

- Depersonalization
 - Sometimes normal
 - When it's normal; like a daydream
 - Feels outside own body
 - Feel like observing yourself from a distance
 - Disorder; see bodies distorted like aerial perspective
- Psychotropic Drugs (Classes of drugs)
 - Influence specific neurotransmitters, alter chemical make-up of nervous system
 - Depressants (Downers) – Reduce the activity of the nervous system specifically inhibit centers; leads to relaxed drowsy state
 - Sedatives (alcohol is a sedative, most used)
 - Tranquilizers – More addictive, many illegal, produces more extended period of relaxation
 - Narcotics – Most powerful, most addictive
 - Stimulants (Uppers) – Increase motivation centers of nervous system
 - Provide sense of energy, euphoria
 - Caffeine and nicotine (Not illegal)
 - Amphetamines
 - Include speed and crystal meth
 - Psychologically addicting
 - Ecstasy MDMA (Causes delusional thought)
 - Cocaine
 - One of most widely used
 - Very addictive
 - Intense High
 - Hallucinogens – Alter perceptual experience
 - Lead to false sensory information
 - Cause people to see/feel/taste things that are not there
 - LSD
 - Mescaline (Derived from a cactus)
 - PSP/Angel dust
 - Psychogenic mushrooms
 - Inhalants
 - Toxic substances that produce intoxication when inhaled
 - Marijuana Family
 - None physically addictive
 - Decreases cognitive processing
 - Weakens body's immune response
 - Decreases action of male sex hormone
 - Increases the risk of lung cancer
 - Learning – A relatively permanent change in behavior as result of experience

- Latent Learning
 - Learning that remains hidden until there comes a time to use it
- Learned Taste Aversion
 - Type of classical learning to avoid a particular food because of its association with something else
- Classical Conditioning – Form of learning based on repeated association of 2 stimuli
 - The behavior does not change, but is elicited by a new stimulus
 - Terminology
 - Unconditioned Stimulus (UCS)
 - Causes an automatic or unlearned reaction
 - Unconditioned Response (UCR)
 - Automatic, unlearned response
 - Conditioned Stimulus (CS)
 - At first meaningless, but eventually comes to elicit a learned response
 - Conditioned Response
 - Learned response
 - Neutral Stimulus (NS)
 - Meaningless stimulus until paired with unconditioned stimulus that eventually becomes conditioned stimulus
 - Ivan Pavlov: (Founder of classical conditioning)

Before Conditioning

Food (UCS) _____ Salivation (UCR)

During Conditioning

Food (UCS) + Bell (NS) _____ Salivation(UCR)

After Conditioning

Bell (CS) _____ Salivation (CR)

- John B. Watson (Behaviorist)
 - Said he could make a newborn baby become anything he chose
 - “Baby Albert”
 - Caused him to fear white things
 - White rat
 - No opportunity to de-condition fears
 - Counter Conditioning
 - When pleasant stimulus is associated with an unpleasant stimulus
 - Pleasant stimulus must be greater than the unpleasant stimulus

- Flooding
 - Intense exposure to a harmless yet unpleasant stimulus
 - Could lead to death or heart attack
 - Trying to extinguish fear
- Systematic Desensitization
 - Gradual exposure to a feared stimulus until fear responses are extinguished
- Operant Conditioning
 - Learning based on consequences
 - Behaviors -> Consequence -> More or less of behavior
 - Edward Thorndike
 - Interested in animal behavior
 - “Puzzle Box”
 - “Law of Effect”
 - Consequences of a behavior determine whether the behavior will be repeated in the future
 - B.F. Skinner
 - Modern behaviorism
 - Named operant conditioning
 - Positive reinforcement
 - An encouraging stimulus that increases likelihood of a behavior when given
 - For it to work
 - Timing
 - Needs to be given within a short amount of time after the behavior to be effective
 - Delay of reinforcement
 - Efficiency of learning decreases
 - Consistency
 - When initially learning reinforcement must be given EVERY time learned behavior occurs
 - Primary Reinforcer
 - A natural reinforcer
 - Inborn reinforcement value
 - Doesn’t require learning to take place
 - Food, warmth, physical activity
 - Secondary Reinforcer
 - Learned reinforcer
 - Learned through classical conditioning
 - Associate one thing with another thing
 - Money
 - Learn secondary reinforcer will get you primary reinforcer
- Schedules of Reinforcement

- Continuous reinforcement
 - Behavior is reinforced every single time it occurs
- Ratio Schedules
 - Based on the number of behaviors occurring before reinforcement
 - Fixed Ratio
 - Very specific number of behaviors for reinforcement (Buy 3, get 1 free)
 - Effects tend to taper off
 - IE buy the three things, get 4th free, and then don't buy another for an extended period of time
 - Variable Ratio (Can be addictive)
 - Unspecified number of behaviors to get reinforcement (gambling)
- Interval Schedules
 - Based on the passage of time
 - Behavior must occur within the interval for reinforcement to be given
 - Fixed Interval
 - Specified time frame (Pay Check)
 - Variable Interval
 - Unspecified time frame
 - Best for maintaining long term behaviors because a lack of "knowing" when one will be reinforced serves as reinforcement
 - Fishing
- Shaping – Operant conditioning technique
 - Reinforcing a behavior each time it moves closer to the desired behavior
 - B. F. Skinner taught a squirrel to pedal a bike-like thing with shaping
 - Used a lot for therapy
 - Takes a long time
 - EX: swimming, biking
- Negative Reinforcement
 - Most confused/Misunderstood
 - Not punishment
 - An unpleasant stimulus that increases frequency of a behavior when removed
 - Fear can play a role
 - Types
 - Escape conditioning – A behavior is reinforced because it causes a negative event to stop (IE walking away from an argument)
 - Avoidance Conditioning – When a behavior increases because it prevents a negative event from occurring
- Punishment

- Decreases a behavior by presenting something negative or taking away something positive
 - Criticism Trap – When punishment has the effect of reinforcement (Class clowns, rebels)
- Learning Concepts
 - Stimulus Discrimination
 - When someone responds differently to a stimulus similar to conditioned stimulus
 - Stimulus Generalization
 - When someone responds the same way to stimuli that are similar, but not identical, to conditioned stimulus
 - Extinction
 - When a conditioned stimulus no longer causes conditioned response
 - Partial Reinforcement Effect – A behavior will become extinct less quickly when reinforced on a variable schedule
 - Spontaneous Recovery
 - When an extinguished conditioned stimulus again leads to conditioned response
- Other types of learning (cognitive)
 - Place Learning – Edward Tolman
 - Has to do with cognitively processing physical type space
 - Cognitive Map – Mental awareness of the structure of a physical space and its elements
 - Insight Learning (Wolfgang Kohler)
 - Sudden understanding of a previously unseen relationship
 - Kohler had chimps in a room with bananas sticks and boxes and bananas on a high ceiling. A chimp eventually stopped fruitlessly trying to jump up and get the bananas, pushed a box under the bananas, and used the stick to knock them down
 - Learning Sets (Harry Harlow)
 - Improvement in the rate of learning to solve new problems increases by practicing similar problems
 - Social Learning (Modeling)
 - Albert Bandura
 - We observe other people and base our behaviors off of what we observe
 - Vicarious reinforcement
 - When you observe someone being reinforced for a particular behavior and as a result, you increase the frequency of that behavior
 - Vicarious punishment

- Observe someone being punished for something and thus the behavior is more likely to decrease