

Phobias: Learning Theory



This activity will help you to:

- Recall the details of learning theory
- Apply the concepts of learning theory to phobias
- Write concise psychological explanations.

Learning Theory and Phobias

As its name suggests, the learning theory suggests that phobias are acquired from the environment through learning. Learning theory includes three main strands:

- Classical conditioning – learning by association
- Operant conditioning – learning by reinforcement and punishment
- Social learning – learning through observation

In the spaces below, briefly explain how each of these processes could play a part in the **formation** and/or **maintenance** of a phobia.

Classical Conditioning

Operant conditioning

Social learning