

BEHAVIOR THERAPY- AVERSION THERAPY



COURSE: CLINICAL ASSESSMENT AND INTERVENTION

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Behavior therapy is the systematic application of principles of learning to the analysis and treatment of disorders of behavior. The rationale adopted by practioner 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 extension and inhibitory process and positive and negative reinforces in classical and operant conditioning situation.

Thus behavior theorists seeks 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.

Punishment

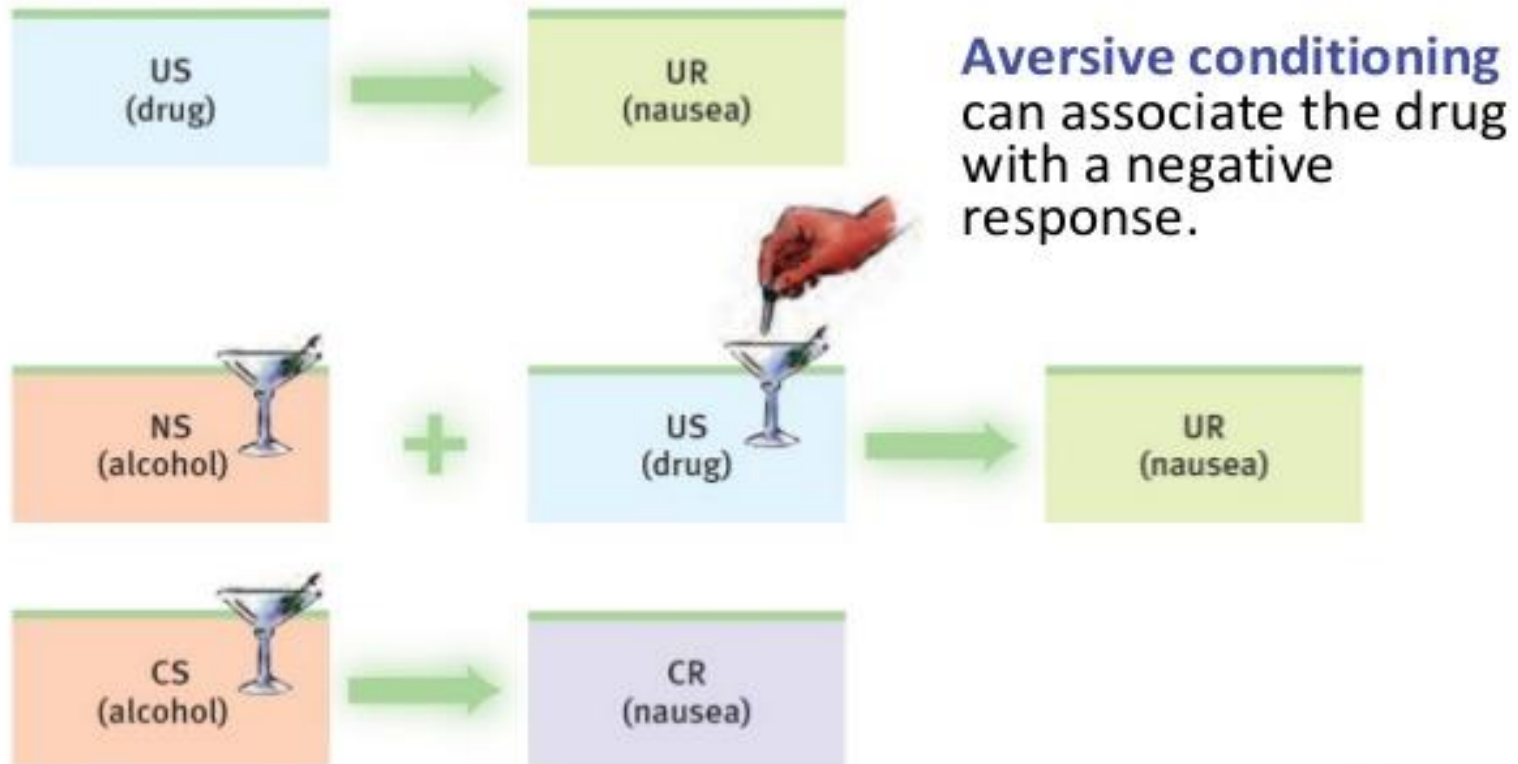
Aversion therapy

If a response is followed by pain or punishment, its strength should be weakened. Thus, behavior change can be achieved by conditioning an aversive response to an undesirable behavior. The first use of aversion therapy was made by **KANTOWICH(1930)** who administered electric shock to alcoholics. In clinical practice, aversive techniques have been applied mainly in the effort to eliminate to eliminate addictions and destructive or deviant behaviors. The best known illustration of such an approach is in the management of chronic alcoholism. **Aversive conditioning techniques is based on principle that if a response is followed by pain or punishment its strength will be weakened. It produces unpleasant consequences for undesirable behavior. Behavior change can be achieved by conditioning and aversive response to an undesirable behavior.** This technique have been used in the treatment of a whole range of Maladaptive behavior i.e. smoking, drinking and destructive behavior.

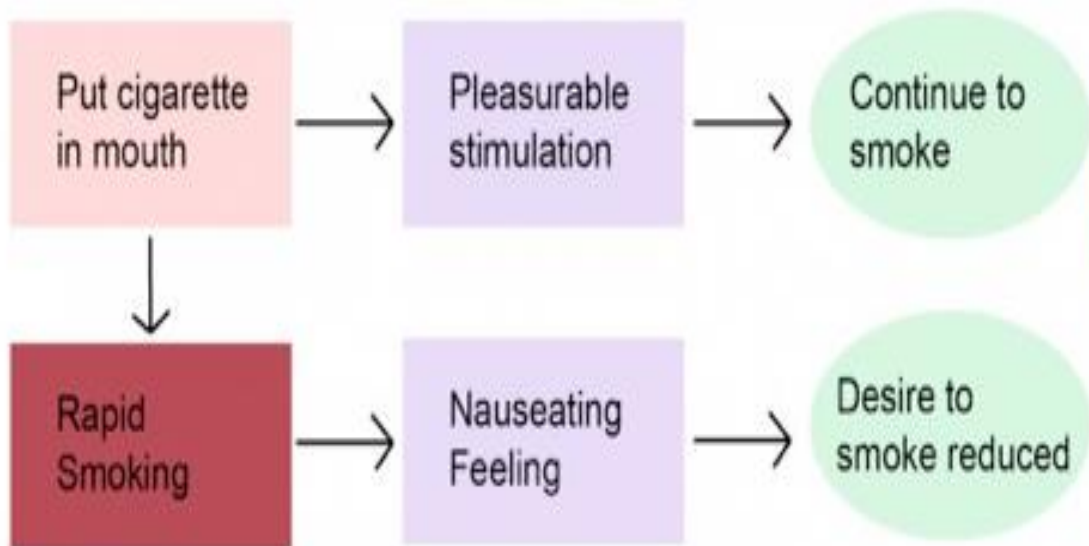
For Example- If an individual consumes alcohol while on Antabuse therapy, symptoms of severe nausea, vomiting, palpitation and headache. Instead of euphoria feeling normally experienced from the alcohol, the individual received a punishment that is intended to extinguish the unacceptable behavior.

Aversive Conditioning

When a person has been conditioned to have a positive association with a drug...



Aversion Therapy



Artifact #1

This diagram to the left shows how if you rapidly smoke it may create a bad feeling. With this feeling it may want make you feel the want to quit. This would be an example of aversive conditioning.

REFERENCES

Arthur C. Bohart, Judith Todd; Foundations of Clinical and Counseling Psychology;

Korchin S.J (2004) Modern Clinical Psychology.

Google images.

Thank you for your Attention