



## BEHAVIOR MODIFICATION



Fall 2016

Mon & Wed 1:30 to 2:50 Business Administration Bldg., Room 302

f:Syllabus Beh Mod Fall 2016

### PSYC 3347 BEHAVIOR MODIFICATION

CRN: 14913

Prerequisites: 1301 Introduction to Psychology

Instructor: Adolfo J. Alvarez, M.A.

Office hours: Tue & Thur: 5:00 to 5:30 p.m.; Wed & Fri: 11:00 to 11:30; and by appointment+

Office: Psychology Building, Room 200 Telephone: 747-5864 E-mail: adolfoa@utep.edu

### REQUIRED TEXTBOOKS

Spiegler, M.D. (2016). *Contemporary behavior therapy* (6<sup>th</sup> Ed.). Boston, MA: Cengage Learning. ISBN: 978-1-305-26921-7. This book will be referred to as “Spiegler” in the course calendar.

Maulsby, M. Jr. (1974). *You and your emotions*. Appleton, WI: Rational self-help books. ISBN: 0-932838-01-4. This book will be referred to as “Maulsby” in the calendar.

### LEARNING OBJECTIVES OF THE COURSE+

The overall objective of this course is to give you, the student, an overall introduction to behavior modification therapies. Specifically, you will learn about:

- 1) History of behavior and of cognitive therapies,
- 2) Theories underlying Behavior Modification,
- 2) Cognitive therapy and its applications, and
- 4) Behavior therapy and its applications.

### STUDENT EVALUATION

#### Exams and Test Questions

There will be four tests, each consisting of 40 to 60 multiple-choice questions. Each test will be worth 100 points. The exams are not comprehensive. You will have 60 minutes to answer the tests. After each test, I will review the exam to give you immediate feedback on your test performance. I will keep the exams for two weeks+ in my office in case you want to go over your test answers. Test questions will come from my lectures, the textbook, and films. Be prepared to answer all-of-the-above questions.

#### Test Questions

There will be questions that will come from the textbook on material that I will not cover during the lectures. I will not ask you to memorize dates, names of psychologists, or statistics unless I mention them in class or the book has statements like “the most common ....” or “the most important ....” This syllabus contains important information about the course, its purpose, and your responsibilities, so it is very important for you to read it. There will several questions about the syllabus on each test on information that has a +. Six guest speakers are scheduled to present to the class. You will be tested on their presentations.

### GUEST SPEAKERS

You will be required to write one full page, single-spaced, opinion essay on each presentation by the guest speakers. Each essay will be worth 10 points. I will give more information about the opinion essays in class.

### Computation of Final Grade

Your final course grade will be the addition of the four exams (400 points), plus the points for the essays on the six guest speakers, all divided by 4.6. (Provided none of the guest speakers cancel. If one speaker cancels, the maximum total points will be 450, and the total points will be divided by 4.5, and so forth.)

Mathematically, your final grade will be computed as follows:

$$\text{Final grade} = (\text{Test 1} + \text{T 2} + \text{T 3} + \text{T 4} + \text{essays}) / 4.6).$$

Grading for each test and for the final grade will be based on the following percentage scale:

$$F = 0 - 59 \quad D = 60 - 69 \quad C = 70 - 79 \quad B = 80 - 89 \quad A = 90 - 100$$

The final grade will be based on the following point scale:

$$F = 0 - 275 \quad D = 276 - 321 \quad C = 322 - 367 \quad B = 368 - 413 \quad A = 414 - 460$$

Please go to the bathroom before the exam as you will not be permitted to leave the classroom once the exam has begun+. No student will be allowed to enter the classroom once a student has finished an exam and has left the classroom+.

### **CALENDAR**

The following schedule is tentative. I will inform you of any changes in class or through Blackboard.

	Description of topic and textbook chapter
1) M 8/22	Orientation to course
2) W 8/24	Introduction to Behavior Modification
3) M 8/29	Behavior change experiential activity
4) W 8/31	Stages of change. Motivational interviewing
5) M 9/05	Labor day. No class. Read Chs. 1 - 3 in Maultsby and Ch. 1 in Spiegler
6) W 9/07	Principles and history of cognitive therapy. Albert Ellis' Rational Emotive Therapy (RET). (Spiegler's Ch. 13 section on RET)
7) M 9/12	Maultsby's Rational Behavior Therapy. Maultsby Ch: 1 to 3
8) W 9/14	Rational Behavior Therapy. Maultsby's Ch: 3 to 6
<b>9) M 9/19</b>	<b>TEST 1.</b> Lectures, films, syllabus, all of Maultsby, Spiegler's Chs: 1 & section on RET in Ch. 13.
10) W 9/21	Anger management
11) M 9/26	Unpleasant emotions and Rational Self-Analysis (RSAs)
12) W 9/28	Fears and phobias. Experiential demonstration.
13) M 10/03	Cognitive restructuring (Spiegler Ch. 13)
14) W 10/05	Cognitive therapy and criminality
15) M 10/10	Cognitive therapy and criminality
16) W 10/12	Domestic Violence guest speaker
<b>17) M 10/17</b>	<b>TEST 2.</b> Lectures, films, syllabus, Springer Ch: 13. Tour of Dismas Charities 6:00 p.m.
18) W 10/19	Coping skills (Springer Ch. 14) & Acceptance/mindfulness-based behavior therapy (Spiegler Ch. 15)

19) M 10/24	Acceleration behavior therapy. (Spiegler Ch. 7)
20) W 10/26	Federal ex-offender guest speaker.
21) M 10/31	Deceleration behavior therapy. (Spiegler Ch. 8) Behavior change diary due
22) W 11/02	Biofeedback therapy guest speaker. (Spiegler Ch. 16, pp. 446-447)
<b>23) M 11/07</b>	<b>TEST 3.</b> Lectures, films, syllabus, Spiegler Chs: 7, 8, 13, 14, 15, pp. 446-447
24) W 11/09	Tour of La Tuna 12:00
Th 11/10	Tour of La Tuna. 12:00
25) M 11/14	Combining reinforcement and punishment. (Spiegler Ch. 9)
26) W 11/16	Exposure therapy: Brief/graduated & Prolonged/intense. (Spiegler Chs. 10 & 11)
27) M 11/21	Modeling therapy. (Spiegler Ch. 12)
28) W 11/23	Treatment of autism guest speaker
29) M 11/28	Sexual offender therapy guest speaker
30) W 11/30	Review of course
<b>31) W 12/07</b>	<b>FINAL EXAM at 4:00</b> Lectures, films, Spiegler Chs: 9, 10, 11, 12

\*\*\*Under no circumstances (unless you are deployed by the military or you have a documented medical emergency) will the final exam be given at another day. Makeup exams will consist of open-ended questions and will be given only with documented medical emergencies or documented military deployment.

#### **AMERICANS WITH DISABILITIES ACT**

UTEP is dedicated to providing reasonable accommodations to students with disabilities so they have equal access and opportunity to complete their education. Students are responsible for informing the Center for Accommodations and Support Services (CASS) of their disability, and for requesting accommodations within two weeks of the start of each semester. CASS is in Room 106, Union East Building. 915-747-5148, [cass@utep.edu](mailto:cass@utep.edu).

#### **ACADEMIC DISHONESTY**

Academic dishonesty is completely unacceptable and will not be tolerated in any form. Any student involved in academic dishonesty will be referred to the Office of Student Conflict and Resolution and will be disciplined in accordance with University's policy. Academic dishonesty includes but is not limited to cheating, plagiarism, collusion, and submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts. Cheating is defined as, but not limited to, copying answers from another student, looking in the direction of another student's test or Scantron, talking to students during exams, looking at or using cell phones or other electronic communication devices during and after exams, and looking at any type of notes or the textbook during exams.