

# Case study and habit reversal procedure

Business



Please make sure to provide proper credit for those sources used in your case study analysis in proper PAP format. Please see the PAP Quick Reference for any questions related to PAP citations.

You must credit authors when you: 1 . Summarize a concept, theory or research 2. Use direct quotes from the text or articles

Case Study 1: Marl  
Marl is a 24-year-old woman who recently graduated from college and began a new job at an advertising firm. She suffers from extreme fear of social situations.

In college, she avoided parties and large gatherings and tended to keep to herself.

Now that she is working, it is becoming increasingly difficult for her to avoid social situations. Her boss and co-workers expect her to attend office functions and client parties as networking is a large part of the job. Marl is very artistic and creative and has already designed several successful ads for clients, but she is afraid that she will lose her job because of the difficulties she is experiencing socially. 1 .

Define the target behavior in this case study. 2.

Describe how respondent behavior is involved in the development of an anxiety problem. Identify the CSS and CAR in this example. 3. Discuss the difference between systematic and in-vivo desensitizing. What are the advantages ' disadvantages of each procedure? 4. Design a behavior modification procedure for Marl and explain the rationale for your selection.

Be sure to include a discussion of behavior hierarchy, relaxation procedures and desensitizing procedures. . Compare specific ABA- based treatment that can be applied to assist clients with fear and anxiety. Case Study 2: Jon Ion is a 6-year-old boy, with normal intelligence, who has a hair-pulling habit, or self- stimulatory behavior. The hair pulling occurs most often during periods of inactivity, such as during TV watching, quiet time in school, or waiting in line with his parents. 1.

Define the target behavior in this case study. 2. What is the behavioral excess or deficit involved in this example?

What are some of the possible short- and long-term implications of this behavior for the client? 3. Design a habit reversal procedure for Jon that includes the use of differential reinforcement and identification of an appropriate competing response. 4. Suppose that Jon had an intellectual disability.

How would you change your habit reversal procedure to increase its effectiveness? Submitting your Assignment Put your project in a Word document. Save It In a location and with a name that you will remember.

When you are ready to submit It, click on the Dropped and complete the steps below: 1. Click the link that says “ Submit an Assignment. ” 2. In the “ Submit to Basket” menu, select Unit 3: Assignment 3.

In the “ Comments” field, Include at least the title of your paper. 4. Click the “ Add Attachments” button. 5. Follow the steps listed to attach your Word document.

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Use direct quotes from the text or articles Marl is a 24-year-old woman who recently graduated from college and began a new job at an advertising firm. She suffers from extreme fear of social situations. In that she is working, it is becoming increasingly difficult for her to avoid social parties as networking is a large part of the Job. Marl is very artistic and creative and has already designed several successful ads for clients, but she is afraid that she will lose her Job because of the difficulties she is experiencing socially. 1 . Define the systematic and in-vivo desensitizing.

What are the advantages [disadvantages of Jon is a 6-year-old boy, with normal intelligence, who has a hair-pulling habit, or self- Put your project in a Word document. Save it in a location and with a name that you will remember. When you are ready to submit it, click on the Dropped and complete field, include at least the title of your paper. 4. Click the “ Add Attachments” button. 6.

To view your graded work, come back to the Dropped or go to the Graduated after your instructor has evaluated it. 7. Make sure that you save a copy of your submitted