



Chartered Attitude and Behaviour Consultant

- Course Title** : **Predicting and Behaviour Modification**
- Course Code** : CAB 2003
- Course Criteria** : Part II, Compulsory
- Course Outline** : Behaviour modification is the field of psychology concerned with analyzing and modifying human behaviour. It procedures are used by professionals or paraprofessionals to help a person change significant behaviours, with the goal of improving some aspect of the person's life and treating his psychological disorders.
- Objective** : After Completing this course, candidate would be able to
1. Describe basic principles of behavior and its therapeutic aspects.
 2. Understand how environmental events influence human behaviour.
 3. Understand and plan behaviour modification strategies.
 4. Apply behaviour modification procedures in different settings.
 5. Contemplate on how the study of behavior therapy can give you an insight into your own good and bad emotional habits and how to reinforce your good ones and change your bad ones
- Synopsis** : This module will introduce candidates to the principals of behavior modification, and how they are applied in understanding and changing human behaviour. In this module starts with revising the measurement of behaviour and behavioural change; the basic principles such as reinforcement, extinction, punishment, simulation, and behavior control. Besides, this module, focuses on the methods used to establish new behavior and to get rid of maladaptive habits. Different case studies in different settings are presented to enable candidates to further enhance their understanding in

behaviour modification. Besides, the module discusses the ethics and moral issues that behavior therapists should follow in dealing with their patients and clients.

Topics

Content :

1. Introduction to behaviourmodification. .
2. Observing assessing and recording behaviour
3. The behavioural theories of Pavlov, Skinner and Thorndike and their influence in the development of modern behavior therapy.
4. Pavlov and the Reciprocal inhibition of John Wolpe.
5. Systematic desensitization
6. Assertive training
7. Aversion therapy
8. Skinner and his instrumental therapy that uses reinforcement,differential reinforcement and shaping.
9. Modeling and imitation of Bandura

References :

- Fishbein, M. &Ajzen, I. (2011).*Predicting and Changing Behaviour: The reasoned action approach*. New York: Psychology Press.
- Miltenberger, R. (2004). *Behavior Modification* (3rd Ed). Belmont: Thomson Learning.