



COU 645 Human Behavior Analysis  
Autumn Term, 2013

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**Required Text:** Spiegler, M., & Guevremont, D. (2009). Contemporary Behavior Therapy, 5<sup>th</sup> edition.  
**ISBN-10:** 049550906X | **ISBN-13:** 978-0495509066

**Required Reference:** Diagnostic and Statistical Manual of Mental Disorders, either the fourth or fifth edition, American Psychological Association

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**Course Description:**

Counseling 645 is a three (3) hour graduate level course intended for career professionals in the mental health field. The course explores the wide spectrum of human behavior, with an emphasis on clinical assessment and analysis of behavior, and the development and use of behavioral treatment strategies.

Academic work involves an applied holistic approach to the study of behavior associated with maladaptive behaviors and mental health conditions, familiarity with best practice standards, and the development of the skills necessary for accurate and effective identification of appropriate behavioral treatment strategies.

**Course Objectives:**

Upon completing the course students will be able to demonstrate through written exams and quizzes, classroom participation, written work, and class room presentations the acquisition of professional knowledge and skills involving:

- The definition and characteristics of normal, atypical, and dysfunctional behavior.
- A demonstrated ability to apply basic principals and procedures of behavioral therapies.
- The development of skills associated with defining target behaviors, observation, and interpreting data necessary for accurate assessment and provisional diagnoses.
- A demonstrated ability to interpret human conduct, emotions, and mental health conditions in terms of behavior and cognitive-behavioral principals.
- A demonstrated ability to do functional assessments of problem behaviors, and use best practice standards in developing intervention and treatment plans.

- The development of a skills associate with understanding and utilizing the entire range of behavioral based interventions currently used in professional practice.
- A demonstrated ability to use the Diagnostic and Statistical Manual of Mental Disorders Fifth Edition Revision (DSM-V) in interpreting symptoms, assessing for diagnostic impressions, and developing individualized treatment plans.
- A thorough understanding and awareness of the ethical principals associated with the use of behavioral interventions and methods.
- Familiarity with alternative behavioral based therapies and an ability to engage in a critical analysis of those therapies when compared to Behavioral and Cognitive Behavioral Therapy.

**Course Requirements and Evaluation:**

Evaluation will be based on attendance and classroom participation, quizzes, successful application of the course information, classroom presentations and a final examination. The course grade will be calculated as follows:

- 30% Attendance and classroom participation
- 20% Quizzes
- 30% Presentations
- 20% Final exam

**Feedback:**

Students may request feedback at any time during the course. Formal evaluation and feedback will follow the routine format for the college.

**Methods of Instruction:**

This will be an interactive course that includes completion of reading assignments, student presentations and discussions, lecture and instruction, and participation in cooperative learning opportunities. Class schedule, reading assignments, quizzes, group participation, and final exam format will be discussed during the first class session.

**Weekly Assignments:**

Students will be responsible for reading the assigned chapters according to the class schedule, demonstrate an ability to discuss theory and research using critical thinking and professional standards, and demonstrate mastery of the material through quizzes and tests. Students will be responsible for researching an assigned topic and leading a group learning experience. The requirements for this will be discussed in the first class.

**Final Exam:**

The content of the final exam will come from the classroom lectures and discussion, classroom and group learning experiences, and the text used in the course.

**Schedule:**

The schedule for the course will be established prior to and during the first class session. There will be of course work required outside of the classroom. This work will be in the form of research and the development of class presentations.