

Virginia Western Community College

PSY 220

Introduction to Behavior Modification

Prerequisites

None

Course Description

Studies the history of behaviorism and the principles and applications of behavior modification.

Emphasizes observation and application of behavior modification principles.

Lecture 3 hours per week. (VCCS MCR Description)

This course is designed to provide the student with an introduction and overview of the theories, principles and applications of behavior modification. Special emphasis will be placed on understanding the techniques of behavior modification and their application to clinical populations.

Semester Credits: 3

Lecture Hours: 3

Required Materials

1. Textbook
2. Internet access
3. Canvas

Textbook:

Miltenberger, R.G. (2012). *Behavior Modification: Principles & Procedures*. 6th Ed. Wadsworth, Cengage Learning. ISBN# 978-1-305-10939-1

Other Required Materials:

None

Course Outcomes

At the completion of this course, the student should be able to:

- Discuss the history and development of contemporary theories of behavior therapy.
- Use the various principles and procedures of behavior modification.
- Demonstrate basic skills in behavioral assessment.
- Apply behavioral principles to specific target populations.
- Use the internet and Blackboard course software.
- Demonstrate basic knowledge of the use of APA style.

Topical Description

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| 1 | What is Behavior Modification? |
| 2 | Specifying and Assessing What We Want to Change |
| 3 | Organizing and Using Data (Graphing) |
| 4 | Identifying, Developing and Managing Operant Antecedents |
| 5 | Using Reinforcement to Increase Operant Behavior |
| 6 | Token Economies |
| 7 | Methods to Decrease Operant Behavior (Extinction & Punishment) |
| 8 | Decreasing Operant Behavior cont. (Differential reinforcement, Habit Reversal, Self-Monitoring) |
| 9 | Maintaining Behavior Changes |
| 10 | Covert Behavioral Methods |
| 11 | Advanced Behavioral Methods for Therapy |
| 12 | Ethics |

Notes to Instructors

None

[ADA Statement \(PDF\)](#)

[Title IX Statement \(PDF\)](#)