Psychology 625A Psychosocial Intervention

Readings for the module on Principles of Behavior Therapy (Fall, 2009)

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Office hours: I have an open-door policy, but email me for an appointment if you want to be sure to find a time to meet with me.

As indicated by the title, this course is focused on principles of behavior therapy. Although it will also serve as an introduction to the clinical application of cognitive-behavioral principles, the primary focus of the course is on how we are progressing in developing a science of therapeutic change. It’s an opportunity to read, think about, and discuss issues that are at the heart of developing effective treatments.

The course requirements are: (1) Read the assigned readings and come prepared to discuss them. The weekly readings are available electronically and will be sent to you through email. (2) There is a closed-book final exam at the time listed in the course schedule. And (3) Read original articles in an area of your choosing (approved by me) and write a first draft of an approximately 15 page review paper to be handed in no later than 5 PM on Thursday, December 11th. It can be handed in earlier, of course.

In the syllabus below, ||| means recommended, but not required. You should look through this reading in case you need it for the future, but it will not be discussed in detail.

Final Exam: The format of the final exam consists of 8 identify or define questions (5 points each) that can be answered in three or four sentences and 4 essay questions (15 points each). An example of a define question would be to define “negative reinforcement” and give an example. An example of a brief essay might be to describe and critically evaluate Linehan’s treatment for individuals with borderline personality disorder.

Review paper in an area of your choosing: The idea is for you to select an area that will help you develop your own expertise. You’ll need to do a literature search and select articles to read. It’s ok to include recent review articles, but the goal is for you to develop your own view of the current state of knowledge with respect to the treatment of a specific problem or set of problems. This requirement is an opportunity for you to take the first steps on becoming one of a handful of experts in an area of your choosing. There is no better way to understand the strengths and weaknesses in an area of research than to immerse yourself in its literature. Hopefully, some of you will go on to revise and expand your review paper and submit it for publication. There are published review papers that started out as reviews for this requirement.

Oct 1 History of Behavior Therapy; Contingency Management


The following primer will be on reserve with Howard Allen and may be useful for those who have not had prior exposure to behavior therapy.


**Oct 8 Contingency Management II; Generalization**

Fox, L. (1962). Effecting the use of efficient study habits. *Journal of Mathetics, 1*, 75-86.


[[McGlynn, S.M. (1990). Behavioral approaches to neuropsychological rehabilitation. *Psychological Bulletin, 108*, 420-441. This is a revised and expanded version of the paper that Sue McGlynn wrote for this course.]]

**Oct 15 Relaxation Training, Meditation**


**Oct 22 Insomnia; Nightmares; Nocturnal Panic**


**Oct 29 PTST; Treatments that Harm**


**Nov 5 Anxiety Disorders**


**Nov 12 Depression**


Nov 19 No class—work on your paper

Nov 26 Dialectical Behavior Therapy


Dec 3 Motivation for Change; Bulimia; Relapse Prevention/Harm Reduction; Addictions; Sexual Abuse


**Dec 10 Training and Dissemination**


**Paper: Due Thursday, December 11th, 5 PM.** There will be no incompletes related to the completion of the paper. If the paper is not turned in by the deadline, the final grade for the course will be lowered by one letter grade.

**Final Exam: Wednesday, December 17th, 2-4 PM.**