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PSYX 376.50: Cognitive Behavior Modification - Online

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Psyx 376: Cognitive Behavior Modification
Fall 2022 – Online

Instructor Information

Instructor: Emily Brooke

Email: emily.brooke@umontana.edu

Text: Spiegler, M.D. (2016). *Contemporary Behavior Therapy* (6th Ed.). Cengage Learning. ISBN: 978-1305269217. *The 5th edition will also work for the course.

Format

This course is fully online for the Fall 2022 semester. Students will be expected to follow the course schedule, including completing readings and watching recorded lectures weekly. If any aspect of the course is unclear, students are encouraged to ask the instructor as soon as possible.

Office Hours

Office hours will be held by appointment, either via Zoom or in person. Please email me to schedule a time to meet if needed.

Course Description

The purpose of this course is to provide an introduction to the field of cognitive and behavior modification. Students will be expected to become familiar with the different models of cognitive and behavior change. They will learn about a wide range of modification principles and techniques. They will also learn about the principles and procedures of behavior assessment. By the end of the course, students will be able to apply their knowledge in a variety of situations to create behavior change.

Course Objectives

By the end of the course, students should be able to:

1. Demonstrate knowledge of the basic principles, assumptions, and methodology of cognitive and behavioral interventions.
2. Understand how these interventions could be used to treat persons with psychological disorders.
3. Apply knowledge of cognitive and behavioral interventions to a real-life case.

Academic Misconduct

All students must practice academic honesty. Academic misconduct is subject to an academic penalty by the course instructor and/or a disciplinary sanction by the University. All students need to be familiar with the [Student Conduct Code](#). All work for this class must reflect your own work.

Disability Modifications

The University of Montana assures equal access to instruction through collaboration between students with disabilities, instructors, and [Disability Services for Students](#). If you think you have a disability adversely affecting your academic performance, and you have not already registered with Disability

Services, please contact Disability Services in Lommasson Center 154 or call 406-243-2243. I will work with you and Disability Services to provide an appropriate modification.

Communication

I do not have formal office hours but I am always happy to schedule an appointment with you. The best way to contact me is by email. I will try to respond to your email as soon as I can but you should not have to wait more than 48 hours during weekdays for a reply. If it has been longer, please resend your message in case I did not receive it the first time.

Statement on Gender Identity

I aim to affirm people of all gender expressions and gender identities. If you prefer to be called a different name than that on the class roster, please let me know. Feel free to correct me on your preferred gender pronoun. If you have any questions or concerns in this area, please do not hesitate to contact me.

Incompletes

Departmental and university policies regarding incompletes do not allow changing “incomplete” grades after one year has passed since the “I” was granted.

Course Grades

Your final grade for the course is based on **4 exams** and **1 paper***.

*NOTE: Make sure to pay attention to due dates for various components of this paper/assignment and start early.

- **Exams** (*4 exams x 100 points each = 400 points total*) → DUE 9/23, 10/7, 10/21, and 12/9
 - There will be a total of 4 exams. The first and last exam will cover multiple chapters, whereas the other two exams will only cover one chapter each.
 - See the course schedule for more details on what each exam will cover.
 - All exams will consist of 20 - 25 questions (e.g., multiple choice, true/false, short answer)
 - All exams will be administered on Moodle. You are expected to take the exams alone, without the assistance of others.
 - You will be allowed 40 minutes to complete each exam but be aware that 40 minutes is not enough time to look-up all the answers.
 - Each exam will be open starting on the Monday of their assigned week and will close on Fridays at 11:59 PM on their assigned week (see course schedule for exact deadlines).
 - Importantly, you are only allowed one attempt for exams. It is your responsibility to choose a time/place that you will be able to complete the exam in one sitting, without technical difficulties. Please note: you cannot pause the exams once you've started them.
 - **Technical issues:** Although I realize that technical issues happen, and that they are very frustrating, there will not be accommodations for exams that cannot be completed due

to technical difficulties. If your computer/internet is unreliable, then it might be best to take the exams on-campus. If issues arise, contact the [UM IT Solutions Center](#) for assistance at (406) 243-4357.

- None of the exams will be cumulative, and there is no final exam for this course.

● **Behavioral Modification Paper (100 points) → TOPIC DUE 10/21; PAPER DUE 11/22**

- For this course, you will formulate a plan to change a target behavior of your own AND actually try to change it! Some common goals for students include sleeping more, exercising more, studying more, eating more fruits/veggies, meditating, drinking/smoking less, eating less junk food, etc. After you select your target behavior, you will need to:
 - Develop a plan to change your target behavior using principles learned in this course.
 - Select an appropriate data collection method to measure changes in your target behavior.
 - Actually implement your plan and collect data on your behavior using the method you selected (baseline and during the intervention phase).
 - Ideally, you should plan to collect 2 weeks' worth of data: 3 – 5 days of baseline data, 7 – 10 days of intervention data. So **DO NOT PROCRASTINATE!**
 - Finally, you'll write a paper that summarizes the above points (your plan, your data collection method, and any changes you noticed in your behavior) along with a discussion about what was successful about your plan and what challenges you faced in the plan's design and implementation. It is 100% okay if you don't see a change in your behavior. These plans are challenging to get right on the first try!
- **There are two stages in the preparation of the paper:**
 - 1) **Topic idea** – at minimum a one paragraph (4 or more sentences) description of the behavior you plan to change, how you plan to change it, and the data collection method you plan to use. An example will be provided on Moodle.
 - 2) **Paper** – as a finished assignment, your paper should be 4 – 7 pages long and fully address the prompt (including your final data in addition to your baseline data and a discussion of the successes and challenges you faced). A rubric will be provided and available on Moodle to help guide you.
- Here are some questions you might consider to help in your writing process:
 - What behavior change are you wishing to make?
 - Why did you choose the behavior you did? What is your motivation for choosing this specific behavior as opposed to a different one?
 - How would life be better if you made these behavioral changes?
 - Is the behavior overt, covert, or have elements of both? Is it an acceleration or deceleration target behavior?
 - What are the antecedents and consequences? Any maintaining factors?
 - What are the pros (benefits) and cons (things that get in the way) of the

behavioral change?

- What is your plan to address the conditions surrounding the behavior? How did you use the ABC model to develop a plan?
- What roadblocks did you encounter as you attempted to change your behavior?
- How did you overcome roadblocks? Was the solution successful?
- Did you reward yourself for your success? How so, and what was the effect?
- How do you plan to maintain the behavior change going forward?
- In your paper you should demonstrate your understanding of the various behavior change models and theories discussed in the book and in lecture.

Total Points: 500 points possible

Your final grade is based on the percentage of the total possible points that you earn. Grades will not be curved.

Final Grade	Number of Points	Percentage
A	450-500	90 - 100%
B	400-449	80 - 89%
C	350-399	70 - 79%
D	300-349	60 - 69%
F	0-299	< 60%

COURSE SCHEDULE

Week	Readings (* = Recorded Lecture)	Assignments Due
Week 1 (August 29 – September 2)	Chapters 1-2: Introduction and Antecedents of Contemporary Behavior Therapy	
Week 2 (September 6 – 9)	Chapter 3: The Behavioral Model *	
Week 3 (September 12 – 16)	Chapter 4: The Process of Behavior Therapy *	
Week 4 (September 19 – 23)	Chapter 5: Behavioral Assessment *	Exam 1 due 9/23 by 11:59 PM: Chapters 1-4 (readings and recorded lectures)
Week 5 (September 26 – 30)	Chapter 6: Acceleration Behavior Therapy *	
Week 6 (October 3 – 7)	Chapter 7: Deceleration Behavior Therapy *	Exam 2 due 10/7 by 11:59 PM: Chapter 6 (reading and recorded lecture)
Week 7 (October 10 – 14)	Chapter 8: Combining Reinforcement and Punishment *	
Week 8 (October 17 – 21)	Chapters 9-10: Exposure Therapy *	Exam 3 due 10/21 by 11:59 PM: Chapter 7-8 (readings and recorded lectures) Topic idea for Behavioral Modification Paper due 10/21 by 11:59 PM
Week 9 (October 24 – 28)	Chapter 11: Modeling Therapy	
Week 10 (October 31 – November 4)	Chapter 12: CBT *	
Week 11 (November 7 – 10)	Chapter 13: CBT	
Week 12 (November 14 – 18)	Chapter 14: Third-Gen Behavior Therapies *	

Week 13 (November 21 – 22)	Chapter 15: Application to Medical Disorders	Final draft of Behavior Modification Paper due 11/22 by 11:59 PM
Week 14 (November 28 – December 2)	Chapter 16: Application to Psychological Disorders	
Week 15 (December 5 – 9)	Chapter 17: Strengths and Challenges	Exam 4 due 12/9 by 11:59 PM: Chapters 9-16 (readings and recorded lectures)
Week 16 (December 12 – 16)	n/a	n/a