

## BEHAVIOR MODIFICATION TECHNIQUES IN COUNSELING

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| This test emphasizes the basic concepts and techniques of behavior modification including classical and operant conditioning, systematic desensitization, various aspects of behavior analysis, increasing and decreasing behavior, and the application of behavior therapy. (3 s.h.) | PSY-339-TE |
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This is a 2 hour examination in which you must answer 100 multiple choice questions (worth 1 point each). A passing score is **65** out of 100 points.

### Here are the topics covered and their approximate importance on the test:

- I. HISTORICAL OVERVIEW OF BEHAVIOR MODIFICATION (10%)
  - A. Operant conditioning orientation
  - B. Classical conditioning orientation
  - C. Social learning orientation
- II. SYSTEMATIC DESENSITIZATION (10%)
  - A. Treatment of simple phobias
  - B. Techniques of systematic desensitization
- III. INTRODUCTION TO BEHAVIOR ANALYSIS (30%)
  - A. Reinforcers: primary, secondary, immediate and delayed
  - B. Shaping and schedules
  - C. Punishment
- IV. ACCELERATING DESIRABLE BEHAVIOR (20%)
  - A. Positive reinforcement
  - B. Intermittent reinforcement
  - C. Fading
  - D. Escape and avoidance conditioning
  - E. Stimulus discrimination training
- V. ELIMINATING UNDESIRABLE BEHAVIOR (20%)
  - A. Punishment
  - B. Extinction
  - C. Intermittent reinforcement
- VI. APPLICATIONS OF BEHAVIOR THERAPY (10%)
  - A. Various areas of clinical behavior therapy ranging from anxiety disorders to marital distress

### Textbooks to help you prepare:

Baldwin, John and Janice Baldwin. *Behavior Principles in Everyday Life*.  
Current edition. Upper Saddle River, NJ: Prentice-Hall

Martin, Garry and Joseph Pear. *Behavior Modification: What It Is and How to Do It*.  
Current edition. Upper Saddle River, NJ: Prentice-Hall