

25943 - Humanist Therapy

Syllabus Information

Academic Year: 2022/23

Subject: 25943 - Humanist Therapy

Faculty / School: 301 - Facultad de Ciencias Sociales y Humanas

Degree: 270 - Degree in Psychology

ECTS: 6.0

Year:

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
2. Analysis of case studies where students will practice the concepts learned

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 2022-2023 by the teacher.

4.5. Bibliography and recommended resources

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