

SEMESTER- IV

PSY – 17

BEHAVIOUR MODIFICATION

Objectives

1. To impart knowledge and develop skills needed for Applying behaviour modification techniques.
2. To impart knowledge and develop skills towards self-development.

Unit I

Introduction – Behaviour Modification . Learning Theory Foundation of Behaviour Modification-Merits and Limitations of Behavioral Approach. Cognitive-Behavioural-Perspective of Behaviour Modification.

Unit II

Relaxation Techniques – Jacobson’s Progressive Muscular Relaxation, Yoga, Meditation; Systematic Desensitization-Basic Principles- Construction of Hierarchy- Scene Presentation Theory of Desensitization; Assertive Training-Method of Assertive Training , Theory of Assertive Training.

Unit III

Modeling Procedures-Acquisition & Facilitation of New Behaviour Pattern by Modeling, Graduated Modeling, Participant Modeling and Contact Desensitization; Contingency Management Procedures, The Role of Reinforcement In The Learning of Social Behaviors, Shaping, Time Out Procedures, Token Economy; Cognitive Behaviour Modification Techniques, Meichenbaum Self-Training Beck’s Model - Rational Emotive Therapy Of Ellis.

Unit IV

Clinical Applications of Behaviour Therapy in Anxiety Disorders, Psychoactive Substance Use Disorders, Sexual Disorders, Childhood Disorders,

Reading

- Morey, IC. & Waugh, M.H. (1985). NMPI Scales for DSMIII Personality Disorders: Their Derivatives and Correlates. *Journal of Personality Assessment*, 19,245-251
- Pascale, G.L & Suttell, B.J. (1957). The Bender-Gestalt Test: **Quantification and Validity for Adults**. New York: Grune & Stratton
- Robin, A.R.& Hogorski, Z. (1985). The Sentence Completion Method: Recent Research. *Journal of Personality Assessment*, **49,641-647**
- Romm, D.C. & Masters, J.C. (1974) **Behaviour Therapy: Techniques and Empirical Findings**. New York: John Wiley & Sons
- Swaminathan, V.D. & Kaliappan, K.V. (1997). **Psychology for Effective Living Behaviour Modification, Guidance, Counselling and Yoga**. Chennai: Madras Psychology Society.

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