



BEHAVIOR MODIFICATION



Fall 2018

Mon & Wed 1:30 to 2:50

Business Administration, Room 313

f: Syll Beh Mod Mon Wed Fall 2018

PSYC 3347 BEHAVIOR MODIFICATION CRN: 18548

Prerequisites: 1301 Introduction to Psychology and 3201 Experimental Psychology

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

Office hours: I have an open-door policy. If my office door is open and I am not occupied you can talk to me. In addition, I will be available by appointment, and during the following office hours+:

Mon 3:15 to 3:45 Tue: 10:30 to 11:00 & 1:30 to 2:00

Office: Prospect Hall 208 Telephone: 747-6589 E-mail: adolfoa@utep.edu

Please use your UTEP e-mail when e-mailing me, use proper English, and correct grammar. Always specify that you are in the Behavior Modification class.

TEXTBOOKS

Spiegler, M.D. (2016). *Contemporary behavior therapy* (6th ed.). Boston, MA: Cengage Learning. ISBN: 978-1-305-26921-7. 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.

LEARNING OBJECTIVES+

The overall objective of this course is to give you an introduction to cognitive behavior therapies, and to help you apply these techniques if you want to change something about yourself. This course is not intended to make you a therapist. The specific learning objectives+ of the course are for you to learn about:

- 1) The history of cognitive and behavior therapies,
- 2) The theories underlying cognitive and behavior therapies,
- 3) Cognitive therapies and their applications, and
- 4) Behavior therapies and their applications.

GUEST SPEAKER

Three guest speakers are scheduled. You will be required to write **one full single-spaced**-page opinion essay about each guest speaker's presentation. Each essay will be worth 10 points. The essays must be written in Times New Roman font and size-12 font. Spacing between the lines should be 1.0. Points will be deducted if the essay does not adhere to these requirements. The assignments are to be given to me as a hard copy. E-mailed essays are not accepted. The essays are due one week after the respective guest speaker's presentation. **Late essays will accrue zero points.**+

VISIT TO DISMAS CHARITIES HALFWAY HOUSE

We will visit Dismas Charities (El Paso's federal reintegration center at 7011 Alameda Ave.) at 5:30 p.m. on Tuesday, October 2. The visit will consist of a presentation by Dismas' residents who were incarcerated in the Federal Bureau of Prisons and who completed a residential drug program. Staff will speak also. We will tour the facility after the presentations. The visit is on a voluntary basis. Students

who go will have to sign a waiver form prior to the visit. The form is available in Blackboard under the title of "Dismas Charities Waiver." I will give more information about the visit during class.

USE OF TECHNOLOGY DURING CLASS

Cell phones 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.

EXAMS AND GRADES

There will be four tests, each consisting of 40 to 60 multiple-choice questions. Each test will be worth 100 percentage points. I will keep the exams in my office for two weeks+ for your review. The syllabus contains important information about the course, so it is important for you to read it. There will be questions about it on each test on information that has a + on the syllabus. Test questions will come also from my lectures, the textbooks, films, and from the guest speakers' presentations.

Your grade for each exam 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%

Your final course grade will be the addition of the four exams (400 points), plus 10 points for each opinion essay about the guest speakers (30 points), for a maximum of 430 points, divided by 4.3 (If one speaker cancels, the sum will be divided by 4.2, and so forth). The final grade will be based on the following formula:

Final grade = (Test 1 + T 2 + T 3 + T 4 + Opinion essays)/4.3

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.

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+. 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, and can be contacted at 747-5148 and at cass@utep.edu.

ACADEMIC DISHONESTY+

Academic dishonesty will not be tolerated in any form. Students involved in academic dishonesty will be referred to the Office of Student Conflict and Resolution+ and will be disciplined. 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 exam 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

communication devices during and after exams, and looking at any type of notes or textbooks during exams.

CALENDAR

I will discuss cognitive therapies before behavior therapies because it will allow you to implement them throughout the semester if you so desire. The “S” in the calendar refers to the Spiegler text; the “M,” to the Maultsby text. The following schedule is tentative. I will inform you of any changes in class or through Blackboard.

				Lecture Topic & Textbook Chapter	1:30
1	M	Aug	27	Orientation to course and to Behavior Modification	
2	W	Aug	29	Perspectives/theoretical models of human behavior (S: Ch. 1)	
3	M	Sept	3	Labor day	
4	W	Sept	5	Readiness to change. Motivational Interviewing	
5	M	Sept	10	Introduction to Cognitive Therapy. Maultsby's Rational Behavior Therapy (M: Chs: 1 to 6)	
6	W	Sept	12	Maultsby's Rational Behavior Therapy	
7	M	Sept	17	Cognitive Restructuring (S: Ch. 13)	
8	W	Sept	19	Cognitive Restructuring	
9	M	Sept	24	Test 1. Lectures, films, syllabus, S: Chs. 1, 13, & M: Chs: 1 to 6	
10	W	Sept	26	Cognitive Therapy for criminality	
11	M	Oct	1	Guest speaker on criminality (tentative)	
	Tu	Oct	2	Visit to Dismas Charities (federal halfway house) 5:30 p.m.	
12	W	Oct	3	Therapy for Substance Use Disorders Essay on criminality guest speaker due	
13	M	Oct	8	Therapy for Substance Use Disorders	
14	W	Oct	10	Antecedents of Contemporary Behavior Therapy (S: Ch. 2)	
15	M	Oct	15	The Behavioral Model (S: Ch. 3)	
16	W	Oct	17	The Process of Behavior Therapy (S: Ch. 4)	
17	M	Oct	22	Acceleration Behavior Therapy (S: Ch. 7)	
18	W	Oct	24	Applied Behavioral Analysis in the treatment of autism. Hector Adame, M.S., S.L.P., guest speaker	
19	M	Oct	29	Test 2. Lectures, films, syllabus, S: Chs. 2, 3, 4, 7	
20	W	Oct	31	Deceleration Behavior Therapy (S: Ch. 8) Essay on treatment of autism guest speaker due	
21	M	Nov	5	Combining Reinforcement & Punishment (S: Ch. 9)	
22	W	Nov	7	Exposure Therapy: Brief/Graduated (S: Ch. 10)	
23	M	Nov	12	Exposure Therapy: Brief/Graduated	
24	W	Nov	14	Exposure Therapy: Prolonged/Intense (S: Ch. 11)	
25	M	Nov	19	Test 3. Lectures, films, syllabus, S: Chs. 8, 9, 10, 11	
26	W	Nov	21	Modeling Therapy (S: Ch. 12)	
27	M	Nov	26	Mindfulness Behavior Therapy guest speaker (S: Ch. 15)	
28	W	Nov	28	Therapist Skills & Therapist-Client Therapeutic Alliance	
29	M	Dec	3	Behavior Therapy Research (S: Ch. 5) Essay on treatment of autism guest speaker due	
30	W	Dec	5	Summary of course	
31	W	Dec	12	Final Exam at 4:00 p.m.* Chs: 5, 12, 15	1:30

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.