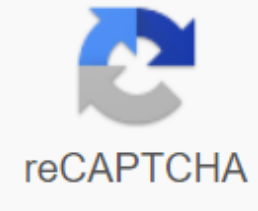




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Classical conditioning phobias works

The Oxford Dictionary defines phobia as extreme or irrational fear or aversion to something, and while the term is thrown around quite casually nowadays, phobia is actually a very serious disease that causes a host of unpleasant symptoms such as nausea, accelerated heart rate, and shortness of breath. The most common phobia in the world is arachnophobia: fear of spiders. In Western societies, up to 55% of women are thought to experience this phobia, along with 18% of men, but what is the actual cause of arachnophobia? What about phobias at all? Psychologists have several theories. The first of these is classic air conditioning. Ask any psychology student about classic conditioning, and they're likely to start in a lengthy tirade about Pavlov's Dogs and the unethical nightmare that Little Albert experiment. For us it's Psych 101, but for those of you who've never heard of this term, you've probably used classic conditioning in day-to-day life without even realizing it. Classic conditioning is a process in which we learn to make associations between two different stimuli that are repeatedly paired. An example of this is that you may be familiar with when you train a dog to sit. The first incentive is the team to sit, and the second is the actual action of sitting, and both of them combined with delicious treatments means you can condition your dog to sit on command. Russian physiologist Ivan Pavlov first proved this process in 1902. His experiment Pavlov's Dog still holds a hundred years later and inspired later experiments, such as the Little Albert experiment, which explored the role of classical conditioning in phobias. In Little Albert's experiment, Watson and Rayner looked to see if they could actually give someone a phobia through the classical conditioning process. And they decided to do it for the baby. I said it was very unethical. They checked the baby (Little Albert) around various animals, including a white rat, to see if he was afraid of any of them. Albert seemed to have quite the content around all the animals, and showed absolutely no fear. Now it all seems very good, just a day on what may have also been the petting of the zoo. Then Watson has to go and destroy it all, damaging the baby for life. In order to make Little Albert form a phobia for white rats, every time he was presented with one Watson would hit the metal bar, and the resulting loud noise would frighten Little Albert and make him cry. This was repeated until only seeing the white rat caused Albert to burst into tears, and thus he was successfully classically conditioned and mentally scarred for all eternity. Along with the ethical questions of this experiment, Watson and Rayner relied on their subjective interpretations of Little Albert's reactions, not Measurement. However, despite these problems, classical conditioning still acts as a viable theory for the cause of phobias and is still used today in order to reverse phobias in therapy, despite the Watson and Rayner experiment taking place in the 1920s. The second theory of the development of phobias is evolutionary theory. Classical conditioning doesn't explain how often we're afraid of things we've never physically encountered, while evolutionary theory does. This theory states that we inherit our phobias from our ancestors who developed them to survive. Many studies, such as the Visual Cliff experiment, also support this theory. So what actually causes phobias? Evolution or classic air conditioning? Or maybe a combination of both? - Charlotte achaney/tmve/wiki100k/docs/Arachnophobia.html Upvote Downvote Total Votes: 0 Upvotes Percentage: 0.000000% Downvotes: 0 Downvotes Percentage: 0.000000% Classic Conditioning is the theory of pairing one stimulus with another neutral stimulus that causes changes in response to neutral stimulus (Goldstein). This type of theory was first developed around John Watson and his view of behavior, where he argued that human behavior can be studied without any reference to the mind. Having said that, Watson conducted an experiment with a little boy, Albert, and a rat. Every time a rat approached Albert, someone made a loud noise that later caused Albert to crawl away from the rat every time she approached him. This reaction became learned behavior for Albert and in turn also made him a frightened rat. I was subjected to witnessing a horrible movie as a child, which now leads to why I am utterly afraid of clowns. When I was four years old, my father made me sit down and watch a movie based on a Stephen King book called IT, which was about a clown who took the lives of children. Now, being four years old, that's not what you'd expect from a clown. Since then I've been traumatized by anything related to clowns, be it a picture, big shoes, makeup, everything. I'm 22 years old, and I still run and hide when I see. Having said that, I feel like I can relate to the Little Albert experiment. When exposed to the film, I now suffer from a phobia. When the rat crawled towards Albert after several tests of loud noises, Albert learned to crawl away because he knew the noise was coming. It seems to me that in a sense phobia can be learned with the help of classical conditioning. In conclusion, the classical state seems to be theory to use when to test for learning behavior, as Watson did. It also has its own for example, with Albert's little experiment, I remember reading what happened to him later in life, and this experiment actually made him not only afraid of little white rats, but also other soft, pleasant animals that were also white. Classic conditioning is a very interesting theory used in the world of psychology and I would like to focus more on this particular topic as the class goes. The work is cited by Goldstein, Bruce. Introduction to cognitive psychology. A combination of mind, research and everyday experience. Third edition. Belmont, CA 94002-3098: Woodsworth, Cengage Learning, 2011. Page 10. Print. The share on Pinterest Classical conditioning is a type of learning that happens unconsciously. When you learn through classic conditioning, the automatic conditional response is paired with a specific stimulus. It creates behavior. The most famous example of this is from what some consider the father of classic conditioning: Ivan Pavlov. In an experiment in digesting dogs, he found that over time dogs salivate not only when their food was presented to them, but when the people who fed them arrived. To test his theory that dogs are salivating because they associate people with being fed, he started ringing the bell and then presenting food so they'd associate sound with food. These dogs have learned to associate bell ringing with food, causing their mouths to salivate whenever the bell rings - not just when they encounter food. Conditioning is useful in an evolutionary sense because it has helped us create expectations to prepare for future events. For example, getting sick from certain foods helps us to link this food to the disease. In turn, this helps prevent us from disease in the future. We are all exposed to classic conditioning in one way or another throughout our lives. In our day-to-day, advertisers often use it to push their products. For example, beauty commercials use actors with clean, smooth skin to get consumers to associate their product with healthy skin. Below we break down classic conditioning, give a few examples, and help you better understand how it is used in health and well-being. Unconditional incentive. This is what causes an automatic reaction. Food is an absolute incentive in Pavlov's

dog experiment. Unconditional answer. This is what the answer naturally occurs when you experience an unconditional stimulus such as salivating from food. Conditional incentive. This is considered a neutral incentive. When you are presented with it over and over again before an unconditional stimulus (such as nutrition), it will start to trigger the same response. The bell before eating is a conditional stimulus. Conditional answer. This is an acquired answer conditional stimulus (bell), which is often the same answer as unconditional response. So, dog dogs for the bell just as they were salivating for food in front of them. Extinction. This term is used when you start to present a conditional stimulus (bell) over and over again, but without substandard stimulus (food). Over time, the dogs will unlearn their conditioning, which bell means the food is coming. Generalization. This refers to when you can generalize such things and react in the same way. Dogs started salivating at sounds similar to bells because they were generalizing what they learned. Discrimination. The opposite of generalization is our ability to tell the difference when something is similar but not identical, so it won't produce the same answer. The sound of the horn, for example, will not make dogs salivate. Before conditioning, when unconditional stimulus and unconditional response come into play. It's a natural answer that hasn't been taught. For example, food produces salivation, or stomach virus causes nausea. At this point, the conditional stimulus is still called a neutral stimulus because it currently has no effect. During the conditioning, we begin to associate a neutral stimulus with an unconditional response. For example, you can associate a certain type of food with a stomach virus, or ringing a bell before getting food may be related to getting food. After conditioning, you've learned to associate conditional stimulus with an unconditional response, it becomes a conditional response. Thus, a particular type of food now produces nausea (even if it is not necessarily what caused the stomach virus) and the bell creates salivation. In this way, you have unconsciously learned to associate a new stimulus (whether it is a situation, an object, a person, etc.) with the answer. Try the Office itself has a great (and funny!) example of classic conditioning: There are many ways you can experiment with conditioning in your daily life. Here are some tips to consider: Create a good environment with good lighting and clean surfaces for your home office to make it a more positive work environment. A good work environment can be embraced by the condition that you get more work. Create a sleep mode to condition yourself to sleep earlier. You can do this by dimming the light and avoiding the screens 30 minutes before the bed. This can create a sleep atmosphere. Train your pet to do basic obedience behaviors or special tricks by asking them to do the task and rewarding them in the same way over and over again. You can even use Pavlov's trick and try a certain bell to let them know when dinner is coming (and that they should sit and wait patiently). Teach good behavior to children by rewarding them with a small treat or a new toy. If they struggle with sharing, reward them when they make an effort to share. There are many different examples of classic air conditioning and we can learn in our daily everyday 1 Over the last few years, you've been getting paid every Friday. Even if you have a new job where you get paid on different days, you still feel good on Fridays. You were conditioned to associate it with the positivity of getting that salary. Example 2Ywa smoked in a certain external area at work, but recently quit smoking. Every time you go to this area of break, your body craves a cigarette. An example of a 3During thunderstorm, a tree breaks down and falls on your home, causing serious damage. Now that you hear thunder, you feel anxious. While classical conditioning is associated with automatic, learned responses, operatic conditioning is a different type of training. In operatic conditioning, you learn behavior by the consequence of such behavior, which in turn affects your future behavior. So when the behavior has a satisfying result, you will learn to associate it with that result and work to make it happen again. On the other hand, a negative result will result in you avoiding such behavior to avoid this result. In dog training, good behavior is rewarded with treats, making it more likely for your dog to be a good boy or girl in order to have fun. On the other hand, bad behaviour cannot be rewarded or punished. This will make your dog less likely to do so in the future. While classical conditioning is considered unconscious learning, operant conditioning is something that most people would consider a habit. It is about reinforcement and is considered more controlled. Classic conditioning is considered more of a reflex. Classical conditioning is used in both understanding and treatment of phobias. Phobia is an excessive, irrational fear of something specific like an object or situation. When you develop phobias, a classic state can often explain this. For example, if you have a panic attack in a certain place - like an elevator - you can start associating elevators with panic and start avoiding or fearing all elevator rides. Experiencing a negative stimulus can affect your response. It is important to remember that phobias are based on irrational fears. Just as classical conditioning may have played a role in learning that phobia, it can also help in treating it by combating conditioning. If someone is exposed to an object or situation they fear over and over again without a negative result, classic conditioning can help weed out fear. Once you've gone to 100 elevators and haven't experienced panic, you should no longer associate it with panic. PTSD Post-traumatic stress disorder (PTSD) is a serious anxiety disorder after you experience a traumatic event. This can make you feel threatened even when you are safe. This strong anxiety is learned through conditioning. People with PTSD have strong associations around the injury. Drug useConsens comes into play with people recovering from use disorders. People who have used drugs in certain environments or with certain people are often unconsciously conditioned to associate the pleasure of drug use with these things. This is why many doctors will recommend people in the recovery of substance use to avoid situations and environments that they associate with the use of psychoactive substances to avoid triggering relapse. Classical conditioning in therapiesTwo types of mental health therapy is often considered a counter-term: exposure to therapeutic therapyExposure therapy is often used for anxiety disorders and phobias. A person is exposed to what he is afraid of. Over time, they are conditioned no longer to be afraid of him. Disgust therapy aims to stop harmful behavior by replacing a positive response with a negative response. It is often used for the abuse of substances such as alcohol. A doctor can prescribe someone a drug that makes them sick if they consume alcohol, so that a person is associated with drinking with feeling bad. This type of therapy is often not effective in itself. Instead, a combination of conditioning therapy is used. Classical conditioning is a type of unconscious, automatic learning. While many people think of Pavlov's dog, there are hundreds of examples in our daily lives that show how classic conditioning affects us. Classic conditioning is used in advertising, training and treating fears or phobias, strengthening good behavior, and even to help protect you from poisons or certain foods. It can also help in the preparation of pets. Training. classical conditioning phobias worksheet answers. classical conditioning phobias worksheet. classical conditioning phobias worksheet answers quizlet. classical conditioning phobias worksheet answer key

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