



**COMMON LANGUAGE for PSYCHOTHERAPY (clp) PROCEDURES**  
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**MODELLING**

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Definition: Asking a patient to imitate one or more desired behaviour/s after the therapist/someone else has shown these.

Elements: The patient observes, in live or pictured form, the therapist or someone else, preferably similar to the patient, performing the desirable behaviour/s.

Related procedures: *Applied relaxation, assertiveness training, becoming the other, computer-aided vicarious exposure, exposure, habit reversal, psychodrama, ritual (response) prevention, role playing, skills-directed therapy, social skills training, speech restructuring.*

Application: A wide range of procedures in individual, couple and group therapy settings include modelling for treating clinical problems, as do social intervention programs.

1st use? Bandura A & Walters RH (1963)

References:

1. Bandura A & Walters RH (1963) *Social learning and personality development*. New York: Holt, Rinehart & Winston
2. Bandura A (1969) *Principles of Behavior Modification*. New York: Holt, Rinehart & Winston

Case illustration: (Borgio & Sibilias, unpublished)

Mario, aged 7, was very afraid of cats. On his 1<sup>st</sup> day in a day hospital for autistic children, he saw a pet cat loved by other children in the unit. On seeing the cat he cried loudly and tried to run away in terror. The 2 therapists used modelling by asking another child to caress the cat a few feet away from Mario while Mario looked on. This was done every 15 minutes for about an hour each time with different children appearing to enjoy the experience, with the cat being brought closer to Mario. Finally Mario was asked to pet the cat himself while it was held by another child. He did so tentatively at 1<sup>st</sup> and then more confidently. Eventually he tolerated the cat's presence without fear.