ABSTRACT
A behavior modification technique has always been used as a powerful therapeutic tool by psychotherapist in their practice. It involves systematic application of learning principles and techniques to assess & improve individual’s covert and overt behaviors which will help them to function more fully in society. It involves use of different techniques on the basis of operant and classical conditioning principles. Present paper will focus on different types of behavior modification techniques and their effective application in the management of various psychological disorders with the support of research findings.

KEYWORDS: Behavior, Behavior modification, Learning, Operant conditioning.

REFERENCES


