

The SORCK model of behavioural analysis

The SORCK model was developed by Kanfer and Saslow (1965), and Lindley (1964), as an extension of Skinner's classic operant conditioning model (Skinner, 1938). Problem analysis is here based on the assumption that the human behavior (R, for response) is controlled by preceding (S, for stimulus) and succeeding conditions (C, for consequences). The "O" stands for the so-called organism variable, and refers to the disposition of the body or inner perception, attitudes, etc.; the variable "K" is an indicator for contingency of the consequences (compare Lehner-Adam & Dudas, 2013). However, when using the approach, first, you need to define the problematic behavior (R), e.g. explosive behavior, then, you explore typical characteristics of the triggering situations (S), e.g. criticism of others, or achievement pressure, - and then determine the subsequent consequences (C), e.g. critics stop, pressure ends. This model differentiates four types of consequences:

C+ (positive reinforcement)

C- (direct punishment)

C/+ (indirect punishment by omitting positive reinforcement)

C/- (negative reinforcement by omitting direct punishment)

The so far described problem analysis (S-R-C's) helps to understand and change important factors around the problematic behavior to enable new ways or responses (R') for difficult situations (S).

In Schema Therapy we focus a lot on the O-Variable, that represents the individual perception and evaluation of the stimulus (like B in ABC model; Ellis, 1957), that is so important in understanding the roots of the coping behavior (R).

Literature:

Ellis, A. (1957) Rational psychotherapy and individual psychology. *Journal of Individual Psychology* 13 38–44.

Kanfer, F.H., & Saslow, G. (1965). Behavioral analysis: An alternative to diagnostic classification. *Archives of general Psychiatry*; 12; 529-538.

Lehner-Adam & Dudas (2013). Cognitive Behavioral Therapy (CBT) of Depressive Disorders; in Kocabasoglu (ed): *Mood Disorder*, Publisher: InTech.

Lindsley, D.R. (1964). Cognitive Behavioral Therapy (CBT) of Depressive Disorders. Direct measurement and prothesis of retarded behavior. *Journal of Education*;147, 62-81.

Skinner, B. F. (1938). *The behavior of organisms: an experimental analysis*. Appleton-Century.