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Fall 9-1-2001

### PSYC 337.01: Principles of Cognitive Behavior Modification

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**PRINCIPLES OF COGNITIVE AND BEHAVIORAL MODIFICATION**

**CLASS TIME & PLACE:** TR (CP 109), 9:40 – 11:00

**OFFICE:** SB 310, Office Phone: 243-5664; Home Phone: 543-7941

**OFFICE HOURS:** After class; Mon, Tues, Thurs 3-4; and by appointment

**COURSE OBJECTIVES:**

A. Knowledge Bases

The purpose of this course is to provide an introduction to the field of cognitive and behavior modification. Students will be expected to be 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. Students will become acquainted with behavioral research methods and design. They will become knowledgeable about applications of cognitive and behavioral modification to adult and child problems.

B. Skills

Students will be expected to be able to analyze, apply, and discuss the knowledge bases of cognitive and behavior modification to a variety of clinical and contemporary problems through small group discussions and a written paper. This is a 300-level course, with the expectation that students are juniors or seniors and have taken Psych 260.

**REQUIRED READINGS:**

Spiegler, M.D., Guevremont, D.C. (1998) Contemporary Behavior Therapy. 3<sup>rd</sup> Edition; Brook/Cole  
Additional required readings will be assigned and placed on reserve at the Mansfield Library.

**SUGGESTED READINGS AND JOURNALS:**

The textbook has an excellent list of additional research and application references at the back of the book. Also, additional references will be suggested as we cover different topics. Journals: Behavior Therapy, Cognitive and Behavior Practice, Cognitive Therapy and Research, Behaviour Therapy and Research, Journal of Applied Behavior Analysis

Graighead, L.W., Graighead, W.E., Kazdin, A.E., Mahoney, M.J. (1994) Cognitive and Behavioral Interventions: An empirical approach to mental health problems. Boston, Allyn & Bacon. (on reserve)

Kazdin, A.E. (2001) Behavior Modification in Applied Settings. Belmont, CA: Wadsworth.

## **EVALUATION AND GRADING:**

1. Class preparation and participation.
2. Students are responsible for all class lectures, presentations, films, discussions, group problem solving exercises and required readings.
3. There will be three exams (50 points each) and a comprehensive final exam (50 points) scheduled finals week.
4. In general, there will be no make-up exam. If you do not take an exam, you will receive zero points for the exam.
5. The final exam is scheduled for Wednesday, December 19, 10:10 – 12:10. No early exam will be given. If you cannot be here for the final exam, then you should not take the course this semester.
6. There are a total of 4 exams. The 3 highest test scores will be counted. Thus, a student can throw out his/her lowest hourly exam or not take one of the hourly exams.
7. In addition, students who take the three hourly exams and are satisfied with their grade may elect to not take the final exam.
8. Paper (100 points) due Thursday, November 20; 10 points off for each day/week late.
9. Total points will determine a student's final grade (total points = 250). A=90%, B=80%, C=70%, D=60%, F<59%
10. Bring to the exams a clear, flat, unfolded NCS test sheet and a #2 pencil.

STUDENTS WITH DISABILITIES: If you are requesting an accommodation, please be sure to see me during the first week of class.

Week/Date		Topic	Assignments S & G Chapters	Additional Assignments
1.	September 4	Introduction, History	1, 2	
2.	September 11	Behavior: Models & Practice	3, 4	Thursday, September 13 Select paper topic
3.	September 18	Assessment; Increasing Behavior; Reinforcement	5, 6	September 24 - Last day to drop/add by Dial Bear
4.	September 25	Decreasing Behavior/Operant Conditioning	7	
5.	October 2	Contingency Contracting & Child Management	8	Thursday, October 4 - Exam I
6.	October 9	Anxiety Exposure Therapy: Brief/Graduated & Prolonged/Intense	9, 10	
7.	October 16	Modeling Therapy & Social Skills Training	11	Thursday, October 18 - Paper outline and references due
8.	October 23	Cognitive-Behavioral Therapy: Cognitive Restructuring	12	
9.	October 30	CBT: Coping Skills	13	
10.	November 6	Behavioral Medicine	14	Thursday, November 1- Exam II
11.	November 13	Psychological & Habit Disorders	15	
12.	November 20	Behavioral Community Psychology Thanksgiving Vacation (Nov. 21-25)	16	PAPER DUE Tuesday, November 20; in-class presentations (10 points off for each day/week late)
13.	November 27	Ethical Issues in BT	17	
14.	December 4	BT Present and Future	18	
15.	December 11	Exam III – Tuesday, December 8		Exam III

**FINAL EXAM – Wednesday, December 19, 10:10 – 12:10**

## **PAPER:**

Application of Cognitive and Behavioral Modification Principles to Your Major, Career or Personal Interest

1. Select any topic you are interested in. Possible topics:

Smoking Cessation	Depression
Studying	Physical Therapy
Stress Management	Personal Athletic Training
Alcohol or Drug Abuse	Weight Loss
Child Abuse Prevention	Eating Disorders
AIDS Prevention	Toilet Training
Parent Training	Litter Reduction
Anxiety Disorders	Classroom Management
Safe Sex	ADHD Treatment
Domestic Violence Prevention	Energy Conservation
School Violence Reduction	Any other problem behaviors
Couples	

2. Use the following Case Study format:

- a. Title Page: Title, name, course number, Fall 2001
- b. Problem: Identify a specific problem behavior that you want to change.
- c. Assessment: Conduct a specific cognitive and/or behavioral assessment of the problem. What did you find? (Make up data or use actual data.) Attach data sheets, diaries, etc., in Appendix at back of paper.
- d. Cause: What caused the problem behavior? What is maintaining the behavior? (Answer each question.) (Cite references to support your explanation.)
- e. Goals: Propose specific cognitive and/or behavioral goals.
- f. Treatment: Develop specific cognitive and/or behavioral treatment plans. (Cite references to support your plan.)
- g. Outcome and Prognosis: Report results. (Make up or use actual data.)
- h. References: 7-14 references.

3. Length: Write a 7-9 page, typed (double-spaced) paper (with title page), plus reference page and appendices.

4. Optional: Use an ABAB or Multiple Baseline design to evaluate your treatment.

5. Apply all appropriate cognitive and behavioral modification principles from lecture or text.

6. Due:

- a. Outline and References: Thursday, October 18. (10 points)
- b. Final Paper: Tuesday, November 20 in class. 10 points off for each day/week late. You will present your paper orally (6-8 minutes) in your small groups. (90 points)