



## PSYC 3347 BEHAVIOR MODIFICATION (CRN 16458)

Fall 2022 Mon & Wed: 1:30 pm to 2:50 pm



Classroom Bldg. C 305

F: Syll Fall 2022 Behavior Modification Mon Wed

### INSTRUCTOR

Adolfo J. Alvarez, M.A., Adjunct Faculty and Psi Chi Faculty Co-Advisor  
Prospect Hall, Room 208 [adolfoa@utep.edu](mailto:adolfoa@utep.edu)

### OFFICE HOURS

Wed: 10:30 a.m. to 11:30 a.m.; Thur: 12:00 p.m. to 1:00 p.m.; and by appointment.



I teach several classes so it is impossible for me to remember each one of my students. Therefore, **include your full name and the name of this class in all your emails to me.**

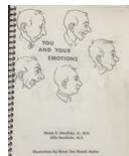
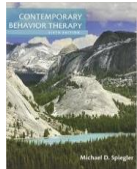
### TEACHING ASSISTANT (TA)

I will give you the TA's contact information as soon as one is assigned.

### COURSE PREREQUISITES

1301 Introduction to Psychology, 3201 Experimental Psychology and its corresponding lab.

### REQUIRED TEXTBOOKS



Spiegler, M.D. (2016). *Contemporary behavior therapy* (6<sup>th</sup> ed.). Boston, MA: Cengage Learning. ISBN: 978-1-305-26921-7. The textbook publisher's link is [www.cengagebrain.com](http://www.cengagebrain.com).

Maultsby, M.C. Jr. (1977). *You and your emotions*. Appleton, WI: Rational-Self Help Aids. This book is out of print, but the UTEP bookstore has copies.

I have used both textbooks before so the UTEP bookstore has used and new books.

### COURSE DESCRIPTION

The course will be an overview of the history, theoretical principles, research methodologies, and techniques that are used by cognitive-behavior therapists to treat an array of mental disorders. We will also cover more common psychological conditions such as anger and sadness.

### LEARNING OUTCOMES

After completing the course, you will be able to:

- 1) Apply Pavlovian, Skinnerian, and cognitive therapy principles to have a basic understanding of why children and adults (like you and I) have distressing and/or dysfunctional behaviors, emotions, and thoughts;
- 2) Apply general principles of Cognitive Behavior Therapy (CBT) in certain bachelor's-level psychology-related jobs, such as in the Applied-Behavioral-Analysis treatment for Autism Spectrum Disorder;
- 3) Know the general principles and techniques of CBT that would be useful if you take a master's level introductory course in CBT;
- 4) Know how therapists use CBT to help clients; and, perhaps more importantly,
- 5) Use CBT techniques to help yourself change unwanted thoughts, behaviors and emotions that you might have (or that you have been told you have!). You should, however, consult a therapist if you or a loved one has psychological problems. I must emphasize that this course is not intended to make you a therapist.

### ATTENDANCE

I will take attendance but attendance is not mandatory. However, **sign the attendance sheet even if you are late.** This is a challenging course; therefore, if you want to get an A or B, I strongly recommend that you attend every lecture. Otherwise, students may not get the grade they want.

## EXAMS

There will be five tests. Each test will be worth 100 points and will consist of 40 to 60 multiple-choice questions. The questions will be based on the lectures, textbooks, and videos. There will be questions from the book on material that will not be covered during the lectures, so it is very important that you learn the information in the textbooks.

**If you miss one test, you will have the opportunity to make up for it by taking a comprehensive makeup exam at the end of the semester.** If you have a documented and verifiable military reason or are hospitalized, you will need to provide documentation. The documentation must contain all of the following information: (1) A legible name of the person who writes the documentation, (2) Title of the person writing the documentation; (3) Signature of that person; (4) A legibly written phone number, and (5) Be written in official stationery. If any one of the above five points are not met, I will not grant authorization to take the comprehensive makeup. I reserve the right to call the person who signs the documentation to ensure the validity of the document.

## EXAM RULES

The following rules will be enforced during tests: 1) Students will not be allowed to go to the bathroom once a test has started. 2) No headphones caps, hats, or hoodies will be allowed. (Headphones are not allowed during any of the lectures.)

## SONA EXPERIMENTS & CREDITS

You will be required you to participate in the “SONA experiments” and complete **four (4)** “SONA credits.” For each hour that you participate as a subject in the “SONA experiments,” you will earn **one** “credit.” Experiments that last half an hour accrue 0.5 “credits”; those that last two hours, accrue two “credits,” and so forth. Each “credit” is worth **15 points**. The SONA experiments vary in length. The SONA research is conducted in-person or on-line. The instructions on how to sign up and how to participate in the SONA experiments are posted in Blackboard in the tab titled “Syllabus, SONA, & Written Summaries.” **The last day to participate in the SONA experiments is Friday, December 2. No exceptions.** I will discuss SONA during our first class.

## WRITTEN SUMMARIES

If you cannot or do not want to participate in the SONA experiments, you can write summaries of **four (4)** research articles that will be posted in Blackboard. Each summary will be worth **15 points**. The requirements for the written summaries are posted in Blackboard in the tab titled “Syllabus, SONA & Research Summaries.” **Email the summaries to my TA, not to me. The last day to email the summaries TO YOUR TA is Friday, November 11. No exceptions.**

You can combine any number of SONA research credits with any number of written summaries. For example, you can participate in three SONA credit experiments and write one summary or participate in three SONA credit experiments and write one summary. Both the SONA research participation and the written summaries must add up to **four (4)**. **The maximum points for both SONA credits and for the written summaries are 60 points. Please email our TA if you have any questions about the SONA experiments and the written summaries.**

## GRADING

Each test is worth 100 points. Each SONA credit and each summary is worth 15 points for a maximum of 60 points. The maximum points for the course will be 560 points. You can earn extra points by answering my “intellectual challenge” questions.

Total points from five tests =	500 points
Total points from SONA and/or research summaries =	60 points
<b>TOTAL POINTS FOR COURSE =</b>	<b>560 points</b>

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

F = 0 - 335      D = 336 - 391      C = 392 - 447      B = 448 - 503      A = 504 - 560

The grade on each test is based on the following percentage scale:

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

## ACADEMIC DISHONESTY

Academic dishonesty is unacceptable and will not be tolerated. 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 examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts.

### CENTER FOR ACCOMMODATIONS AND SUPPORT SERVICES (CASS)

If you have a disability I strongly recommend that you take advantage of the services mandated by federal law. Contact CASS at 747-5148 or at [cass@utep.edu](mailto:cass@utep.edu) to request accommodations within the first two weeks of the semester. Receiving these free services is not unfair to other students, and will help you get better grades.

### TENTATIVE SCHEDULE

The schedule is subject to change. I will inform you of any changes via Blackboard, an email, or in my lectures, but it is your responsibility to be aware of any change.

				<b>Discussion/Lecture Topics</b>	<b>Readings</b>
1	Mon	Aug	22	Logistics & Introduction to Behavior Modification	
2	Wed	Aug	24	Introduction to Behavior Modification & Perspectives in Psychology of Human Behavior	Ch. 1*
3	Mon	Aug	29	Stages of Change & Motivational Interviewing	Topics not in textbook
4	Wed	Aug	31	Motivational Interviewing	
	Mon	Sep	5	Labor Day. University closed	
<b>5</b>	<b>Wed</b>	<b>Sep</b>	<b>7</b>	<b>TEST 1</b> on topics and lectures on this test period	
6	Mon	Sep	12	Introduction, History, & ABC model of Cognitive Therapy & Maultsby's Rational Behavior Therapy (RBT)	Ch. 1 & 13 and All of <i>You and your emotions</i>
7	Wed	Sep	14	RBT & Ellis' Rational Emotive Behavior Therapy	Ch. 13
8	Mon	Sep	19	Beck's Cognitive Therapy	Ch. 13
9	Wed	Sep	21	Beck's Cognitive Therapy	
10	Mon	Sep	26	Cognitive Therapy for criminal behavior	Topic not in textbook
11	Wed	Sep	28	Acceptance & Mindfulness-based Therapy M. Isabel Rivera guest speaker: Mindfulness	Ch. 15
<b>12</b>	<b>Mon</b>	<b>Oct</b>	<b>3</b>	<b>Test 2</b> on topics and lectures on this test period	
13	Wed	Oct	5	Antecedents of Contemporary Behavior Therapy	Ch. 2
14	Mon	Oct	10	Behavioral Model of Behavior Therapy	Ch. 3
15	Wed	Oct	12	Behavioral Model of Behavior Therapy	
16	Mon	Oct	17	Process of Behavior Therapy	Ch. 4
17	Wed	Oct	19	Behavior Therapy Research	Ch. 5
<b>18</b>	<b>Mon</b>	<b>Oct</b>	<b>24</b>	<b>Test 3</b> on topics and lectures on this test period	
19	Wed	Oct	26	Operant Conditioning	
20	Mon	Oct	31	Acceleration Behavior Therapy	Ch. 7
21	Wed	Nov	2	Deceleration Behavior Therapy	Ch. 8
22	Mon	Nov	7	Combining Reinforcement & Punishment	Ch. 9
23	Wed	Nov	9	Combining Reinforcement & Punishment	
				Friday Nov. 11. Last day to email summaries to TA	
<b>24</b>	<b>Mon</b>	<b>Nov</b>	<b>14</b>	<b>Test 4</b> on topics and lectures on this test period	
25	Wed	Nov	16	Classical Conditioning	
				Friday, Nov 12. Last day to turn in summaries	
26	Mon	Nov	21	Exposure Therapy: Brief/Graduated	Ch. 10
27	Wed	Nov	23	Exposure Therapy: Prolonged/Intense	Ch. 11
28	Mon	Nov	28	Coping Skills	Ch. 14
29	Wed	Nov	30	CBT for Substance Use Disorders Coping Skills: Relapse Prevention	Ch. 14 pp. 375-383
				Friday, Dec 2. Last day to do SONA studies	
<b>30</b>	<b>Wed</b>	<b>Dec</b>	<b>7</b>	<b>Test 5 at 4:00 p.m.***</b> on topics and lectures on this test period	MW 1:30

\*The numbered chapters refer to the chapters in Spiegler's book.

**IT IS EXTREMELY IMPORTANT THAT YOU ARE NOT OUT OF TOWN ON THE DAY OF THE FINAL TEST.**