

CONTINGENCY MANAGEMENT AND BIOFEEDBACK



COURSE: CLINICAL ASSESSMENT AND INTERVENTION

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By

Dr. Priyanka Kumari

Assistant Professor

Institute of Psychological Research and Service

Patna University

Contact No.7654991023; E-mail- Priyankakumari1483@yahoo.com

BEHAVIOR THERAPY- CONTINGENCY MANAGEMENT AND BIOFEEDBACK

Behavior therapy is the systematic application of principles of learning to the analysis and treatment of disorders of behavior. The rationale adopted by practitioner of behavior therapy is that neurotic behavior and other types of disorders are predominantly acquired and therefore should be subject to established laws of learning. Knowledge regarding the learning process concerns not only the acquisition of new behavior patterns but the reduction or elimination of existing behavior patterns.

Acc. To Reber (1987): Behavior therapy is that type of psychotherapy that seeks to change maladaptive or abnormal behavior patterns by the use of extinction and inhibitory process and positive and negative reinforcers in classical and operant conditioning situation.

Thus behavior theorists seek principles of learning, the process by which these behaviors change in response to the environment.

Many learned behaviors are constructive and adaptive. They help people to cope with daily challenges and to lead happy, productive lives. However, abnormal and undesirable behaviors also can be learned.

behaviorists has pointed **three principles of conditioning** through which a behavior can be learned:

- ❑ classical conditioning,
- ❑ operant conditioning(or instrumental) conditioning, and
- ❑ modeling.

In behavior therapy abnormal behaviors are modified by means of conditioning.

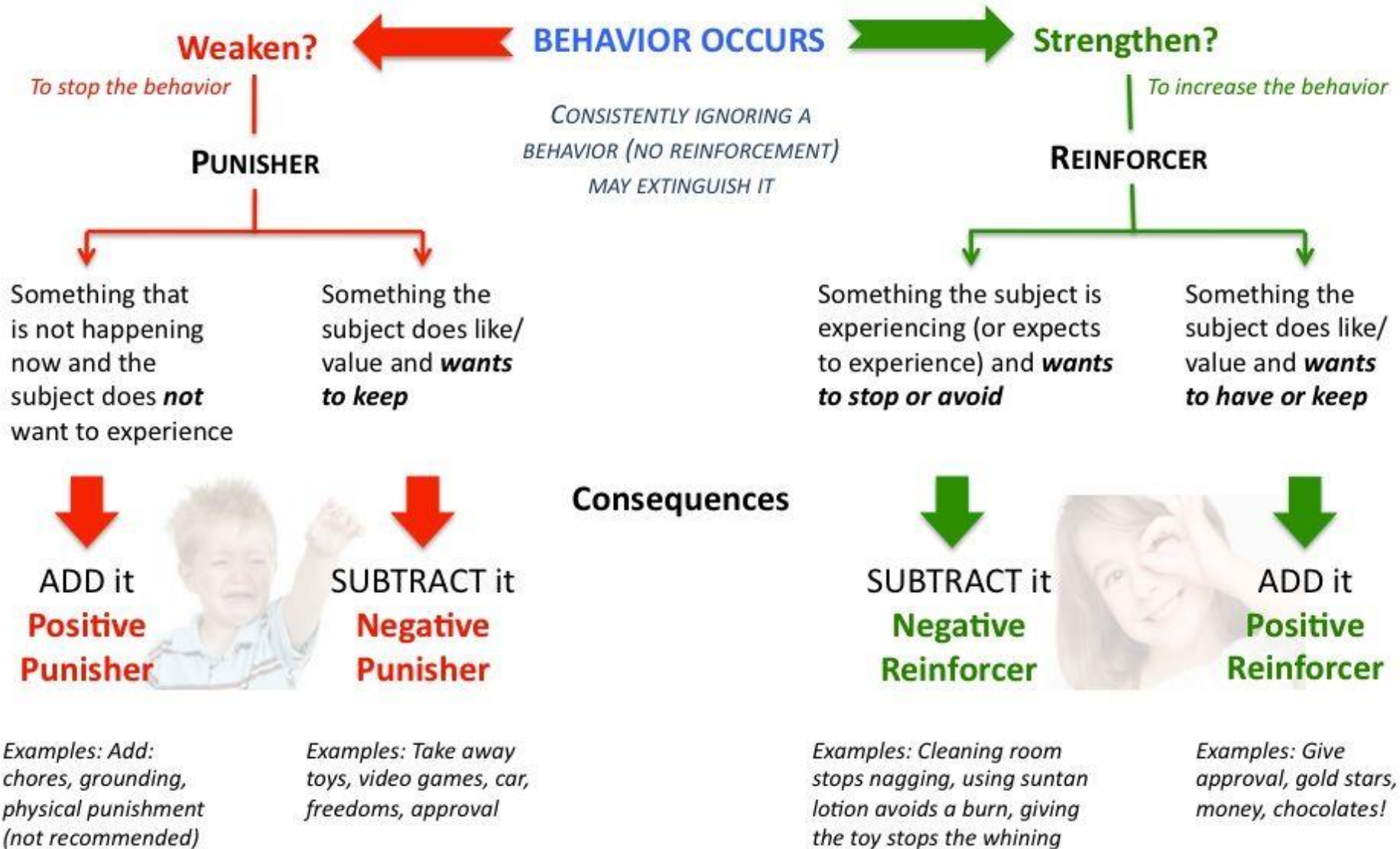
Operant Conditioning

In operant conditioning, humans and animals learn to behavior in certain ways because they receive reinforcements from their environment whenever they do so. Behavior that leads to satisfying consequences, or rewards, is likely to be repeated, whereas behavior that leads to unsatisfying unpleasant feeling is unlikely to be repeated.

The Operant Conditioning of Abnormal Behavior- Behaviorists also claim that many abnormal behaviors develop as a result of reinforcements. Some people learn to abuse alcohol and drugs because initially the drug- related behavior brought them calm, comfort, or pleasure. Others may exhibit bizarre, psychotic behaviors because they enjoy the attention they get when they do so.

Operant Conditioning

- Identify a behavior that you want to influence in the subject
- Most effective: If attempting to weaken, also identify a replacement (preferred) behavior and reinforce it when it occurs
- Determine what the *subject* values (likes) and dislikes (wants to avoid/stop)
- The subject must associate the consequence with the behavior



Operant Conditioning

Specific consequences are associated with a voluntary behavior

Rewards introduced to
increase a behavior



Punishment introduced to
decrease a behavior



Treatments based on Operant conditioning

Therapists who rely on operant conditioning consistently provide rewards for appropriate behavior and withhold rewards for inappropriate behavior. This technique has been employed frequently, and often successfully, with people experiencing psychosis. When these patients talk coherently and behave normally, they are rewarded with food, privileges, attention, or something else they value. Conversely, they receive no rewards when they speak bizarrely or display other psychotic behaviors.

In addition, parents, teachers, and therapists have successfully used operant conditioning techniques to change problem in children, such as repeated tantrums, and to teach skills to individuals with mental retardation. Rewards have included meals, recreation time, hugs, and statements of approval.

CONTINGENCY MANAGEMENT (behavior Modification)

A set of behavioral management techniques known as contingency management also called behavior modification or applied behavior analysis, utilizes operant conditioning principles. These behavior changing methods involve simply the planned use of rewards to increase wanted behavior and of extinction to decrease unwanted behavior.

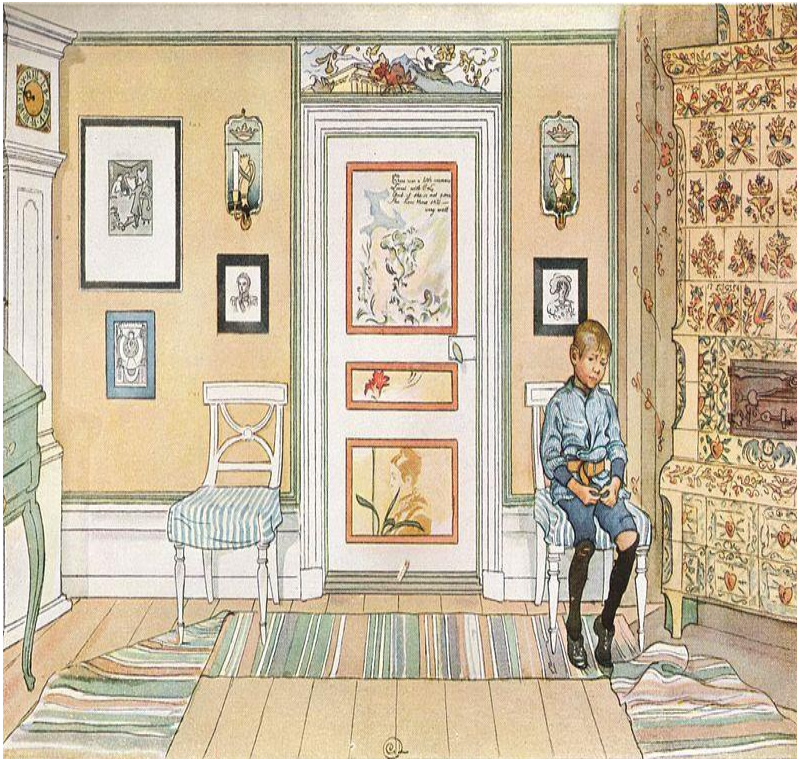
Parent Training- Modifying the problem behaviors of children is often accomplished by training the parents to use operant techniques. Therapists teach the parents these techniques in group classes, in couples, or individually with such methods as role playing and videotaping. Basically, parents are taught to reward behavior they want in their children and to remove the reward behavior they want in their children and to remove the rewards for behaviors they don't want.

Time-out

Token economy

TIME OUT

Timeout is used to eliminate unwanted behavior or as a consequence for not performing wanted behavior. **Time-out involves removing children from the rewarding situation to a place where there are no social rewards** and so it can be viewed as an extinction procedure.

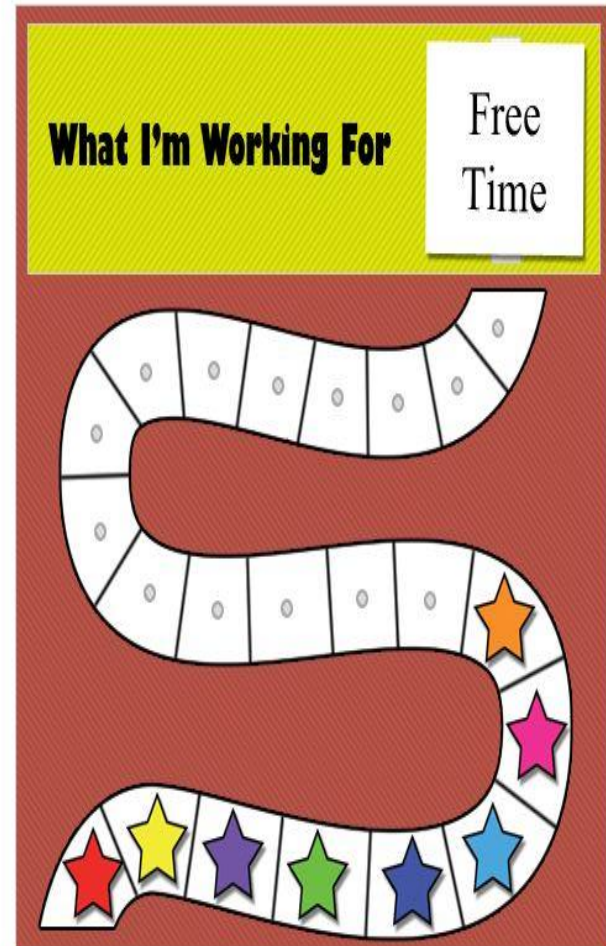


Token Economies

A Guest Post on Structured
Positive Reinforcements
By Leanne Page, BCBA



“What I’m Working For” Token Economy



The purpose of using tokens rather than reinforcers is that they bridge the delay between the occurrence of the desired behavior and the ultimate reinforcement. Thus, as the patient makes his bed, sweeps the floor, or takes on a job responsibility, he immediately, receives the requisite tokens. In some problems each time a token is given a social reinforcement accompanies. The patient is complimented on doing a fine job.

The goals of a token program are to develop behaviors that will lead to social reinforcement from others, to enhance the skills necessary for the individual to take a responsible social role in the institution and eventually, to live successfully outside the institution. Basically, the individual learns that he can control his own environment in such a way that he will elicit positive reinforcement from others (Krasner, 1971)

Token programs have also been used effectively in working with mental retardates, delinquents, and disturbed school children.

Contingency Contracting

Lavendusky and his colleagues (1983) reported that Contingency Contracting is a type of intervention that is used to increase desirable behaviours or decrease undesirable ones. **A contingency contract may be entered into by a teacher and student, a parent and child, or a therapist and client. It specifies the target behaviour, the conditions under which the behaviour will occur, and the benefits or consequences that come with meeting or failing to meet the target.**

The patient is fully informed and actively involved in deciding on the behaviours and rewards to be covered by the program. This type of patient involvement would appear to reduce the potential for manipulation and coercion.

For example, a parent and child enter into a contingency contract to get the child to finish his homework before dinner time, after which, he earns some TV time. Every time he satisfactorily finishes his homework before dinner time, he gets to watch an hour of TV after dinner. If he fails to finish his homework satisfactorily, then instead of enjoying some TV time, he has to use that time to finish his homework. work well as token economy.

SELF-MANAGEMENT

Behaviorists can teach individuals to use operant and contingency management techniques to modify their own behaviors, as such behavior modification treatments use self-monitoring , self reward, and techniques of problem solving and coping as well as contingency contracting.

Self-monitoring involves keeping track of the targeted behavior, including when and in what context it occurs. Self-reward allows clients to give themselves a chosen reward. Self-reward follows Grandma's Rule "First you work, then you play"

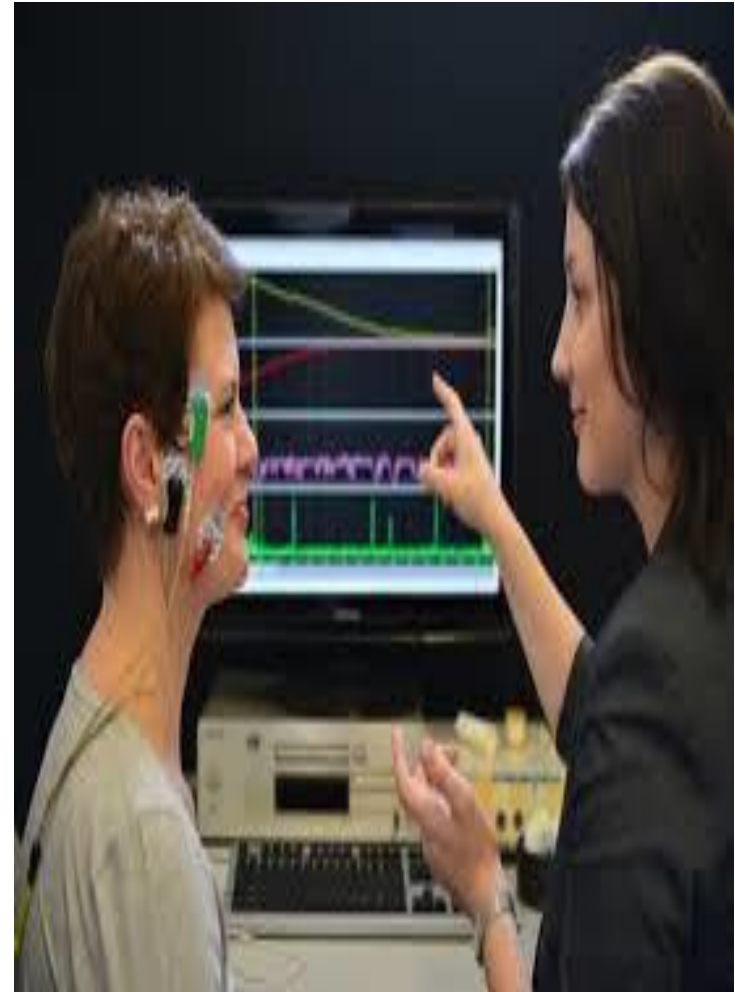
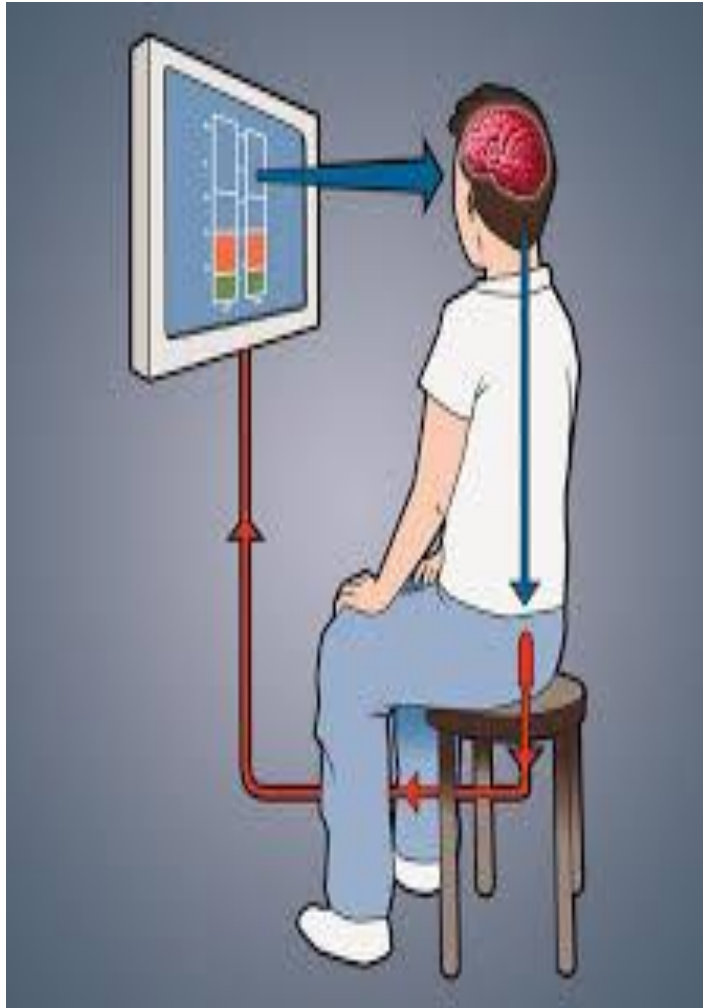
Biofeedback

Biofeedback is a treatment technique in which people are trained to improve their health by using signals from their own bodies. Psychologists use it to help tense and anxious clients learn to relax. Specialists in many different fields use biofeedback to help their patients cope with pain.

Migraine headache, tension headaches and many other types of pain. Most patients who benefit from biofeedback are trained to relax and modify their behavior.



BIOFEEDBACK



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Thank you for your Attention