**Behavior Modification**

- **Year Term Introduced:** 1973
- **Scope Note:** Use of classical conditioning or operant (instrumental) learning techniques to modify behavior.

**Broader Terms**
- Treatment

**Narrower Terms**
- Behavior Therapy +
- Biofeedback Training
- Classroom Behavior Modification
- Contingency Management +
- Facing (Conditioning)
- Omission Training
- Overcorrection
- Self Management +
- Time Out

**Related Terms**
- Acceptance and Commitment Therapy
- Anger Control
- Anxiety Management
- Assertiveness Training
- Behavior +
- Behavior Change
- Behavior Contracting
- Behavioral Assessment +
- Change Strategies
- Cognitive Behavior Therapy +
- Cognitive Restructuring
- Cognitive Therapy
- Communication Skills Training
- Constant Time Delay
- Counterconditioning
- Functional Analysis
- Operant Conditioning +
- Prompting +
- Readiness to Change
- Relaxation Therapy +
- Self Help Techniques +
- Self Monitoring
- Social Skills Training
- Stages of Change
- Stress Management