

Postgraduate Certificate

Behavior Modification Techniques





Postgraduate Certificate Behavior Modification Techniques

- » Modality: online
- » Duration: 2 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/pk/psychology/postgraduate-certificate/behavior-modification-techniques

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01

Introduction

The ultimate goal of psychological intervention in many therapeutic situations is the modification of the behavior of the persons treated. This work has benefited profoundly from the advances and developments that determine the way to proceed and distinguish front-line professionals. This course will place you among the best trained in the field.



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This Postgraduate Certificate will broaden your horizons as a psychologist and will allow you to grow personally and professionally"

This Postgraduate Certificate provides extensive knowledge in advanced models and techniques in Behavior Modification. For this, you will have a teaching faculty that stands out for its extensive professional experience in the different fields in which psychology has developed and in different sectors of the population.

Throughout this program, you will learn the current and newest approaches on this topic. Learn to identify appropriate direct intervention methods according to therapeutic purposes, as well as appropriate to clinical and socio-health contexts.

We will not only take you through the theoretical knowledge we offer, but we will introduce you to another way of studying and learning, one which is simpler, more organic and more efficient. We will work to keep you motivated and to develop your passion for learning, helping you to think and develop critical thinking skills.

A high-level step that will become a process of improvement, not only on a professional level, but also on a personal level.

This **Postgraduate Certificate in Behavior Modification Techniques** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ The development of 100 practical cases presented by experts in Behavior Modification
- ♦ The graphic, schematic, and practical contents provide students with scientific and practical information on the disciplines that are essential for Psychologist
- ♦ New developments and innovations in the different areas of psychology
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ Algorithm-based interactive learning system for decision-making in the situations that are presented to the student
- ♦ Special emphasis on cutting-edge methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



An educational program created for professionals who aspire for excellence, and that will enable you to acquire new skills and strategies easily and effectively"

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A totally efficiency-focused approach that will allow you to learn in a real, constant and efficient way”

It includes a very broad teaching staff made up of experts in psychology, who share their work experience in this program, as well as recognized specialists from leading communities and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive program designed to learn in real situations.

This program is designed around Problem-Based Learning, where the student must try to solve the different professional practice situations that arise during the course. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced experts.

Forget the obsolete ways of studying the traditional way and make your learning easier and more motivating.

This study makes a difference in the labor market by placing you among the most qualified professionals.



02

Objectives

The objectives of this program have been established as a guide for the development of the entire training, with the specific mission of offering the students a very intensive learning experience that will really boost their professional progression. A journey of personal growth that will take you to the top in your intervention as a psychologist.





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If your goal is to improve in your profession, to acquire a qualification that will enable you to compete among the best, then look no further. This training will give your career the boost it needs"



General Objective

- Train professionals qualified to perform Behavior Modification techniques that can intervene with real working capacity and with optimal results, supported by the most updated and useful theoretical and practical knowledge for their profession

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You will learn to practice the most interesting protocols and forms of intervention in behavior modification, with the security of a great training”





Specific Objectives

- ♦ Correctly describe the goals of and negotiate them appropriately with those involved in the intervention
- ♦ Measure the variables involved in cognitive-behavioral treatments
- ♦ Identify and interpret personal factors in relation to individual differences in cognitive intervention
- ♦ Conduct accurate assessments useful for cognitive-behavioral intervention
- ♦ Delineate the therapeutic goals and the intervention process
- ♦ Discriminate between cognitive intervention techniques appropriate to the case
- ♦ Identify appropriate direct intervention methods according to therapeutic purposes, as well as appropriate to clinical and socio-health contexts
- ♦ Measuring the results of cognitive-behavioral intervention

03

Structure and Content

The contents of this comprehensive training program have been developed by the sector's most competent professionals, with a high quality criterion at every stage of the course. For this purpose, the most relevant and comprehensive topics have been selected, with the latest and most interesting updates.





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This Postgraduate Certificate in Behavior Modification contains the most complete and up-to-date scientific program on the market”

Module 1. Behavior Modification Techniques

- 1.1. Introduction: What is Behavior Modification?
 - 1.1.1. Delimitation of Behavior Modification
 - 1.1.2. Brief Historical Development of Behavior Modification
 - 1.1.3. Basic Assumptions of Behavior Modification
 - 1.1.4. Fundamental Currents of Behavior Modification
- 1.2. Behavioral Assessment
 - 1.2.1. Introduction
 - 1.2.2. Define Behavior
 - 1.2.3. Record of Behavior
 - 1.2.4. Behavioral Analysis
- 1.3. Learning Principles applied to Behavior Modification
 - 1.3.1. Introduction
 - 1.3.2. Definition of Reinforcement and Punishment
 - 1.3.3. Types of Reinforcers
 - 1.3.4. The Principle of Premack
 - 1.3.5. Choice of Reinforcers
 - 1.3.6. Enhancer Applications
 - 1.3.7. Reinforcement Programs
- 1.4. Contingency control (I): Procedures to develop and maintain behaviors
 - 1.4.1. Simple Contingency Techniques (Reinforcement, Shaping, Chaining and Fading)
 - 1.4.2. Organized Contingency Systems (Behavioral Contracts, Token Economy)
 - 1.4.3. Modeling and Social Skills Training
- 1.5. Contingency control (II): Procedures to reduce behaviors
 - 1.5.1. Extinction
 - 1.5.2. Differential Reinforcement
 - 1.5.3. Stimulus Control
 - 1.5.4. Cost of Response
 - 1.5.5. Time Off
 - 1.5.6. Satiation
 - 1.5.7. Overcorrection
 - 1.5.8. Positive Punishment
 - 1.5.9. Covert Techniques
 - 1.5.10. Aversive Techniques



- 1.6. Muscle Relaxation and Abdominal Breathing
 - 1.6.1. Introduction: Framework of the Techniques
 - 1.6.2. Progressive Muscular Relaxation
 - 1.6.3. Abdominal Breathing
- 1.7. Systematic Desensitization and its Variants
 - 1.7.1. Systematic Desensitization
 - 1.7.2. Live Desensitization
 - 1.7.3. Desensitization as a Control Technique
- 1.8. Exposure Techniques
 - 1.8.1. Exposure Procedures
 - 1.8.2. Variants and Variables Involved in Exposure
 - 1.8.3. Conclusions
- 1.9. Stress Inoculation and Other Coping Techniques
 - 1.9.1. Introduction
 - 1.9.2. Procedure of the Stress Inoculation
 - 1.9.3. Conclusions
- 1.10. The Acceptance and Commitment Therapy Approach
 - 1.10.1. Introduction
 - 1.10.2. Philosophical and Theoretical Presuppositions
 - 1.10.3. Elements of Therapy
 - 1.10.4. Therapy Phases
 - 1.10.5. Clinical Applications and Assessment

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Our syllabus has been designed with teaching effectiveness in mind: so that you learn faster, more efficiently, and on a more permanent basis”

04

Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.



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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

With TECH the psychologist experiences a way of learning that is shaking the foundations of traditional universities around the world.



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the psychologist's professional practice.

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Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”

The effectiveness of the method is justified by four fundamental achievements:

1. Psychologists who follow this method not only master the assimilation of concepts, but also develop their mental capacity by means of exercises to evaluate real situations and apply their knowledge.
2. Learning is solidly translated into practical skills that allow the psychologist to better integrate knowledge into clinical practice.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

Our university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.

The psychologist will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.





At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

This methodology has trained more than 150,000 psychologists with unprecedented success in all clinical specialties. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.

This program offers the best educational material, prepared with professionals in mind:



Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then adapted in audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high-quality pieces in each and every one of the materials that are made available to the student.



Latest Techniques and Procedures on Video

TECH introduces students to the latest techniques, to the latest educational advances, to the forefront of current psychology. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



Testing & Retesting

We periodically assess and re-assess students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



Classes

There is scientific evidence suggesting that observing third-party experts can be useful.
Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical and effective way to help students progress in their learning.



05

Certificate

The Postgraduate Certificate in Behavior Modification Techniques guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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Include in your training a Postgraduate Certificate in Emotion and Motivation Psychology: A huge step forward in your competitiveness in the sector”

This **Postgraduate Certificate in Behavior Modification Techniques** contains the most complete and up-to-date program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Behavior Modification Techniques**

Official N° of Hours: **150 h.**



*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

future
health confidence people
education information tutors
guarantee accreditation teaching
institutions technology learning
community commitment
personalized service innovation
knowledge present
development language
virtual classroom



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