



Postgraduate Certificate

Behavior Modification Techniques

» Modality: online

» Duration: 6 weeks

» Certificate: TECH Global University

» Credits: 6 ECTS

» Schedule: at your own pace

» Exams: online

Website: www.techtitute.com/us/psychology/postgraduate-certificate/behavior-modification-techniques

Index

 $\begin{array}{c|c}
\hline
01 & 02 \\
\hline
\underline{Introduction} & \underline{Objectives} \\
\hline
03 & 04 & 05 \\
\underline{Structure and Content} & \underline{Methodology} & \underline{Certificate} \\
\hline
p. 12 & p. 16 & p. 24
\end{array}$





tech 06 | Introduction

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 the apeutic 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"

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.







tech 10 | Objectives



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



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

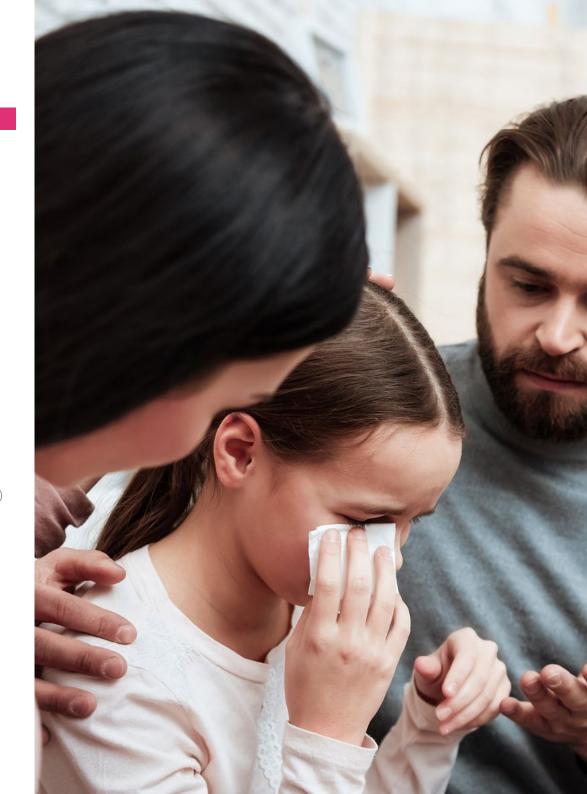




tech 14 | Structure and Content

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. Saciation
 - 1.5.7. Overcorrection
 - 1.5.8. Positive Punishment
 - 1.5.9. Covert Techniques
 - 1.5.10. Aversive Techniques





Structure and Content | 15 tech

- 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
- Exposure Techniques
 - 1.8.1. Exposure Procedures
 - 1.8.2. Variants and Variables Involved in Exposure
 - 1.8.3. Conclusions
- 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



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



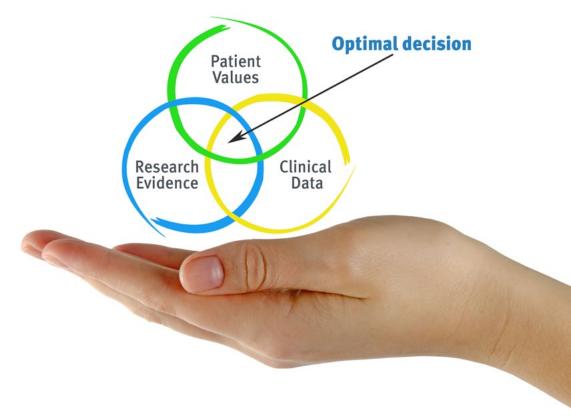


tech 18 | Methodology

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.



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.



tech 20 | Methodology

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.





Methodology | 21 tech

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 180,000 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.

tech 22 | Methodology

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

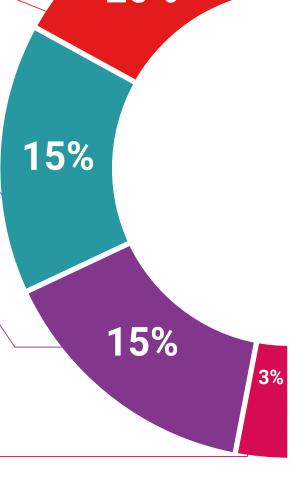
TECH introduces students to the latest techniques, to the latest educational advances, to the forefront of current psychology. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times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

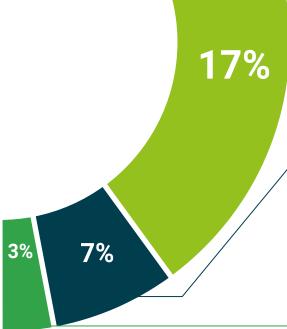
There is scientific evidence suggesting that observing third-party experts can be useful.

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.



20%





tech 26 | Certificate

This program will allow you to obtain your **Postgraduate Certificate in Behavior Modification Techniques** endorsed by TECH Global University, the world's largest online university.

TECH Global University is an official European University publicly recognized by the Government of Andorra (*official bulletin*). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: Postgraduate Certificate in Behavior Modification Techniques

Modality: online

Duration: 6 weeks

Accreditation: 6 ECTS



Mr./Ms. _____, with identification document _____ has successfully passed and obtained the title of:

Postgraduate Certificate in Behavior Modification Techniques

This is a program of 180 hours of duration equivalent to 6 ECTS, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH Global University is a university officially recognized by the Government of Andorra on the 31st of January of 2024, which belongs to the European Higher Education Area (EHEA).

In Andorra la Vella, on the 28th of February of 2024



^{*}Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

tech global university

Postgraduate Certificate

Behavior Modification Techniques

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

