



### 3347 BEHAVIOR MODIFICATION (CRN 23355)



Mon & Wed 12:00 to 1:20 Psychology Bldg., Rm 308 Spring 2020

f. Syll MW B Mod Spring 20

Prerequisites: 1301 Introduction to Psychology and 3201 Experimental Psychology

Instructor: Adolfo J. Alvarez, M.A., Lecturer & Psi Chi Assistant Adviser

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

**Always** indicate that you are in the Behavior Modification class when e-mailing me+.

Office hours: Mon:+ 2:15 to 2:45 & Tue & Thur+: 9:30 to 10:00 or by appointment.

In addition to the above I have an open-door policy. I like to meet my students personally so I hope you take the “daring step” of coming to my office. Don’t be intimidated. Don’t be shy. ☺

Teaching Assistant: TBA

**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. Maultsby’s book is referred to as “M” in the Tentative Schedule below.

This course is a general overview of Behavior Modification principles and applications. It is not intended to make you a counselor or therapist.

The term “Behavior Modification” is used interchangeably with “Cognitive Behavior Therapy,” or “CBT.”

#### Learning objectives+

By successful completion of the course, you will be able to:

- 1) Apply CBT principles to your own life+ to help you feel, think, and act as you would like;
- 2) Apply CBT principles in certain bachelor’s-level psychology-related jobs;+
- 3) Understand CBT principles that would be useful if you take a master’s-level Introductory CBT course;+ 4) ; and
- 4) Have experience working as a team+ in dyads and triads.

**Guest speakers:** I have scheduled three+ speakers for the class. You can earn points by 1) being present **on the day** they speak+; 2) not forgetting to write your name on the attendance sheet **before** you leave the classroom+; and 3) writing a “Belief essay+” about each presentation. The “Belief essay” is your opinion about what you liked and/or disliked. Writing a summary of the presentations will accrue zero points. Each “Belief essay” will be worth 10+ points. You can earn 10 points **if** you write the essay 1) with Arial Narrow+ font; 2) with 11-size+ font; 3) single-spaced; and 4) in **one** full page. Additional requirements are 5) writing your name and “class Id” number at the very top of the page (without using “headers” like my name or that of the class, etc.); and 6) giving me the essay as a hard copy one week+ (or earlier) after each presentation. Late or e-mailed essays will not be accepted.+ You will lose points if you do not adhere to these requirements. I will show you examples of the requirements in class. I will not be surprised if your “interpretation/beliefs/ideas/thoughts” deem the requirements as “irrational.” I will give you my reasons when we discuss Cognitive Therapies, or sooner if you ask me.

**Dismas Charities halfway house:** A visit to Dismas Charities (El Paso’s federal reintegration center) is scheduled for March 4 at 5:30 p.m. The visit will consist of a tour of Dismas and presentations by residents who completed a drug program during their incarceration, and a talk by staff. The visit is on a voluntary basis. Students who go will have to sign a waiver form prior to the visit. The form is titled “Waiver Dismas Charities” in Blackboard.

**Class deportment:** 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 using cellular phones and sleeping in class. Thus, cell phones must be turned off during class, and during and after exams. I suggest you put your cell in your bag, shirt, or pants so that you will not forget this class rule. Students who use cell phones and those who sleep during class will be asked to leave the room+. Students who persist will be referred to the Office of Student Conflict and Resolution+. Let me know if you are expecting an urgent call and take the call outside of the classroom.

**Class participation & seating:** We will do group activities so you will be assigned a specific seat in the classroom for the entire semester. I will call on you and I expect you to participate in class by asking me

questions or answering questions. I expect you to always put your name tag on your desk.

**Tests & grading:** There will be **five (5)** tests, each consisting of 40 to 60 multiple-choice questions, and each test is worth 100 points (for a maximum of 500 points).

Each of the **three (3)** “Belief essays” is worth 10 points (for a maximum of 30 points).

Your final course grade will be the addition of your five tests plus the points you earn on the three “Belief essays.

Your **final grade** is based on the following **point** scale:

F = 0 – 317    D = 318 – 370    C = 371 – 423    B = 424 – 476    A = 477 - 530

Your grade **on each test** is based on the following scale:

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

You will have 60 minutes to complete the tests. **You must finish by 1:00 p.m.**+ because I will start reviewing the test at 1:00 p.m. Thus, it is very important that you arrive as early as possible. I recommend that you stay for the review, but it is not mandatory that you stay. You can leave as soon as you finish the tests.

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 the syllabus on information that has a +. Test questions will come from lectures, discussions, textbooks, students’ class questions, films, guest speakers’ presentations, and the syllabus.

**Extra credit:** You have the opportunity to earn extra points if you participate as a research subject in the **SONA SYSTEM**. (Read the file *SONA System Policies – Participant Guide* in Blackboard for a description of SONA.) You can accrue four (4) SONA credits. Each credit is worth five (5) points, for a maximum of 20 points.

If you are unable or unwilling to participate in the SONA research studies, you can earn 20 points by writing summaries of research articles that I will have in my office. Each summary is worth five (5) points. Your paper **must contain** summaries of the all the sections of a published article (i.e., Abstract, Introduction, Method, Statistical Analyses, Results, Discussion). You must come to my office in person to clarify the requirements of this activity.

The extra points for SONA and/or the research summaries will be added to your test scores and to the points obtained by writing the “Belief Essays.” The points will be in a Blackboard column titled “SONA” and in another column titled “Research Summaries.” Please note that the points for both SONA and for the research summaries **cannot exceed 20**. These points will be posted in Blackboard after the week of final exams.

**Makeup exams will not be given**, unless for documented and verifiable military reasons and for extraordinary medical emergencies. In the rare event that I allow a makeup, the makeup will be a comprehensive test that will cover all the material we discussed in the semester. The makeup would be given during the week of finals. Please talk to me in person (not via e-mails) about this.

**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 attempting to copy or copying or correct or incorrect answers from another student+, looking in the direction+ of another student, their 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+.

**Classroom accommodations:** “If you have a disability and need classroom accommodations, then please contact the *Center for Accommodations and Support Services (CASS)* by phone at 747-5148 or by email at [cass@utep.edu](mailto:cass@utep.edu) or visit their office located in UTEP Union East, Room 106. For additional information, please visit the CASS website at [www.sa.utep.edu/cass](http://www.sa.utep.edu/cass).” (LC).

**Tentative schedule:** The schedule is subject to change. I will inform you in class of any changes, but it is **your** responsibility to be aware of any changes. The discussion/lecture topics that are in quotations refer to the titles in Spiegler’s book. The “M” refers to Maultsby’s *You and our emotions* booklet. Read the entire booklet by Wed. April 8 (preferably before. ☺).

				<b>Discussion/Lecture Topics</b>	<b>Required reading</b>
1	W	Jan	22	Logistics & Introduction to Behavior Modification (B Mod). Definitions/description of types of B Mod therapies & “Behavior Therapy: Introduction”	Ch. 1
2	M	Jan	27	Stages of Change & Motivational Interviewing	
3	W	Jan	29	Motivational Interviewing	
4	M	Feb	3	Perspectives/Theoretical models in psychology	
5	W	Feb	5	“Antecedents of Contemporary Behavior Therapy”	Ch. 2
6	<b>M</b>	<b>Feb</b>	<b>10</b>	<b>TEST 1: Spiegler Chs. 1 &amp; 2, &amp; syllabus</b>	
7	W	Feb	12	Covert & Overt behaviors, Trait vs Behavioral descriptions, & “The Behavioral, or ABC, Model” of Behavior Therapy	Ch. 3
8	M	Feb	17	“The Process of Behavior Therapy”	Ch. 4
9	W	Feb	19	“Behavior Therapy Research”	Ch. 5
10	M	Feb	24	“Behavioral Assessment”	Ch. 6
11	W	Feb	26	ABA (Applied Behavioral Analysis) in the treatment of autism. Guest speaker Hector Adame, MS, CCC-SLP, BCBA,	
12	M	Mar	2	Discussion of ABA presentation, Thorndike’s “first” Law of Effect, & Reinforcement	
13	<b>W</b>	<b>Mar</b>	<b>4</b>	<b>TEST 2: Chs. 3, 4, 5, 6; ABA; Thorndike, &amp; syllabus</b> ABA “Belief” essay due. Visit to Dismas Charities 5:30 p.m. (Tentative)	
14	M	Mar	9	Operant Conditioning: BF Skinner, Reinforcement & “Acceleration Behavior Therapy”	Ch. 7
15	W	Mar	11	“Acceleration Behavior Therapy”	
	M	Mar	16	Punishment & Aversion Therapy & “Deceleration Behavior Therapy”	Ch. 8
	W	Mar	18	Token Economy, Parenting Training, & “Combining Reinforcement & Punishment”	Ch. 9
16	M	Mar	23	EP Zoo Guests & Exposure Therapy (Tentative)	
17	W	Mar	25	Classical Conditioning	
18	M	Mar	30	“Exposure Therapy: Brief/Graduated” El Paso Zoo “Belief” essay	Ch. 10
19	W	Apr	1	“Exposure Therapy: Prolonged/Intense”	Ch. 11
20	<b>M</b>	<b>Apr</b>	<b>6</b>	<b>TEST 3: Chs. 7, 8, 9, 10, 11, EP Zoo, &amp; syllabus</b>	
21	W	Apr	8	“Modeling Therapy” & Introduction to Cognitive Therapies (CTs) Maultsby’s <i>You and your emotions</i>	Ch. 12 M: All chapters
22	M	Apr	13	Albert Ellis’ Rational-Emotive Therapy & Rational-Emotive Behavior Therapy & “Cognitive-Behavioral Therapy”	Ch. 13 pp. 323-332
23	W	Apr	15	Aaron Beck’s Cognitive Therapy (CT)	Ch. 13 pp. 332-343
24	M	Apr	20	Aaron Beck continued	
25	W	Apr	22	“Cognitive-Behavioral Therapy” (CBT)	Ch. 13
26	<b>M</b>	<b>Apr</b>	<b>27</b>	<b>TEST 4: Chs. 12, 13, Maultsby, CTs, Ellis, Beck, &amp; CBT, and syllabus</b>	
27	W	Apr	29	CBT for Substance Use Disorders & “Cognitive-Behavioral Therapy: Coping Skills”	Ch. 14
28	M	May	4	Mindfulness. Guest Speaker Allison Davis, MA, LPC-S “Acceptance/Mindfulness-Based Behavior Therapy	Ch. 15 pp. 426-434
29	W	May	6	“Acceptance/Mindfulness-Based Behavior Therapy”	Ch. 15
30	<b>F</b>	<b>May</b>	<b>15</b>	<b>TEST 5: at 1:00 a.m.* Chs. 14, 15 &amp; Mindfulness presentation</b> Mindfulness “Belief” essay due	12:00

Test 5 **WILL NOT** be given at a different date. **Documented military deployment and documented medical emergencies will be considered.** You must give me (in person & not via e-mail) the military deployment orders or the medical emergency documentation in an official letter with official stationary. I reserve the right to call the person who signs the documentation to ensure the person’s existence.