

# Minnesota State University Moorhead

## PSY 275: Behavior Modification

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: 0

OJT Hours/Week: \*.\*

Prerequisites:

This course requires the following prerequisite

PSY 113 - General Psychology

Corequisites: None

MnTC Goals: None

Application of basic learning principles to the study of behavior change across community, home and school settings. Topics include reinforcement, extinction, punishment, shaping, self-management, and clinical behavior analysis.

**B. COURSE EFFECTIVE DATES:** 05/17/2010 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Recording, measuring and graphing behavior.
2. Reinforcement, extinction, and punishment.
3. Stimulus control.
4. Respondent conditioning.
5. Shaping, prompting and fading.
6. Chaining procedures.
7. Behavioral skills training.
8. Functional assessment.
9. Generalization of behavior change.
10. Self-management procedures.
11. Token economies and behavioral contracts.
12. Fear and anxiety reduction procedures.
13. Cognitive behavior modification.

### D. LEARNING OUTCOMES (General)

1. Appreciate how basic behavioral and learning theories translate to applied behavioral interventions.
2. Observe, describe and measure behavior using multiple methods.
3. Identify and analyze antecedent and consequence influences on behavior.
4. Develop and evaluate situation-specific methods to change behavior.
5. Understand how behavior analytic principles are applied in community, home, school and work settings.
6. Describe behavioral methods of treating traditional mental health problems.

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

None

**F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted