University of Management and Technology
Department of Applied Psychology
School of Professional Psychology
We train professionals

Course Title: Behavior Therapy Training Course

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Outline

The objectives of a behavioral therapy training course include providing participants with a solid understanding of the principles and concepts of behavioral therapy. Equipping them with the skills to implement various techniques and interventions used in behavioral therapy, such as exposure therapy, social skill training and relaxation techniques etc. This course will also help the participants to develop effective communication skills to build rapport with clients and establish a therapeutic relationship. Participants will also train in how to evaluate the effectiveness of therapy and make necessary adjustments to treatment plans.

Introduction to Behavioral Therapy

- Introduction to Behavior Modification
- Observing and Recording Behavior

Basic Principles

- Reinforcement
- Punishment
- Extinction
- Stimulus Control

Establishing New Behaviors

- Shaping
- Chaining

Behavior Therapy Techniques and Interventions

- Exposure therapies
- Social skills and assertiveness training
- Token Economy
- Habit Reversal Procedures
- Mindfulness-based interventions
- Self-monitoring and self-evaluation

Therapeutic Relationship and Communication

- Empathy and active listening
- Establishing trust and rapport

- Managing resistance and defensiveness
- Enhancing motivation and commitment

VI. Professional Ethics and Standards

- Confidentiality and privacy
- Informed consent and boundaries
- Professional development and self-care

VII. Case Studies and Practical Applications

- Applying behavior therapy techniques and interventions (Demonstrations)
- Working with diverse and complex cases (Hypothetical Cases)
- Integrating with other therapies and treatments
- Evaluation and feedback