Contents

PREFACE vii

INTRODUCTION xi

Part 1 Basic Concepts and Principles

1. The Behavioral Model 3
   Basic Assumptions of the Behavioral Model
   Assessment and Intervention Based on the Behavioral Model
   Research in Behavior Modification
   Summary

2. Basic Principles of Respondent Behavior 18
   Respondent Conditioning: Some Basic Definitions
   Pairing
   Significance of Respondent Conditioning
   Summary

3. Operant Consequences 30
   The Nature of Consequences
   Methods for Changing the Rate of Behavior
   The Pros and Cons of Certain Consequences
   Summary

4. Reinforcers and Their Uses 52
   Positive Reinforcers
   Negative Reinforcers
   Extrinsic and Intrinsic Reinforcers
   Effective Use of Reinforcers
   Summary

5. Operant Antecedents 72
   Antecedent Conditions
   Generalization
   Summary

6. Schedules of Reinforcement 83
Continuous Reinforcement and "New" Behavior
Intermittent Schedules
Ratio Schedules
Interval Schedules
Use of Schedules
Overall Guidelines for the Selection of Schedules
Summary

7. Modeling 95
Basic Principles of Modeling
Effects of Modeling
Optimal Conditions for Effective Modeling
Summary

Part 2 Process and Practice

8. Introduction to the Practice of Behavior Modification 105
Goals of Behavior Modification
The Helping Relationship: The Context of Behavior Modification
Applications in Interviewing
Applications in Groups
Applications in Consultation
Summary

9. Working with Mediators 122
Selecting the Mediator
Developing Assessment and Treatment Strategies with the Mediator
Motivating the Mediator
Teaching the Mediator
The Mediator as Record Keeper
Anticipating Stresses on the Mediator
Reinforcing the Mediator
Helping the Mediator Naturalize the New Behavior
Summary

10. Behavioral Recording 141
How Is Behavior Recorded?
Methods of Recording
Charting
Group Recording
Summary

11. An Overview of the Assessment Process 164
The Assessment Process
Sources of Information
Time Needed for Assessment
Phases of Assessment
Summary

12. The Tools: Increasing Behavior 197
What Are Techniques?
Selection of Techniques
Organization of Techniques
Techniques Used to Increase Behavior
Summary

13. The Tools: Decreasing Behavior 208
Techniques Used to Decrease Behavior
Summary

14. The Tools: Complex Techniques 224
Techniques Used to Increase and Decrease Behavior
Behavioral Programs
Self-control: Helping Clients to Help Themselves
Summary Table of Techniques
Summary

15. An Overview of the Intervention Process 242
Steps in the Interventive Process
Why Behavior Modification Fails
Summary

Part 3 Applications and Illustrations

Introduction 270

16. Addictive Behavior Problems and Substance Abuse 273
Types of Behavior Included
Interventive Strategies
Case Illustration

17. Antisocial Behavior Problems 284
Types of Behavior Included
Interventive Strategies
Case Illustration

18. Depressive Behavior Problems 299
Types of Behavior Included
Interventive Strategies
Case Illustration

19. Emotional Behavior Problems 313
Types of Behavior Included
Interventive Strategies
Case Illustration

20. Marital Behavior Problems 328
Types of Behavior Included

Interventive Strategies
Case Illustration

21. Parent–Child Behavior Problems 341
Types of Behavior Included
Interventive Strategies
Case Illustration

22. School Behavior Problems 366
Types of Behavior Included
Interventive Strategies
Case Illustration

23. Self-Care Behavior Problems 382
Types of Behavior Included
Interventive Strategies
Case Illustration

24. Severely Disturbed Behavior Problems 402
Types of Behavior Included
Interventive Strategies
Case Illustration

25. Sexual Behavior Problems 420
Types of Behavior Included
Interventive Strategies
Case Illustration

Part 4 Problems and Issues

26. Issues in the Use of Behavior Modification in Social Work 447
Questions about the Value Issues Inherent in the Use of Behavior Modification
Questions about the Nature of Human Behavior Related to the Use of Behavior Modification
Questions about the Application of Behavior Modification Procedures in Social Work Practice
Conclusion

GLOSSARY OF BASIC TERMS COMMONLY USED IN BEHAVIOR MODIFICATION 481

BIBLIOGRAPHY 487

INDEX 517