

Contents

<i>Preface</i>	ix
<i>Figure Credits</i>	xiii

I. The Nature of Behavior Therapy

What Is Behavior Therapy?	1
The Origins of Behavior Therapy	3
The Assumptions of Behavior Therapy	6
Behavior Therapy and the Scientific Method	18
Behavior Therapy and Theory	30
The Initial Interview	34

II. Systematic Desensitization

Background	43
The Applicability of Systematic Desensitization	45
The Method of Systematic Desensitization	52
Empirical Findings: Case Histories	69
Empirical Findings: Experimental Evidence	70
The Theory of Desensitization	76

III. Assertive Training

Background	82
Method of Assertive Training	85
Implementing Assertive Procedures	93
Assertive Training in the Treatment of Antisocial Aggression	105
Assertive Training in Groups	108
Assertive Training versus Systematic Desensitization	111
Empirical Findings	112
The Theory of Assertive Training	122

IV. Modeling Procedures

Acquisition and Facilitation of New Behavior Patterns by Modeling	128
Disinhibition and the Vicarious Extinction of Fear and Anxiety by Modeling	142
Studies of the Effectiveness of Modeling Procedures	155

V. Contingency Management Procedures

The Role of Reinforcement in the Learning of Social Behaviors: An "Operant Philosophy"	164
Definitions of Terms	164
What Is Contingency Management?	166
Identifying Maintaining Stimuli	173
Validity Problems in Recording Behavior	175
Assessment of Effective Reinforcers	176
Reinforcers and Reinforcement	178
Shaping New Behaviors	187
Extinction Procedures	195
Achieving Long-Term, Generalized Treatment Effects: Instilling the Self-Control of Behavior	197
Contingency-Management Research and Case Studies of Reinforcement Procedures	198
Effectiveness of Training in Contingency Management	206
Fear Reduction	214

VI. Contingency Management in Institutional Settings

Token Economies: Introduction	218
Institutional Applications of Contingency- Management Procedures	231
Treatment of Institutionalized Psychotics	249
Treatment of Delinquent Children and Adolescents	250

The Use of Contingency Management with More Highly Disturbed and Disruptive Behavior	259
Contingency Management of Retarded Individuals	261
Contingency Management in the Shaping of Symbolic Skills and Educability	265
Contingency-Management Procedures for the Training of Reading Skills	265
Contingency Management in the Classroom	267
Contingency-Management Procedures in the Control of Classroom Disruptive Behavior	271

VII. Operant Methods in Self-Control

Background	275
Applying Operant Procedures to Problems of Self-Control	276
Self-Control and Obesity	287
Self-Control and Study Behavior	292
Empirical Findings	296

VIII. Extinction Procedures

Contingency Management	313
Graduated Extinction	319
Covert Extinction	322
Negative Practice	325
Stimulus Satiation	331
Implosive Therapy	333
Flooding and Response Prevention	348
Evidence for the Clinical Effectiveness of Implosive Therapy and Flooding	352

IX. Aversive Control

Definitions of Terms	354
Historical Perspective	357
Positive and Negative Concerns in the Use of Aversive-Control Techniques	361
Generalization of Punishment Effects and the Availability of Alternative Behaviors	366
Procedures of Aversive Control	367
Procedural Examples: The Use of Electric Shock in Aversive Control	374
Procedural Examples: The Use of Drugs in Aversive Control	390
Procedural Examples: The Use of Response Cost as Contingent Punishment in Aversive Control	394
The Use of Cognitive Stimuli in Aversive Control	397
Empirical Findings	403

X. Cognitive Methods

Rational-Emotive Therapy	416
Thought Stopping	429
The Psychology of Attribution	443

References **451**

<i>Author Index</i>	493
<i>Subject Index</i>	502