



## BEHAVIOR MODIFICATION

Spring 2019

Mon & Wed 10:30 to 12:50

UGLC 346

f: Syll Beh Mod Spring 2019

### PSYC 3347 BEHAVIOR MODIFICATION CRN: 23603

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 & Wed+: 4:45 p.m. to 5:15 p.m. Tue & Thu+: 10:30 a.m. to 11:30 a.m.

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

When e-mailing me always specify that you are in the Behavior Modification class.

### TEXTBOOKS

Spiegler, M.D. (2016). *Contemporary behavior therapy* (6<sup>th</sup> 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.

Maulstby, M. Jr. (1974). *You and your emotions*. Appleton, WI: Rational self-help books. ISBN: 0-932838-01-4. This book is out of print, but the bookstore has Xerox copies.

### 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. Thus, we will discuss how these therapies can apply to everyone. 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, theories, and applications of cognitive therapies+, and
- 2) The history, theories, and applications of behavior therapies+.

### GUEST SPEAKER

Three guest speakers are scheduled. You will be required to write **one full single-spaced-page** opinion essay about each speaker's presentation. Each essay will be worth 10 points. The essays should consist of your opinions about each presenter—what you liked or disliked, and why. The essays should not be a summary of the presentation. 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. The essays are due one week after the respective guest speaker's presentation. **Late and e-mailed essays will not be accepted.**

### VISIT TO DISMAS CHARITIES HALFWAY HOUSE

A visit to Dismas Charities [El Paso's federal Bureau of Prison's (BOP) reintegration center at 7011 Alameda] is tentatively scheduled for Wednesday, March 6 at 5:30. The visit will consist of a tour of Dismas and presentations by residents who completed a drug program during their incarceration and by staff. The visit is on a voluntary basis. Students who go will have to sign a waiver form prior to the visit, which is available in Blackboard under the title of "Waiver Dismas Charities."

## CLASS DEPARTMENT

I want all of you to succeed in the course, and I do many things to help you do so. Two very strong impediments to succeeding are the use of cellular phones and sleeping during class. Therefore, cell phones must be turned off during class, and during and after exams. Students who use cell phones and those who sleep during class will be asked to leave the classroom+. Students who persist will be referred to the Office of Student Conflict and Resolution+. If you receive an urgent call, please take the call outside of class. If you are expecting an urgent call, let me know before the class starts.

## EXAMS AND GRADES

There will be five tests, each consisting of 40 to 60 multiple-choice questions. Each test will be worth 100 points. I will keep the exams in my office for 14 days+ so you can review your answers and improve your test performance. 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 +. Test questions will come from lectures, discussions, the textbooks, films, and from the guest speakers' presentations.

Your course grade will be the addition of the five exams (500 points) plus 10 points for each guest speaker's opinion essay (30 points), for a maximum of 530 points, divided by 5.3 (If one speaker cancels, the sum will be divided by 5.2, and so forth).

Your grade for each exam and for the final grade will be based on the following scale:

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

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. Makeups for all 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+.**

## 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.

## 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](mailto:cass@utep.edu).

**CLASS PARTICIPATION AND SEATING**

We will do group activities so you will be assigned a specific seat in the classroom.

**CALENDAR**

The calendar is subject to change. The “S” refers to Spiegler’s text; the “M,” to Maultsby’s.

				<b>Lecture Topic &amp; Textbook Chapter</b>	10:30
1	W	Jan	23	Logistics and introduction to Behavior Modification (S: Ch. 1)	
2	M	Jan	28	Perspectives/theoretical models of human behavior	
3	W	Jan	30	Antecedents of Contemporary Behavior Therapy (S: Ch. 2)	
4	M	Feb	4	Stages of Change & Motivational Interviewing	
5	W	Feb	6	Introduction to Cognitive Therapy. The ABC model of Cognitive Therapy. Maultsby’s Rational Behavior Therapy (M: Chs: 1-4)	
<b>6</b>	<b>M</b>	<b>Feb</b>	<b>11</b>	<b>Test 1. Spiegler Chs. 1 &amp; 2; &amp; Maultsby Chs: 1-4</b>	
7	W	Feb	13	Cognitive Restructuring (S: Ch. 13) Ellis’ Rational Emotive-Behavior Therapy	
8	M	Feb	18	Cognitive Restructuring Maultsby’s Rational Behavior Therapy (M: Chs: 5-6)	
9	W	Feb	20	Cognitive Restructuring	
10	M	Feb	25	Cognitive Restructuring & Criminal Thinking	
11	W	Feb	27	Guest speaker on criminality (tentative)	
	M	Mar	4	Therapy for criminality & group discussion of guest speaker	
<b>12</b>	<b>W</b>	<b>Mar</b>	<b>6</b>	<b>Test 2. Spiegler Chs. 13; &amp; Maultsby Chs: 5-6</b> Dismas Charities (7011 Alameda) tour and presentations. 5:30 p.m. Tentative	
13	M	Mar	11	Acceptance Therapy (S: Ch. 15)	
14	W	Mar	13	Mindfulness guest speaker (S: Ch. 15)	
	M	Mar	18	Spring Break.	
	W	Mar	20	Spring Break	
15	M	Mar	18	The Behavioral Model of Behavior Therapy (S: Ch. 3)	
16	W	Mar	20	Operant Conditioning. Acceleration Behavior Therapy (S: Ch. 7)	
17	M	Mar	25	Acceleration Behavior Therapy	
18	W	Mar	27	Applied Behavioral Analysis in the treatment of autism. Hector Adame, M.S., S.L.P. Guest speaker	
<b>19</b>	<b>M</b>	<b>Apr</b>	<b>1</b>	<b>Test 3. Spiegler Chs. 3, 7, 15</b>	
20	W	Apr	3	Operant Conditioning. Deceleration Behavior Therapy (S: Ch. 8)	
21	M	Apr	8	Deceleration Behavior Therapy	
22	W	Apr	10	Combining Reinforcement & Punishment (S: Ch. 9)	
23	M	Apr	15	Classical Conditioning. Exposure Therapy: Brief/Graduated. (S: Ch. 10)	
24	W	Apr	17	Exposure Therapy: Prolonged/Intense (S: Ch. 11)	
<b>25</b>	<b>M</b>	<b>Apr</b>	<b>22</b>	<b>Test 4. Spiegler: Chs. 8, 9, 10, 11</b>	
26	W	Apr	24	Modeling Therapy (S: Ch. 12)	
27	M	Apr	29	Coping Skills (S: Ch. 14)	
28	W	May	1	Cognitive Behavior Therapy for Substance Use Disorders	
29	M	May	6	Cognitive Behavior Therapy for Substance Use Disorders	
30	W	May	8	Summary of course	
<b>31</b>	<b>F</b>	<b>May</b>	<b>17</b>	<b>Final Exam at 10:00 a.m.* Spiegler Chs: 12 &amp; 14</b>	10:30

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.