms underlying the behavior of both normal individuals and those with problems that might be referred to as "mental illness". When the behavioral model is applied to mental illness, it tends to be used for a wide variety of presenting problems. It is perhaps most effective in treating behavioral disorders and disorders of impulse control, such as excessive drinking, obesity, or sexual problems. Behavioral approaches may be quite useful in treatment of anxiety and have occasionally been helpful in the management of more severe mental disorders such as schizophrenia.

Early Theorists: Pavlov Ivan P. He first won great distinction for his research on the physiology of the digestive system. Pavlov encountered a methodological problem that was ultimately to prove more important and more interesting than his physiological research. For Pavlov, all behavior was reflexive. But how do such behaviors differ from the behavior commonly called "instinctive"? Instinctive behavior is sometimes said to be motivated. The animal has to be hungry, to be sexually aroused, or to have nest-building hormones before these kinds of instinctive behavior can occur. But Pavlov concluded that there seems to be no basis for distinguishing between reflexes and what has commonly been thought of as non reflexive behavior. As a psychologist, Pavlov was concerned with the nervous system, and specifically the cerebral cortex, not with any lawfulness that he might find in behavior. At a more abstract level, Pavlov thought that all learning, whether of elicited responses in animals or of highly conceptual behaviors in humans, was due to the mechanisms of classical conditioning. We now believe it to be wrong, but it is none the less one of the great ideas of our culture.

Bolles Watson John B. Watson was one of the most colorful personalities in the history of psychology. Although he did not invent behaviorism, he became widely known as its chief spokesman and protagonist. Watson was brought up in the prevalent tradition: In a widely used textbook Watson, he said that the study of the mind is the province of philosophy; it is the realm of speculation and endless word games. The mind has no place in psychology. A science of psychology must be based on objective phenomena and the ultimate explanation must be found in the central nervous system. It was Watson, more than Pavlov or any other one person, who convinced psychologists that the real explanation of behavior lay in the nervous system and that as soon as we understood the brain a little better, most of the mysteries would disappear. And, it was mainly because of Watson that so many psychologists came to believe that what they called conditioning was so important.

Bolles Skinner B. Skinner is considered by many authorities to have been the greatest behavioral psychologist of all time. Earlier behaviorism had been concerned with stimulus-response connections. Skinner looked at the learning process in the opposite way, investigating how

learning was affected by stimuli presented after an act was performed. He found that certain stimuli caused the organism to repeat an act more frequently. He called stimuli with this effect the "reinforcers". Watson found that by providing reinforcement in a systematic way one could shape the behavior in desired directions. Its various applications to classroom practice are commonly called "behavior modification", a technique that many teachers consider to be one of their most valuable tools for improving both learning and behavior of their students. Charles Types of Learning Classical conditioning is demonstrated when a neutral stimulus acquires the eliciting properties of the unconditioned stimulus through pairing the unconditioned stimulus with a neutral stimulus. Behavior is controlled by association. Operant conditioning is demonstrated when the reinforcing consequences immediately following the response increases its future likelihood; aversive consequences immediately following the response to decrease its future likelihood. He stated that children acquire many favorable and unfavorable responses by simply watching and listening to others around them. Other examples of observational learning include: In studying animal behaviors, the term imprinting was introduced by Lorenz. Imprinting refers to the appearance of complex behaviors apparently as a result of exposure to an appropriate object at a critical time. This is demonstrated with newly hatched ducklings which will follow the first moving object they encounter and become attached to it usually a mother. A behaviorally oriented clinician has an interest in the response pattern itself and the particular situations in which it occurs. He utilizes techniques that enable the determination of the functional relationship between the maladaptive behavior and the environmental stimuli that are affecting it. What behavior requires modification? What environmental factors are maintaining those behaviors? What positive reinforcement or punishing events can be used to alter individual behavior? Applications Commonly used applications by a behaviorist include:

7: Psychology Perspectives | Simply Psychology

Behavior therapy. This approach focuses on learning's role in developing both normal and abnormal behaviors. This approach focuses on learning's role in developing both normal and abnormal behaviors. Ivan Pavlov made important contributions to behavior therapy by discovering classical conditioning, or associative learning.

Share on Facebook The behavioral approach to management focuses on human relations and employee well-being. Rather than simply setting tasks and demanding that they be completed, the behavioral-style manager helps create conditions that keep workers satisfied and motivated. Social factors and psychological motivations take on more importance than financial incentives. This approach assumes the worker wants to work, and that if the manager provides the right environment, productivity will follow. Daycare Companies that offer daycare for children of employees engage in behavioral management. The idea is that if employees know their children are nearby and are well cared for, work can proceed with fewer distractions. Providing daycare is a behavioral approach to getting the most out of employees, because it focuses on employee satisfaction. Employee Suggestion Box This electronic version of the suggestion box can give employees the sense that their ideas have value to the company. Empowering employees to make suggestions and create initiatives is a behavioral approach because it helps employees enjoy their jobs and raise their self-esteem. Management can monitor chat rooms and even join the conversation to encourage exploration of ideas. When enough people get behind a suggestion, management can meet with a delegation to discuss the possibilities. Flex-time Scheduling Allowing employees to choose flexible schedules is a way of trying to respect individual needs and improve job satisfaction by concentrating on providing an accommodating workplace. This can help a company retain employees and gain a reputation as a good place to work. Such a reputation may attract top talent. Employees can choose their hours as long as they work a set number of hours per week. Flexible scheduling can even expand to allow employees to work from home several days a week. Positive Reinforcement The behavioral approach lends itself to positive reinforcement as a way to increase productivity. Managers who use this style look for employees who are doing things right rather than employees who are doing things wrong. By pointing out the beneficial behavior and even rewarding it, the manager sends the signal that such behavior can help employees get ahead in the workplace. As a side benefit, using positive reinforcement requires a manager to spend time among the workforce to observe. This promotes increased familiarity and has the potential to promote positive relations between employees and managers.

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Behaviorism refers to a psychological approach which emphasizes scientific and objective methods of investigation. The approach is only concerned with observable stimulus-response behaviors, and states all behaviors are learned through interaction with the environment.

Top of Page Behavior and Communication Approaches According to reports by the American Academy of Pediatrics and the National Research Council, behavior and communication approaches that help children with ASD are those that provide structure, direction, and organization for the child in addition to family participation. ABA has become widely accepted among health care professionals and used in many schools and treatment clinics. ABA encourages positive behaviors and discourages negative behaviors in order to improve a variety of skills. There are different types of ABA. Following are some examples: Lessons are broken down into their simplest parts and positive reinforcement is used to reward correct answers and behaviors. Incorrect answers are ignored. Positive changes in these behaviors should have widespread effects on other behaviors. Other therapies that can be part of a complete treatment program for a child with an ASD include: It also focuses on how the child deals with sights, sounds, and smells. For example, picture cards can help teach a child how to get dressed by breaking information down into small steps. Occupational Therapy Occupational therapy teaches skills that help the person live as independently as possible. Skills might include dressing, eating, bathing, and relating to people. Sensory Integration Therapy Sensory integration therapy helps the person deal with sensory information, like sights, sounds, and smells. Sensory integration therapy could help a child who is bothered by certain sounds or does not like to be touched. Some people are able to learn verbal communication skills. For others, using gestures or picture boards is more realistic. The person is taught to use picture symbols to ask and answer questions and have a conversation. Visit the Autism Speaks or Autism Society website to read more about these therapies. Dietary Approaches Some dietary treatments have been developed by reliable therapists. But many of these treatments do not have the scientific support needed for widespread recommendation. An unproven treatment might help one child, but may not help another. Many biomedical interventions call for changes in diet. Dietary treatments are based on the idea that food allergies or lack of vitamins and minerals cause symptoms of ASD. Some parents feel that dietary changes make a difference in how their child acts or feels. Or talk with a nutritionist to be sure your child is getting important vitamins and minerals. But there are medications that can help some people with related symptoms. For example, medication might help manage high energy levels, inability to focus, depression, or seizures. Top of Page Complementary and Alternative Treatments To relieve the symptoms of ASD, some parents and health care professionals use treatments that are outside of what is typically recommended by the pediatrician. These types of treatments are known as complementary and alternative treatments CAM. They might include special diets, chelation a treatment to remove heavy metals like lead from the body , biologicals e. The National Institute of Dental and Craniofacial Research has a website to help health professionals with the oral health care needs of patients with an ASD. Gov lists federally funded clinical trials that are looking for participants. ATN is also developing a shared national medical database to record the results of treatments and studies at any of their five established regional treatment centers. Preschool Education Programs for Children with Autism 2nd ed. Educating Children with Autism. National Academy Press, Complementary and Alternative Medicine. Pediatric Habilitation, volume News release, Health Behavior News Service.

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Behavioral approaches help engage people in drug abuse treatment, provide incentives for them to remain abstinent, modify their attitudes and behaviors related to drug abuse, and increase their life skills to handle stressful circumstances and environmental cues that may trigger intense craving for drugs and prompt another cycle of compulsive abuse.

A Research-Based Guide Behavioral Approaches Behavioral interventions help adolescents to actively participate in their recovery from drug abuse and addiction and enhance their ability to resist drug use. In such approaches, therapists may provide incentives to remain abstinent, modify attitudes and behaviors related to drug abuse, assist families in improving their communication and overall interactions, and increase life skills to handle stressful circumstances and deal with environmental cues that may trigger intense craving for drugs. Below are some behavioral treatments shown to be effective in addressing substance abuse in adolescents listed in alphabetical order.

Group Therapy for Adolescents Adolescents can participate in group therapy and other peer support programs during and following treatment to help them achieve abstinence. When led by well-trained clinicians following well-validated Cognitive-Behavioral Therapy CBT protocols, groups can provide positive social reinforcement through peer discussion and help enforce incentives to staying off drugs and living a drug-free lifestyle. However, group treatment for adolescents carries a risk of unintended adverse effects: Group members may steer conversation toward talk that glorifies or extols drug use, thereby undermining recovery goals. Trained counselors need to be aware of that possibility and direct group activities and discussions in a positive direction.

Adolescent Community Reinforcement Approach A-CRA A-CRA is an intervention that seeks to help adolescents achieve and maintain abstinence from drugs by replacing influences in their lives that had reinforced substance use with healthier family, social, and educational or vocational reinforcers. A core element of CBT is teaching participants how to anticipate problems and helping them develop effective coping strategies. In CBT, adolescents explore the positive and negative consequences of using drugs. They learn to monitor their feelings and thoughts and recognize distorted thinking patterns and cues that trigger their substance abuse; identify and anticipate high-risk situations; and apply an array of self-control skills, including emotional regulation and anger management, practical problem solving, and substance refusal. CBT may be offered in outpatient settings in either individual or group sessions see " Group Therapy for Adolescents " or in residential settings. This approach, known as Contingency Management CM , provides adolescents an opportunity to earn low-cost incentives such as prizes or cash vouchers for food items, movie passes, and other personal goods in exchange for participating in drug treatment, achieving important goals of treatment, and not using drugs. The goal of CM is to weaken the influence of reinforcement derived from using drugs and to substitute it with reinforcement derived from healthier activities and drug abstinence. For adolescents, CM has been offered in a variety of settings, and parents can be trained to apply this method at home. CM is typically combined either with a psychosocial treatment or a medication where available. Recent evidence also supports the use of Web-based CM to help adolescents stop smoking. Being empathic yet directive, the therapist discusses the need for treatment and tries to elicit self-motivational statements from the adolescent to strengthen his or her motivation and build a plan for change. If the adolescent resists, the therapist responds neutrally rather than by contradicting or correcting the patient. MET, while better than no treatment, is typically not used as a stand-alone treatment for adolescents with substance use disorders but is used to motivate them to participate in other types of treatment. The benefits of step participation for adults in extending the benefits of addiction treatment appear to apply to adolescent outpatients as well, according to recent research. Research also suggests adolescent-specific step facilitation strategies may help enhance outpatient attendance rates. This page was last updated January Contents.

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