

# PSYCHOLOGICAL INTERVENTIONS

## PSCH 382 (12254) | Fall Semester 2016 | Syllabus v1

---

Instructor:	Donald Tyler, Ph.D.	Office:	BSB 2056C
Location:	LH 312	Hours:	Tuesdays: 3:30-4:30
Day:	Tuesdays & Thursdays	Phone:	(312) 996-1611
Time:	2:00pm – 3:15pm	E-mail:	<a href="mailto:dhtyler@uic.edu">dhtyler@uic.edu</a>

Teaching Assistant: Erika Gustafson ([gustafs6@uic.edu](mailto:gustafs6@uic.edu))

---

### Prerequisites

---

PSCH 210 or PSCH 231 or PSCH 312; and PSCH 270, and a grade of C or better in PSCH 242.

---

### Required Textbooks

---

Kazdin, A.E. (2013). *Behavior Modification in Applied Settings* (7<sup>th</sup> ed). Long Grove, IL: Waveland.  
Prochaska, J., Norcross, J., & DiClemente, C. (1995). *Changing For Good*. NY: Quill/HarperCollins.

---

### Course Description

---

The aim of this course is practical application of psychological theories and principles used to change behavior and treat psychological problems. The focus is understanding and utilizing behavioral and transtheoretical models to select, implement, and evaluate interventions and assess behavior change.

---

### Course Requirements

---

- I. Participation
- II. Three Exams
- III. Self-Administered Intervention Project

---

#### I. Participation

---

Participation in course activities is essential to learning and skill development. Students are expected to attend class, read the assigned text chapters (and other material) *before each class*, contribute to class discussion, and participate in class activities. Class discussion and activities will concentrate on application of behavioral and transtheoretical concepts to case studies.

---

#### II. Exams

---

Three non-cumulative exams will be given to evaluate student acquisition of knowledge at weeks six and eleven and the end of the term respectively. Exam 1 will cover material from the first third of the course, including chapters 1 through 7 of *Behavior Modification in Applied Settings* as well as additional content presented in class. Exam 2 will cover material from the second third of the course, including chapters 8 through 11 and 13 of *Behavior Modification in Applied Settings* and additional information provided in class. Exam 3 will cover material from the last third of the course, including chapters 1 through 9 of *Changing for Good* and additional content discussed in class. Each exam will involve short answer/essay questions that focus on application of behavioral and transtheoretical concepts to case studies.

Be advised, students will only be excused from an exam in the event of personal illness that requires immediate medical attention, in instances of death/serious illness of a close family member, or for other valid events (i.e. religious holy days, participation in NCAA team events) that occur at the time of the scheduled exam. *The instructor should be notified in advance or as soon as possible and appropriate documentation must be provided in all circumstances.* In such cases, students will need to take a make-up exam. (Make-up exams may be more challenging.) Missing an exam without a valid, documented excuse, or failure to provide appropriate documentation in a timely manner, may result in a grade of zero for the exam(s).

---

### III. Self-Administered Intervention Project

---

The Self-Administered Intervention Project focuses on designing, conducting, and writing a report about an intervention aimed at changing a behavior of your own. Details about the project will be provided in a separate document. The project components, including Target Behavior, Design of Intervention, Coaching Assignment, Baseline Measurement, and Intervention Paper, are due by weeks three, five, seven, nine, and twelve respectively.

#### Grading

---

Participation	=	50		A:	90 – 100%
Exam 1	=	70		B:	80 – 89%
Exam 2	=	70		C:	70 – 79%
Exam 3	=	40		D:	60 – 69%
<u>Self-Intervention Project</u>	=	<u>100</u>		F:	0 – 59%
<b>TOTAL POINTS</b>	=	<b>330*</b>			

\*Points may be adjusted if one or more assignments are revised.

---

#### Classroom Expectations and Course Policies

---

1. Entering & Leaving Class: Make every effort to be on time for class. If you do arrive late, please enter in a way which minimally disrupts the classroom environment (such as sitting in back). Students are expected to remain in class until dismissed. Early departure may be acceptable for legitimate reasons that are discussed with the instructor in advance.
2. Electronic Devices: Students are expected to devote their full attention to class activities. Cell phones and other communication or electronic devices should be turned off or set to silent mode and should not be used in class. Completion of work for other courses or involvement in social media during class time is strictly prohibited. Accordingly—with the exception of note-taking—use of laptops, netbooks, or tablets during class time is prohibited. Exceptions to this rule may be made for compelling educational reasons and must be approved in advance by the instructor.
3. Open-Mindedness and Respect: Come to class with an open mind and be willing to listen to alternative viewpoints and perspectives. Students are asked to respect diverse points of view and understand that each person’s background and life experiences have shaped who they are today. Religious, moral, or political perspectives are welcome when appropriate, but speech which demeans or oppresses other individuals, or actions that disrupt the classroom will not be tolerated. Students who violate this policy may be asked to leave the classroom and the instructor will contact the appropriate officials in accord with university policy.

4. Clinical & Counseling Resources: It is not unusual for topics covered in psychology courses to elicit unexpected issues for students. If you feel you, or someone you know, needs counseling, please contact the Counseling Center at (312) 996-3490. All services are free and completely confidential. In addition, the Office of Applied Psychological Services (OAPS) is an on-campus clinic that offers mental health services based on a sliding scale. Call (312) 996-2540 to make an appointment. UIC also offers an InTouch Crisis Hotline that is available every evening from 6:00pm to 10:30pm. The number to call is (312) 996-5535.
  5. Students with Disabilities: Appropriate accommodations are available for students who have a documented disability. Please notify the instructor during the first week of class and arrange to *meet with him in person to discuss accommodations* needed for the course. Students with disabilities who require accommodations for access and participation in this course must be registered with the Office of Disability Services (ODS). Please contact ODS at 312/413-2103 (voice) or 312/413-0123 (TTY).
  6. Academic Integrity: Cheating, plagiarism, fabrication, or other violations of the UIC Guidelines Regarding Academic Integrity will be addressed in accord with the policy's stipulations. Students who engage in academic misconduct will receive a grade of zero on each assignment or exam implicated and possibly a grade of "F" for the course. Furthermore, students will be subject to disciplinary actions by university officials and/or civil authorities. Refer to section 6.6 the student handbook ([www.uic.edu/depts/oa/SMAAPP/guide.pdf](http://www.uic.edu/depts/oa/SMAAPP/guide.pdf)) for specific rules regarding these matters.
  7. Late Assignments: Assignments submitted after the due date will be accepted but points will be deducted each day past the deadline. Late assignments may be accepted without penalty in the event of personal illness that requires immediate medical attention, in instances of death/serious illness of a close family member, or for other valid events (i.e. religious holy days, participation in NCAA team events) that reasonably interfere with timely submission of work. *The instructor should be notified in advance or as soon as possible and appropriate documentation must be provided in all situations.*
  8. SafeAssign & Blackboard: Part of the process of submitting assignments on Blackboard involves checking to see if your assignment has been successfully uploaded into the SafeAssign system. *Students are responsible for ensuring that their assignments have been uploaded correctly.* This can be done by checking in SafeAssign and also in the Gradebook, where an icon with a green exclamation mark will appear in place of the grade for the assignment until a grade is entered. 
- If the green exclamation mark is not present in the Gradebook for that assignment, your paper has not been submitted and Blackboard will not have a record of your assignment. If other attempts to submit the assignment are unsuccessful, you must email the instructor and your TA, with your assignment as an attachment, as soon as possible. Late penalties will apply for assignments that were unsuccessfully uploaded onto Blackboard and were submitted late via email.
9. Grades: *Grades are earned*, not given. As such, grades will not be arbitrarily raised for any reason. If, for one reason or another, you absolutely must have an 'A' or other grade in this course, make sure you put start the semester by putting forth the required effort to earn an 'A' or other grade and be sure you continue with that effort until the term ends. This includes reading the text, studying the material well in advance of exams, and asking questions when you don't understand something. If you are having difficulties, make an appointment to meet with the instructor.
  10. Syllabus and Course Changes: The syllabus may be modified at any time to meet the objectives of the course or accommodate the needs of students. This may include change in the order of events, alteration of requirements, or adjustment of grading procedures. In the event that such changes are necessary, students will be notified right away and a revised syllabus will be posted on Blackboard.

## COURSE SCHEDULE

WEEK	DAY	TOPICS, ACTIVITIES & ASSIGNMENTS	READING
1	8/23 8/25	Introduction	Beh Mod: Ch 1
2	8/30 9/1	Principles of Operant Conditioning	Beh Mod: Ch 2
3	9/6 9/8	Behavioral Assessment <i>Target Behavior due</i>	Beh Mod: Ch 3 & 4
4	9/13 9/15	Evaluation & Functional Assessment	Beh Mod: Ch 5 & 6
5	9/20 9/22	Reinforcement & Self-Intervention <i>Design of Intervention due</i>	Beh Mod: Ch 7 & 12
6	9/27 9/29	<b>Exam 1</b> Punishment	Beh Mod: Ch 8
7	10/4 10/6	Punishment & Extinction <i>Coaching Assignment</i>	Beh Mod: Ch 8 & 9
8	10/11 10/13	Special Techniques;	Beh Mod: Ch 10
9	10/18 10/20	Generalization; <i>Baseline Measurement due</i>	Beh Mod: Ch 11
10	10/25 10/27	Clinical Applications	Beh Mod: Ch 13
11	11/1 11/3	Clinical Applications <b>Exam 2</b>	
12	11/8 11/10	The Transtheoretical Approach <i>Self-Administered Intervention Paper due</i>	Changing: Ch 1-3
13	11/15 11/17	Precontemplation & Contemplation	Changing: Ch 4 & 5
14	11/22 11/24	Preparation & Action	Changing: Ch 6 & 7
15	11/29 12/1	Maintenance & Recycling	Changing: Ch 8 & 9
Finals Week	12/7	<b>Exam 3</b> (Wednesday 3:30-5:30)	