

# **COU555 Behaviour Therapy**

**Level:** 5

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY JAN

## **Synopsis:**

## **Topics:**

- Introduction to Behavior Therapy
- Basic Principles
- Understanding the Process of Behavior Therapy
- How To Conduct Behavioral Assessments; Cultural considerations when conducting assessments
- Introduction to different types of behavioral approaches (theory and application): Acceleration BT; Deceleration BT; Reinforcement and Punishment Combined
- More types of behavioral therapy: exposure therapy; modeling therapy
- Cognitive Behavioral Therapy
- Behavioral therapy in context of psychological interventions today
- Cognitive Behavior Therapy (with a behavioral bent) - more culturally relevant in Asia

## **Textbooks:**

: More Than Miracles: The State of the Art of Solution-Focused Brief Therapy, Shazer, S & Dolan, Y, (2012) Taylor & Francis, USA  
ISBN-13: 9780789033987-AA

: Mindfulness-Based Treatment Approaches, 2nd Edition, Baer, R, (2014) Elsevier Inc, USA  
ISBN-13: 9780124160316

: More Than Miracles: The State of the Art of Solution-Focused Brief Therapy, Shazer, S & Dolan, Y, (2012) Taylor & Francis, USA  
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Rosengren, D: Building Motivational Interviewing Skills, A Practitioner Workbook - 2nd Edition 2 The Guildford Press  
ISBN-13: 9781462532063

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**Learning Outcome:**

- Compare and contrast different approaches to Behaviour Therapy
- Debate on the pros and cons of Behaviour Therapy
- Appraise familial, cultural and social concerns in Behaviour Therapy
- Defend the usefulness of Behaviour Therapy with certain client groups
- Critique outcome studies in Behaviour Therapy
- Examine ethical and professional issues in Behaviour Therapy
- Experiment with different approaches to Behaviour Therapy
- Set up assessment procedures for individual clients
- Examine and report on outcomes of intervention
- Appraise outcome studies to inform and improve practice
- Evaluate the effectiveness of selected behavioural techniques
- Select a behavioural approach of personal preference with justification

**Assessment Strategies:**

<b>Continuous Assessment Component</b>	<b>Weightage (%)</b>
TUTOR-MARKED ASSIGNMENT	25
TUTOR-MARKED ASSIGNMENT	25
<b>Sub-Total</b>	<b>50</b>

<b>Examinable Component</b>	<b>Weightage (%)</b>
Written Exam	50
<b>Sub-Total</b>	<b>50</b>

**Weightage Total** **100**