**PREP work**

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



***Make notes on the material below using the Psychopathology information pack and the information & 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.**

|  |  |  |
| --- | --- | --- |
| **Learning outcome** | **Notes complete** | **How well do you understand this?**  **Write RED, AMBER or GREEN** |
| **Explaining phobias** | | |
| What are the main assumptions of the behaviourist approach?  (see prep page) |  |  |
| What is the name of the behavioural explanation for phobias? |  |  |
| Write definitions for the following key terms:  *Neutral stimulus (NS), unconditioned stimulus (UCS), unconditioned response (UCR), conditioned stimulus (CS), unconditioned response (CR), positive reinforcement, negative reinforcement, counterconditioning, reciprocal inhibition* |  |  |
| How does classical conditioning explain how phobias are acquired? You may find it useful to use an example to help you describe this. |  |  |
| Draw a diagram or a pictureshowing the process of classical conditioning for Little Albert's phobia of white rats |  |  |
| How does operant conditioning explain how phobias are maintained? You may find it useful to use an example to help you describe this. |  |  |
| **Treating phobias** | | |
| What are the two behavioural treatments for phobias? |  |  |
| What is systematic desensitisation (SD) designed to do in relation to treating phobias? |  |  |
| Explain how SD works to treat phobias using an example. Make sure you mention the key terms. |  |  |
| Briefly outline what flooding is. |  |  |
| Explain how flooding works to treat phobias using an example. Make sure you mention the key terms. |  |  |

***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.