

Operant and Classical Conditioning
Social Phobia

Noah

1. Design an operant conditioning exercises for Jack to help him become more social.
have Jack go to a secluded restaurant such as D.P. Dough with therapist. therapist would then pick up check as a reward. this situation would progress to the point Jack is comfortable going out with a group of friends. Have him try to befriend somebody at work. The reward would be the new friendship. Also an improved work environment.
2. Design classical conditioning procedures for Jack.
have Jack instead of going to a super market go to a farmers market or a co-op. places that are more welcoming and community based. This could help to relieve negative association with markets. Also when he is there he should ask for help from a vendor who is not too busy.
3. What other behavioral exercises might help Jack?
Just trying to say hello to people on the street or to hold a door. This would be to get a positive interaction between him and people. This would help him see that most people are friendly.
4. What are some procedures from Cognitive psychology that might help Jack?
goes to store and does silly things like have no shoes on so that he realizes that people aren't really watching him. Also to think "What is the worst that could happen? Will that really happen?"