25943 - Humanist Therapy

Syllabus Information

Academic Year: 2021/22
Subject: 25943 - Humanist Therapy
Faculty / School: 301 - Facultad de Ciencias Sociales y Humanas
Degree: 270 - Degree in Psychology
ECTS: 6.0
Year: 2 and 4 and 3
Semester: First Four-month period
Subject Type: Optional
Module:

1. General information

2. Learning goals

3. Assessment (1st and 2nd call)

4. Methodology, learning tasks, syllabus and resources

4.1. Methodological overview

The learning process that is designed for this subject is based on:

1. The methodology used will be expository and participatory

2. The theoretical and practical content will be presented by the teacher with questions, discussions, debates and public sharing of opinions to reach conclusions

3. Cooperative learning methodology will be used, based on problem-solving of real clinical cases

4.2. Learning tasks

The program that the student is offered to help achieve the expected results includes the following activities:

1. Lectures where the teacher will present the basic concepts about a topic (30 hours)
2. Analysis of case studies where students will practice the concepts learned (20 hours)
3. Cooperative work (10 hours)

4.3. Syllabus

PART ONE: BEHAVIOR MEASUREMENT AND CHANGE
Topic 1. Introduction to Behavior Modification
Topic 2. Observation and behavior registration

Topic 3. Measurement and graphic representation of behavior

PART TWO: BASIC PRINCIPLES
Topic 4. Reinforcement
Topic 5. Extinction
Topic 6. Punishment
Topic 7. Stimulus control: discrimination and generalization
Topic 8. Respondent conditioning

PART THREE: PROCEDURES TO ESTABLISH NEW BEHAVIORS
Topic 9. Molding
Topic 10. Transfer of stimulus control and aids
Topic 11. Chaining
Topic 12. Behavioral skills training procedures

PART FOUR: PROCEDURES TO INCREASE BEHAVIORS
Topic 13. How to understand behavior problems through functional analysis
Topic 14. Extinction procedure
Topic 15. Differential reinforcement
Topic 16. Background control procedures
Topic 17. Punishment, time out and response cost
Topic 18. Procedures for positive punishment and related ethical aspects
Topic 19. Promote generalization

PART FIVE: OTHER BEHAVIOR MODIFICATION PROCEDURES
Topic 20. Promotion of personal autonomy
Topic 21. Habit reversal procedures
Topic 22. Token economy
Topic 23. Behavioral contracts
Topic 24. Procedures for reducing fear and anxiety
Topic 25. Modification of cognitive behavior

4.4. Course planning and calendar

Sessions, presentation of works, the program content and the literature recommended shall be specified at the beginning of the course 2021-2022 by the teacher.

4.5. Bibliography and recommended resources

http://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=25943