



# The Token Economy: A Motivational System for Therapy and Rehabilitation

*Teodoro Ayllon, Nathan Azrin*

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A token economy is a system of behavior modification based on the systematic positive reinforcement of target behavior. The reinforcers are symbols or tokens that can be exchanged for other reinforcers. Token economy is based on the principles of operant conditioning and can be situated within applied behavior analysis (behaviorism). Token economies are applied with children and adults.

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