Psychopathology - The behavioural approach to explaining and treating phobias.

Make notes on the material below using the Psychopathology information pack and the videos on the Psychopathology page on 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 picture showing 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.