**The Behavioural Approach to *treating* phobias**



**Suggestions as to the treatment of mental illness**

**A01**



**Systematic Desensitisation**

**How is it done (step-by-step)**

**2 key factors to its success…**

1.

2.

**Situation 5:** (most fearful)

**Situation 4:**

**Situation 3:**

**Situation 2:**

**Situation 1:**

(least fearful)

**Flooding**

**POINT:** **Behavioural therapies such as SD and Flooding raise major \_\_\_\_\_\_\_\_\_\_\_\_\_\_ issues.**

**EXAMPLE:** For example, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**EVALUATION:** ***This is a weakness*** because clients may not stay in therapy and may actually leave the therapeutic situation in a worse state than when they began due to the potential for high levels of distress.

**POINT:** **Behavioural techniques are not effective for more complex phobias**

**EXAMPLE:** **Ohman et al (1975)** suggested SD might not be effective in treating anxieties that have an underlying survival component e.g. fear of heights/snakes.

**EVALUATION:** ***This is a problem*** because by only focussing on the removal of symptoms (as the behavioural therapists do) rather than in identifying the underlying cause (as Biological and Cognitive therapists do), a disorder may only be removed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and may reoccur at a later date ~ often even worse than before (this is called **symptom substitution** – e.g., a dog phobia may be replaced with a fear of going out of the house).

**POINT: A strength of Systematic Desensitisation is that it can be a very \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ treatment.**

**EXAMPLE:** **Barlow et al** (2002) found success rates of between 60 and 90 per cent for specific types of phobias when individuals committed to the phobias and stuck to the regime.

**EVALUATION:** ***This is positive*** because this therapy is effective at removing the symptoms of a disorder without the need for potentially damaging \_\_\_\_\_\_\_\_\_\_\_ (anti-anxiety drugs would be given within the Biological approach) which often cause many \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (e.g. drowsiness, risk of addiction).

**Evaluation of the behavioural strategies to treating phobias**