

# 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