



AMERICAN PSYCHOLOGICAL ASSOCIATION

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behavior therapy

a form of psychotherapy that applies the principles of learning, [operant conditioning](#), and [classical conditioning](#) to eliminate symptoms and modify ineffective or maladaptive patterns of behavior. The focus of this therapy is upon the behavior itself and the [contingencies](#) and environmental factors that reinforce it, rather than exploration of the underlying psychological causes of the behavior. A wide variety of techniques are used in behavior therapy, such as [behavior rehearsal](#), [biofeedback](#), [modeling](#), and [systematic desensitization](#). Also called **behavioral psychotherapy**; **conditioning therapy**.

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