

**Resolving Fears, Phobias, and Anxieties:**

**An Errorless Differential Reinforcement**

**Approach**

**A Manual for Professionals**

**James O’Heare**

**BehaveTech Publishing**

**Ottawa, Canada**

Copyright © 2018 by James O’Heare. All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by an information storage or retrieval system, without permission in writing from the author.

Title: Resolving Fears, Phobias, and Anxieties: An Errorless  
Differential Reinforcement Approach

Publisher: BehaveTech Publishing, Ottawa, Canada,  
[www.BehaveTech.com](http://www.BehaveTech.com)

Author: James O’Heare

Cover art and book design: James O’Heare

Proof-reading: Kamrin MacKnight

Limits of Liability and Disclaimer of Warranty:

The author shall not be liable in the event of incidental or consequential damages or loss in connection with, or arising out of, the furnishing, performance, or use of the instructions or suggestions contained in this book. This book provides information of a general nature. Working with dogs IS risky.

ISBN 978-1-927744-17-8

# Table of Contents

Table of Contents.....	1
Preface .....	5
Introduction.....	7
Chapter 1. Introduction to the Basic Principles of Behavior.....	9
Introduction.....	9
Types of Behavior.....	9
Causes of Behavior.....	11
The Three-Term Contingency (aka the ABCs of Behaviorology).....	11
Conditioning.....	12
The Three-Term Contingency in Detail.....	12
Antecedent Stimulus (A).....	12
Behavior (B) .....	13
Consequence (C) .....	14
Operant Conditioning.....	14
How Conditioning Occurs .....	14
Types of Operant Conditioning Processes.....	15
Reinforcement.....	16
Added Reinforcement.....	17
Subtracted Reinforcement.....	17
Punishment.....	18
Added Punishment.....	18
Subtracted Punishment.....	18
Extinction—The Sixth Principle of Behavior .....	19
Extinction.....	19
Schedules of Added Reinforcement.....	20
Motivating Operations.....	23
Respondent Conditioning.....	24

Chapter 2. The Problem with Aversive Strategies and Procedures.....	29
What is Aversive Stimulation.....	29
Problematic Side-Effects of Aversive Stimulation .....	29
Respondent Side-Effects: Aversive Emotional Arousal and Conditioning.....	29
Operant Side-effects: Escape Behavior .....	30
Chapter 3. Functional Assessment.....	31
Introduction.....	31
Functional Assessment Interview.....	31
Direct Observation .....	33
Functional Analysis.....	34
Contingency Analysis.....	35
Functional Diagnostic Categories.....	35
Chapter 4. Constructing a Behavior Change Plan .....	39
Introduction.....	39
The Behavior Replacement Model .....	40
Errorless Training.....	42
Defining the Behavior Objective.....	43
Chapter 5. Differential Reinforcement of Other Behaviors (DRO).....	45
Introduction.....	45
Differential Reinforcement of Other Behaviors .....	45
Definition and Procedural Considerations .....	45
Changing Emotional Reactions as a Byproduct of DRO .....	46
Why DRO for Fears, Phobias, and Anxieties?.....	49
Chapter 6. Adapting and Applying the Behavior Change Plan to Specific Cases	53
Introduction.....	53
Preclusion.....	53
Replacement Behaviors.....	54
Added Reinforcers.....	54
Devising the Errorless Approach.....	54

## Resolving Fears, Phobias, and Anxieties

Carrying Out Exposures .....	57
Transitioning to DRI or DRA.....	58
Common Escape Contingency Scenarios .....	59
Cowering/Flight or “Panic” .....	59
“Aggressive” Behaviors.....	60
Thunder/Fireworks “Phobias” .....	62
Stereotypies/Self-Mutilation.....	63
“Separation Anxiety” .....	63
Summary of Errorless Differential Added Reinforcement Beginning with DRO Steps.....	64
Planning Stage .....	64
Implementation Stage (Acquisition and Fluency Stages).....	65
Maintenance Stage .....	67
References .....	68
Index .....	69