

CONTENTS

Preface		ix
Alternative Incompatible Behavior	Patricia Wisocki	1
Anger Control Therapy	Raymond W. Novaco	1
Anxiety Management Training	Richard M. Suinn	4
Assertiveness Training	Eileen Gambrill	7
Assisted Covert Sensitization	Barry M. Maletzky	10
Attentional Training Procedures	Frances Moosbrugger Hunt	12
Autogenic Training	Michael Lowe	12
Aversion Relief	Alan S. Bellack	14
Aversive Behavior Rehearsal	Alan S. Bellack	14
Aversive Conditioning	W. L. Marshall	15
Avoidance Training	Kathleen Dyer	21
Awareness Training	Edward J. Barton	21
Backward Chaining	Laura Schreibman	22
Behavior Rehearsal	Arnold A. Lazarus	22
Behavioral Consultation	Thomas R. Kratochwill	22
Behavioral Engineering	Michael Milan	25
Behavioral Family Therapy	Karen C. Wells	25
Behavioral Group Therapy	Sheldon D. Rose	30
Behavioral Marital Therapy	Sharon L. Foster & Jean M. Griffin	34
Behavioral Treatment for Chronic Pain	Paul M. Cinciripini	39
Behavioral Treatment of Seizure Disorders	Paul M. Cinciripini	44
Behavioral Weight Control Therapy	Donald A. Williamson	45
Bell and Pad Conditioning	Daniel M. Doleys	46
Bibliotherapy	Eileen Gambrill	48
Biofeedback	Donald A. Williamson	51
Chaining	Diane E. D. Deitz	53
Chemical Aversion	Donald M. Prue	53
Classical Conditioning	Thomas R. Kratochwill	56
Classroom Management	Johnny Matson	57
Cognitive Restructuring	Cynthia G. Last	59
Cognitive Therapy	Michael E. Thase	60
Communication Skills Training	Donald A. Williamson	64
Community Reinforcement Approach	William R. Miller	64
Conditioned Punishment	See Conditioned Reinforcement	66
Conditioned Reinforcement	Sandra Twardosz	67
Contact Desensitization	Thomas R. Kratochwill	67
Contingency Contracting	E. Thomas Dowd & Douglas H. Olson	70
Contingency Management	Trevor F. Stokes	74
Contingent Aromatic Ammonia	Frances Moosbrugger Hunt	78

Controlled Drinking	William R. Miller	78
Controlled Smoking	Russell E. Glasgow	82
Conversational Skills Training	Steven Paul Schinke	85
Coverant Control	E. Thomas Dowd	85
Covert Aversion	Donald M. Prue	85
Covert Conditioning	Joseph R. Cautela	86
Covert Extinction	Joseph R. Cautela	91
Covert Modeling	Joseph R. Cautela	91
Covert Positive Reinforcement	Joseph R. Cautela	95
Covert Rehearsal	Alan S. Bellack	95
Covert Reinforcer Sampling	Patricia Wisocki	95
Covert Sensitization	Joseph R. Cautela	96
Cue-Controlled Relaxation	F. Dudley McGlynn	100
Cueing	Joel Hundert	101
Deep Muscle Relaxation	Joseph Wolpe	101
Delayed Auditory Feedback	Louise Kent-Udolf	104
Differential Attention	Edward Konarski	106
Differential Reinforcement of Low Rate Behavior	Samuel M. Deitz	108
Differential Reinforcement of Other Behavior	Samuel M. Deitz	110
Directed Masturbation	See Orgasmic Reconditioning	112
Discrimination Training	Alan M. Gross	112
Dry-Bed Training	Johnny Matson	112
Dry Pants Training	Johnny Matson	114
Electrical Aversion	W. L. Marshall	114
Emotive Imagery	Arnold A. Lazarus	117
Environmental Design	Leonard Krasner	117
Environmental Organization	Sandra Twardosz	119
Escape Training	Kathleen Dyer	121
Exposure	W. L. Marshall	121
Extinction	Alan Poling	124
Facial Screening	Vincent B. Van Hasselt	124
Fading	Laura Schreibman	125
Feedback	Joel Hundert	126
Flooding	Larry Michelson	126
Forward Chaining	Diane E. D. Deitz	131
Good Behavior Game	Samuel M. Deitz	131
Group Contingency	Carolynn C. Hamlet	132
Habit Reversal	Steven Beck	134
Heterosocial Skills Training	Richard C. Heimberg	135
Home Based Reinforcement	Benjamin Lahey	138
Homework	Cynthia G. Last	140
Implosion	Cynthia G. Last	141
Increased Caloric Presentation	Michel Hersen	142

Instructions	Kathleen Dyer	142
In Vivo Desensitization	Robert E. Becker	142
Job Club Method	Louise Kent-Udolf	143
Lemon Juice Treatment	Vincent B. Van Hasselt	144
Massed Practice	Michel Hersen	145
Material Reinforcement	Thomas R. Kratochwill	145
Memory Retraining	Roger L. Patterson	145
Metronome-Conditioned Speech		
Retraining	John Paul Brady	148
Modeling	Johnny Matson	150
Multimodal Behavior Therapy	Arnold A. Lazarus	151
Negative Practice	Kathleen Dyer	155
Negative Punishment	Alan Poling	155
Negative Reinforcement	Alan Poling	155
Nicotine Fading	Richard M. Foxx	156
Omission Training	Frances Moosbrugger Hunt	156
Operant Conditioning	Thomas R. Kratochwill	157
Orgasmic Reconditioning	Barry M. Maletzky	157
Overcorrection	Steven A. Hobbs	158
Paradoxical Intention	L. Michael Ascher	160
Parent Management Training	Steven Beck	163
Positive Practice	Richard M. Foxx	165
Positive Punishment	Alan Poling	165
Positive Reinforcement	Alan Poling	166
Premack Principle	F. Dudley McGlynn	166
Primary Reinforcement	Thomas R. Kratochwill	166
Priming	Michael Milan	167
Problem Solving Training	Karen Marchione	167
Programmed Practice	Michael A. Greenwald	170
Prompting	Laura Schreibman	173
Public Posting	Joel Hundert	174
Punishment	Alan Poling	176
Rapid Smoking	Michael Lowe	176
Rational-Emotive Therapy	Albert Ellis	177
Rehearsal	Arnold A. Lazarus	182
Reinforced Practice	Edward J. Barton	182
Reinforcement of Incompatible Behavior	Diane E. D. Deitz	182
Reinforcer Sampling	John T. Neisworth	183
Respiratory Relief	See Aversion Relief	183
Response Cost	Saul Axelrod	183
Response Prevention	Donald A. Williamson	185
Retention Control Training	Daniel M. Doleys	186
Role Playing	Steven Beck	188
Role Reversal	Steven Beck	188
Satiation Training	Cynthia G. Last	188

Schedules of Reinforcement	Samuel M. Deitz	189
Self-Control Desensitization	E. Thomas Dowd & Kathryn Govaerts	190
Self-Control Therapy	Alan M. Gross	192
Self-Control Triad	Joseph R. Cautela	195
Self-Instructional Training	Donald H. Meichenbaum	195
Self-Monitoring	Steven Beck	197
Self-Punishment	Alan S. Bellack	199
Self-Reinforcement	Thomas R. Kratochwill	199
Self-Statement Modification	E. Thomas Dowd	200
Self-Verbalization	Donald H. Meichenbaum	200
Sensate Focus	See Sex Therapy	200
Setting Events	Sandra Twardosz	200
Sex Therapy	R. M. Turner & Blanche Freund	201
Shame Aversion	See Aversive Behavior Rehearsal	205
Shaping	Robert E. Becker	205
Social Skills Training	Randall L. Morrison	206
Speech Shadowing	See Delayed Auditory Feedback	209
Squeeze Technique	Michael E. Thase	209
Stimulus Control	Laura Schreibman	209
Stress Inoculation	Patricia A. Resick	210
Stress Management Training	Donald A. Williamson	211
Successive Approximation	Patricia Wisocki	212
Symbolic Modeling	Michael Milan	212
Systematic Desensitization	Joseph Wolpe	215
Thought Stopping	Patricia Wisocki	219
Time-out	Rex Forehand	222
Token Economy	Alan E. Kazdin	224
Verbal Aversion	See Covert Sensitization	227
Vicarious Conditioning	E. Thomas Dowd	227
Vicarious Extinction	E. Thomas Dowd	227
Videotape Feedback	Michel Hersen	228
Visual Screening	See Facial Screening	228
Author Index		229
About the Editors		235
Pergamon General Psychology Series Titles		237