BEHAVIOR THERAPY BASED ON MAJOR TYPES OF LEARNING:

(1) CLASSICAL CONDITIONING

(2) OPERANT CONDITIONING

(3) SOCIAL OBSERVATION LEARNING (MODELING, IMITATIVE LEARNING, ETC.)

BEHAVIOR FOLLOWED BY ONE OF FIVE POSSIBLE EVENTS:

(1) PUNISHMENT BY APPLICATION, E.G., SLAP ON THE BUTT

(2) PUNISHMENT BY REMOVAL, E.G., TIME OUT

(3) REINFORCEMENT BY APPLICATION, E.G., GRADE OF A, CANDY, PRAISE, ETC.

(4) NEGATIVE REINFORCEMENT, E.G, TAKING AWAY SOMETHING NEGATIVE, E.G., CHORES, RAIN, HEADACHE

(5) NOTHING (EXTINCTION)

SCHEDULES OF REINFORCEMENT

FIXED RATIO   E.G., COUNTING # OF TIMES

VARIABLE RATIO   UNKNOWN # OF TIMES

FIXED INTERVAL   E.G., PASSAGE OF TIME IN
MINUTES, DAYS, WEEKS,
ETC.

VARIABLE INTERVAL
                UNKNOWN AMOUNT OF
TIME