

Bemidji State University

PSY 4328: Behavioral and Cognitive Intervention

A. COURSE DESCRIPTION

Credits: 4

Lecture Hours/Week: *.*

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Behavioral theory and the method of applied behavior analysis are explored. Therapeutic application of behavioral and cognitive/behavioral principles to human problems in various settings is practiced.

Prerequisites: PSY 1100 and PSY 2227.

B. COURSE EFFECTIVE DATES: 02/10/2006 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Introduction. Programming. Concepts.
2. Goals, target behaviors. Program planning.
3. Functional analysis/assessment.
4. Evaluation (design).
5. Reinforcement, the "DRs,"
6. Punishment. Extinction.
7. Self mgmt./control. Self-Management Project (SMP) guidelines
8. Special techniques and variations (¿Tweaking tips!¿)
9. Maintenance, transfer.
10. Social, ethical, legal issues. Trends. Turn in SMP, baseline data & functional analysis
11. Cognitive methods, Cognitive Therapy.
12. Cognitive distortions. Cognitive Therapy and Structure
13. Automatic Thoughts and Emotions SMP data
14. Beliefs, more Cognitive Therapy Techniques

D. LEARNING OUTCOMES (General)

1. distinguish behavioral and cognitive models of therapy from other counseling and intervention models;
2. learn theories, principles and techniques of both behavioral and cognitive-behavioral intervention;
3. conceptualize and identify problems in model-specific terms;
4. develop a repertoire of evidence-based, "best practices" techniques for common problems;
5. become familiar with behavioral and cognitive intervention research/literature sources;
6. gain self-awareness and insight into personal habits, struggles, relationships and problem-solving.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted