

Activity #2

Group #1: You are a psychologist who has been asked by the managers of a group home for adults with mental impairment to develop a behavior modification program for one of their residents. The staff at this group home is upset with a particular 19-year-old male resident who often masturbates publicly in the home's common areas, and they would like this behavior to be modified.

Discuss all of the things you would consider or question in order to ensure that you are acting ethically in undertaking this specific behavior modification program. Define what is meant by *countercontrol* and discuss countercontrol measures for this program.

Group #2: Using your own real-life experiences and examples, and not those from lecture or the text, choose a behavior, such as a fear, that could have developed as a result of classical (respondent) conditioning. Describe all components of the process: unconditioned stimulus (US), unconditioned response (UR), initially neutral stimulus (NS), conditioned stimulus (CS), & conditioned response (CR).

Also, try to come up with an example of the following respondent conditioning processes:

- Temporal conditioning
- Pseudo-conditioning
- Higher order conditioning
- Overshadowing
- Blocking
- Respondent stimulus generalization
- Habituation
- Respondent extinction

Group #3: Using your own real-life experiences and examples, and not those from lecture or the text, choose a phobia and describe in detail how systematic desensitization could be used to treat the phobia. Construct a hypothetical anxiety hierarchy for your phobia.

Group #4:

Using your own real-life experiences and examples, and not those from lecture or the text, provide an example of each of the following:

- Positive reinforcement
- Negative reinforcement
- Positive punishment
- Negative punishment

Choose one behavior that could be strengthened through use of positive reinforcement. Describe in detail all the steps involved in developing and implementing a positive reinforcement plan.