COURSE DETAIL

HOW TO CHANGE BEHAVIOR
Country Ireland
Host Institution University College Dublin
Program(s) Irish Universities,University College Dublin
UCEAP Course Level Upper Division
UCEAP Subject Area(s) Psychology
UCEAP Course Number 118
UCEAP Course Suffix
UCEAP Official Title HOW TO CHANGE BEHAVIOR
UCEAP Transcript Title HOW TO CHG BEHAVIOR
UCEAP Quarter Units 4.00
UCEAP Semester Units 2.70

Course Description
This course looks at the principles of changing behavior from a process-based cognitive behavioral therapy and contextual behavioral science perspective. Key processes that result in behavior change are taught via experiential exercises and didactic teaching. Examples of processes are: positive reinforcement to increase behavior; acceptance of what we cannot control, and why it's important; cognitive defusion and looking at thoughts rather than from thoughts; perspective-taking and self awareness; mindfulness and why being here-and-now in the present is critical; and values, beliefs, and the goal setting and committed action towards living a life that matters.

Language(s) of Instruction
English

Host Institution Course Number
PSY30440

Host Institution Course Title
HOW TO CHANGE BEHAVIOUR

Host Institution Course Details

Host Institution Campus
UC Dublin

Host Institution Faculty

Host Institution Degree

Host Institution Department
Psychology

Course Last Reviewed

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