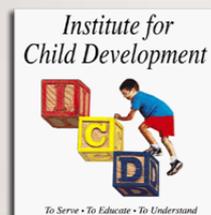




# Chapter 3.2 Part 3

## Motivational Procedures: Extinction



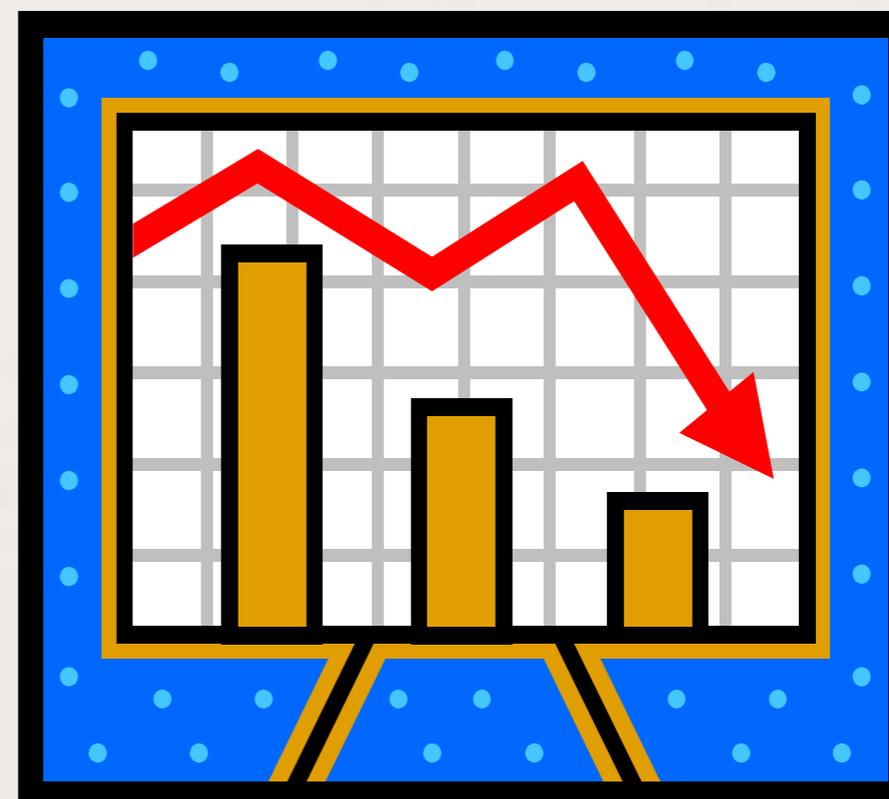
# Learning Objectives

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- Define extinction.
- Define extinction burst.
- Define spontaneous recovery.
- Identify 3 factors that influence the effectiveness of extinction.

# Extinction

**Extinction** is a procedure in which reinforcement for a previously reinforced behavior is no longer provided, resulting in a decrease in the future frequency of that behavior (Cooper et al., 2007).



# Example of Extinction

(Cooper et al., 2007)

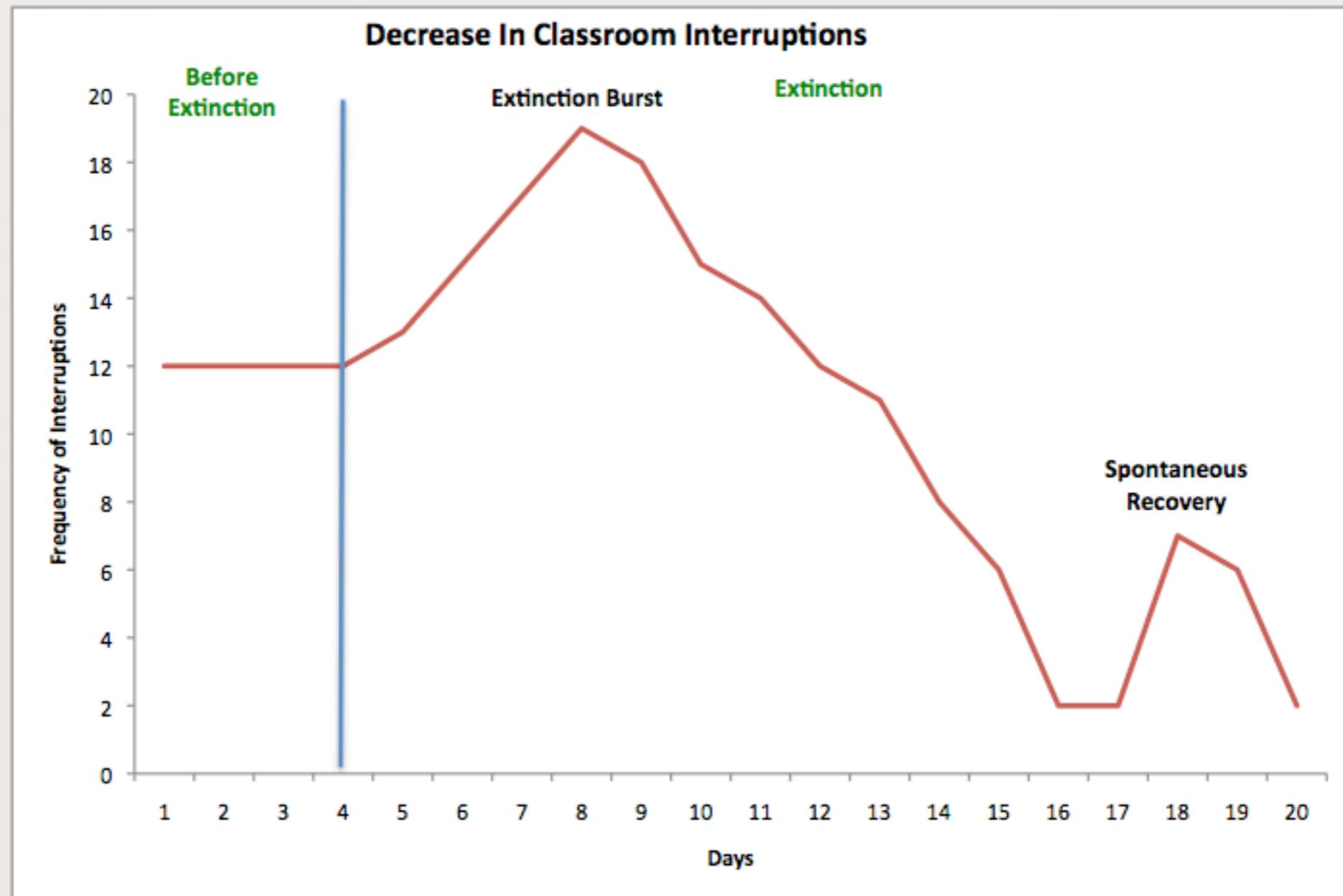
- A janitor consistently interrupts an instructor as she is teaching her students.
- The instructor always answers her door when the janitor knocks and she suspects that her attention might be the reason for his visits.
- When the janitor knocks, the instructor no longer answers the classroom door.  
**(Extinction)**
- As a result, the janitor's interruptions stop.

# Extinction Effects

(Cooper et al., 2007)

- Often follow certain predictable patterns.
- Two common effects:
  - **Extinction burst** is an initial increase in the intensity and frequency of the behavior undergoing extinction.
  - **Spontaneous recovery** is when the extinguished behavior temporarily re-occurs after a period of time has passed.
  - *Increase is temporary!*

# Example of Extinction



# Factors That Influence The Effectiveness of Extinction

(Cooper et al., 2007)

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- Consistency of withholding reinforcement plays an important role in extinction. If the behavior is reinforced even once, the behavior can go back to pre-extinction level.
- It is important to reinforce alternative, more desirable behaviors while extinguishing other unwanted behaviors.
- To maintain gains made during extinction, the extinguished behavior should never be reinforced.