

## PSCH 382 - PSYCHOLOGICAL INTERVENTIONS

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**Term:** Spring, 2011  
**Time:** 12:30-1:45 T R  
**Room:** BSB 2019  
**Course #:** 14706

**COURSE DESCRIPTION:** The purpose of the course is to cover the following, with emphasis on cognitive-behavioral interventions: 1) some theories that form the bases for psychological interventions; 2) some specific models and techniques of intervention; 3) processes and stages of intervention and change; and 4) other relevant issues, e.g., ethical and methodological issues in the practice of psychology.

**TEXTS:** Kazdin, A.E. (2008). *Behavior Modification in Applied Settings*. Belmont, CA: Wadsworth/Thomson Learning.  
Prochaska, J., Norcross, J., & DiClemente, C. (1995). *Changing For Good*. NY: Quill/HarperCollins.

**COURSE REQUIREMENTS** consist of the following (220 points maximum):

1) Three non-cumulative **EXAMS**, which will be in short answer/essay format. The first two exams are scheduled for Thursdays, 2/10 and 3/17; the third exam will be scheduled during finals week, date tba. (40 points each = maximum of 120 points total)

2) One **SELF-INTERVENTION PAPER** assignment, which focuses on designing, conducting and then writing up an intervention aimed at changing a behavior of your own. Details about the paper are on Blackboard and will be discussed in class on 1/13. The target behavior is due 1/25, the intervention design is due 2/15, and the completed paper is due in class on Thursday, 4/7.  
(75 points maximum)

3) **CLASS PARTICIPATION**, which includes attending class (so, yes, attendance will be taken), having assignments read, and *contributing* to class discussion. (25 points maximum)

The topics covered and corresponding reading assignments are listed on the back of this sheet. Other documents, e.g., assignments, articles can be found on Blackboard, including a statement on academic dishonesty (under Course Information). Check Blackboard for any announcements regarding the class throughout the semester.

Students with disabilities who request accommodations for access and participation in this course must be registered with the Disability Resource Center (312/413-2183; drc@uic.edu; or, for TDD, 413-0123).

\*\*\*If you are having difficulty with this course for any reason, please speak to the instructor about it EARLY ON rather than, e.g., after the paper is due or after final grades are given.

Final grades are determined by the total points obtained, and will **NOT** be changed because your total points place you one or two points below a higher letter grade.\*\*\*

<u>Week</u>	<u>Topic</u>	<u>Assigned Reading</u>
1	Introduction	Beh Mod, Chapter 1
2	Operant Methods	Beh Mod, Chapter 2
3	Behavioral Assessment and Analysis <i>Paper-target behavior due by Tuesday, 1/25</i>	Beh Mod, Chapters 3 & 4
4	Behavioral Consequences <i>T.A. presentation on intervention design</i>	Beh Mod, Chapters 6 & 7
5	Behavioral Consequences (cont.) and Review <i>Exam 1 on Thursday, 2/10</i>	
6	Extinction <i>Paper-design of intervention due by Tuesday, 2/15</i> <i>Assigning coaches</i>	Beh Mod, Chapter 8
7	Special Techniques Self-control	Beh Mod, Chapter 9 Beh Mod, Chapter 10
8	Intro to Stages of Change (for paper) Cognitive Methods	Beh Mod, Chapter 11
9	Cognitive Methods (cont.) Interventions with Children and Families	Article(s) on Blackboard
10	Ethical Issues and Review <i>Exam 2 on Thursday, 3/17</i>	Beh Mod, Chapter 13 (pp. 411-425) & handout
<b>- Spring Break 3/21-25 -</b>		
11	Processes and Stages of Change	Changing, Chapters 1 & 2
12	Making Changes and Precontemplation <i>Final Paper due on Thursday, 4/7</i>	Changing, Chapters 3 & 4
13	Contemplation Motivational Interviewing video	Changing, Chapter 5
14	Preparation and Action	Changing, Chapters 6 & 7
15	Maintenance and Recycling	Changing, Chapters 8 & 9

Review

Article on Blackboard

*- Exam 3 to be scheduled during Week 16 -*