

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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