**Flipped homework**

**Psychopathology -** The behavioural approach to explaining and treating phobias.



***Make notes on the material below using the Psychopathology information pack and videos on*** <http://www.psych205.com/explanations-and-treatments-of-disorders.html> ***Alternatively, you can use the QR code opposite to access the website.***

***Once you feel confident that you understand and can remember the following information, tick the relevant box.***

**These notes will provide you with the core knowledge you need for the lessons on this topic.**

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| **Learning outcome** | **I understand this** | **I can recall this** | **I need to revisit this (use this for revision)** |
| What are the main assumptions of the behaviourist approach? |  |  |  |
| What is the name of the behavioural explanation for phobias? |  |  |  |
| What is the difference between classical conditioning and operant conditioning? |  |  |  |
| How does classical conditioning explain how phobias are acquired? You may find it useful to use an example to help you describe this. |  |  |  |
| How does operant conditioning explain how phobias are maintained? You may find it useful to use an example to help you describe this. |  |  |  |
| What are the two behavioural treatments for phobias? |  |  |  |
| What is systematic desensitisation (SD) designed to do in relation to treating phobias? |  |  |  |
| Explain how relaxation, the use of a hierarchy and gradual exposure are involved in SD. Use examples. |  |  |  |
| What is flooding? (Give details on how many sessions are involved and how long they typically last) |  |  |  |
| What is flooding designed to do? Use examples. |  |  |  |

**Also include the following in your notes:**

* **Key terms:** Neutral stimulus (NS), unconditioned stimulus (UCS), unconditioned response (UCR), conditioned stimulus (CS), unconditioned response (CR), positive reinforcement, negative reinforcement, counterconditioning, reciprocal inhibition
* **A diagram/pictures:** showing the process of classical conditioning for Little Albert's phobia of white rats

***Challenge task:*** 'Psychology Today' magazine has asked you to write a short article on the ethical issues involved when treating phobias. You must present a balanced argument, for and against the use of behavioural therapies for treating phobias.