

Classical Conditioning



Pavlov was a Russian Scientist who systematically developed conditioning theory with dogs. He built upon Thorndike's law of effect. In this case, conditioning was focused upon the pairing of stimuli with a response.

Let's look into the process:

Before Conditioning



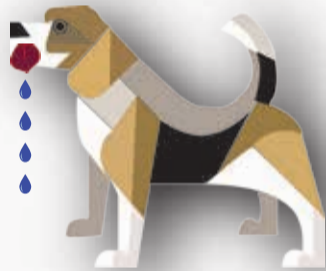
Unconditioned Stimulus Unconditioned Response

First, the dog has the natural (unconditioned) response to food. Therefore the food is known as the Unconditioned Stimulus (UCS). The natural response to the unconditioned food is to salivate. This is the Unconditioned Response (UCR).

During Conditioning



So when ringing a bell, naturally, the dog does not salivate.



The Unconditioned Stimulus (UCS; the food) is shown to the dog when ringing the bell. The dog then continues to salivate at the same time. This is repeated several times.

After Conditioning



Conditioned Stimulus



Conditioned Response

So now when the bell, the Conditioned Stimulus (CS) is presented on its own, the dog salivates which is the conditioned response (CR). Not an ounce of food in sight!

So what does this mean?

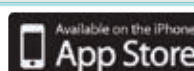
This is about pairing.

Phobias are generated this way (ever been badly bitten?)

The more frequently and intensely the unconditioned stimulus is reliably presented, the faster conditioning occurs.



Too much paper work? Why not try our new iPhone App: PocketCBT
Record - Challenge - Live



©Copyright cogitate software ltd