



BEHAVIOR MODIFICATION



Spring 2017

Mon & Wed 1:30 to 2:50 Psychology Bldg., Room 308

Revised Calendar

f: Syll Beh Mon Wed Spring 2017 Rev Jan 29

PSYC 3347 BEHAVIOR MODIFICATION CRN: 24093

Prerequisites: 1301 Introduction to Psychology and 3201 Experimental Psychology

Instructor: Adolfo J. Alvarez, M.A., Lecturer

Office hours: Mon & Wed: 3:00 – 4:00 p.m.; Thur: 2:30 to 3:00 p.m.; and by appointment+

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

Please use your UTEP e-mail account when e-mailing me. Use proper English and correct grammar when communicating with me (and with all of your instructors). Always specify the specific class you are in.

TEXTBOOKS

Spiegler, M.D. (2016). *Contemporary behavior therapy* (6th ed.). Boston, MA: Cengage Learning. ISBN: 978-1-305-26921-7. This book will be referred to as “Spiegler” in the course calendar. I have placed a copy of this book in the Reserve Section of the Library’s Circulation Desk.

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+

The overall objective of this course is to give you, the student, an overall introduction to cognitive behavior therapies, and to help you apply these techniques to yourself in case you want to change something about yourself. Specifically, you will learn about:

- 1) History of cognitive and behavior therapies,
- 2) Theories underlying cognitive and behavior therapies,
- 3) Cognitive therapies and their applications, and
- 4) Behavior therapies and their applications.

This course is not intended to make you a therapist.

EXPERIENTIAL ACTIVITY: TARGET BEHAVIOR DIARY AND SUMMARY

Given that the class deals with the modification of cognitive processes (such as ideas and emotions) and behaviors, you will be required to select a behavior or an emotion that you would like to change for a period of about one month. You are to keep a daily journal and write a summary of your experience of changing yourself. The diary and summary will be worth 25 points. You will be required to write the summary **double-spaced**, font 12, and line spacing of 1.0. The diary and summary will be due on **Monday, April 17**. No exceptions. I will provide more information about this exercise in class.

GUEST SPEAKERS

Two guest speakers are scheduled. You will be required to write **one full page, single-spaced**, opinion essay on each presentation by the guest speakers. Font size should be 12 and spacing between lines should be 1.0. Each essay will be worth 10 points. Points will be deducted if the essay is not one full page, if font size is not 12, and if line spacing is not 1. The essays will be due one week after the

respective presentation and are to be given to me as a printed hard copy. E-mailed essays are not accepted. The total points for the opinion essays about the guest speakers will be 20, provided none of them cancel.

USE OF TECHNOLOGY DURING CLASS

Cell phones and other electronic devices must be turned off during class, and during and after exams. Students who use cell phones during class will be asked to leave the classroom+. If you are expecting an urgent call during class, let me know before the class starts.

STUDENT EVALUATION

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. The first three exams will begin at 1:30 and end at 2:30, so it is very important for you to be punctual. At 2:30, I will start reviewing the exam to give you immediate feedback on your test performance. I will keep the exams in my office for two weeks+ in case you want to go over the questions and your answers.

There will be test questions that will come from the textbook on material that I will not cover during the lectures. 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 be several questions about the syllabus on each test on information that has a +. Test questions will come from my lectures, the textbooks, films, guest speakers, and from the syllabus.

Your final course grade will be the addition of the four exams (400 points), plus the points for the essays on the two guest speakers (20 pts.), and the diary and summary of the target behavior (25 pts.), all divided by 4.45 (Provided none of the guest speakers cancel. If one speaker cancels, the maximum total points will be 435, and the total points will be divided by 4.35; and so forth.)

Mathematically, your final grade will be computed as follows:

Final grade = (Test 1 + T 2 + T 3 + T 4 + 2 Essays + Diary & summary of target behavior) / 4.45).

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

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

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

F = 0 – 266 D = 267 - 310 C = 311 - 355 B = 356 - 399 A = 400 - 445

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+.

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 **may consist of open-ended questions+** and will be given **only** with documented medical **emergencies** or documented military deployment.

CALENDAR

I will discuss cognitive therapies before behavior therapies (the Spiegler text presents these therapies in the opposite order). This arrangement will allow you to implement cognitive therapies in yourself throughout the semester if you so desire. The following schedule is tentative. I will inform you of any changes in class or through Blackboard.

				Topic Description & Book Chapters
1	W	Jan	18	Orientation to course & to Behavior Modification
2	M	Jan	23	Experiential Activity. Stages of Change
3	W	Jan	25	Stages of Change & Motivational Interviewing
4	M	Jan	30	Classical Conditioning & Experiential Activity
5	W	Feb	1	Instrumental & Operant Conditioning & Experiential Activity
6	M	Feb	6	Operant Conditioning & Experiential Activity
7	W	Feb	8	Cognitive Behavior Therapy (CBT) (Spiegler Ch. 1) & History of CBT (Spiegler Ch. 2)
8	M	Feb	13	Test 1. Lectures, films, syllabus, & Spiegler: Chs: 1, 2 Begin diary and measurement of Target Behavior
9	W	Feb	15	The Behavioral Model (Spiegler Ch. 3) & Experiential Activity
10	M	Feb	20	The Process of Behavior Therapy (BT) (Spiegler Ch. 4) & Experiential Activity
11	W	Feb	22	Introduction to Cognitive Therapy (CT) Spiegler: pp. 315 to 318 in Ch13; & Maultsby's Rational Behavior Therapy (RBT). Maultsby Chs: 1 to 6
12	M	Feb	27	Maultsby's Rational Behavior Therapy (RBT). Maultsby Chs: 1 to 6
13	W	Mar	1	Cognitive Therapy for criminality
14	M	Mar	6	Cognitive Therapy for criminality
15	W	Mar	8	Cognitive therapy for unpleasant emotions. Begin diary of changing Target Behavior
16	M	Mar	13	SPRING BREAK. Read Cognitive Restructuring (Spiegler Ch. 13)
17	W	Mar	15	SPRING BREAK.
18	M	Mar	20	TEST 2. Lectures, films, syllabus, all of Maultsby, & Spiegler: Ch 3, 4, 13
19	W	Mar	22	Coping Skills (Spiegler Ch. 14)
20	M	Mar	27	Relapse Prevention (Spiegler Ch. 14)
21	W	Mar	29	Relapse Prevention (Spiegler Ch. 14)
22	M	Apr	3	Acceptance/Mindfulness-Based Behavior Therapy. (Spiegler Ch. 15)
23	W	Apr	5	Applied Behavioral Analysis in the treatment of autism. Hector Adame, M.S., S.L.P., guest speaker
24	M	Apr	10	Acceleration and Deceleration Behavior Therapy (Spiegler Chs: 7, 8)
25	W	Apr	12	Combining Reinforcement & Punishment (Spiegler Ch. 9)
26	M	Apr	17	TEST 3. Lectures, films, guests, syllabus, & Spiegler: 7, 8, 9, 14, 15 Turn in Diary and Summary of Target Behavior
27	W	Apr	19	Exposure Therapy: Brief/Graduated (Spiegler Ch. 10)
28	M	Apr	24	Fears and phobias. El Paso Zoo guests.
29	W	Apr	26	Exposure Therapy: Prolonged/Intense (Spiegler Ch. 11)
30	M	May	1	Modeling Therapy (Spiegler Ch. 12)
31	W	May	3	Analysis and discussion of Target Behavior's Experiential Activity & summary of course
32	W	May	10	FINAL at 4:00 p.m. Lectures, guests, films, & Spiegler Chs: 10, 11, 12

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.

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.