Behavior Modification 7th edition Miltenberger Solutions Manual

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Instructor Manual

Raymond G. Miltenberger, Behavior Modification: Principles and Procedures, 7e, © 2024, 9780357796375; Chapter 1: Introduction to Behavior Modification

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Purpose and Perspective of the Chapter

The purpose of this chapter is to explain what behavior is and to define behavior analysis and behavior modification. This chapter introduces key players in the establishment and evolution of behavior modification as well as the myriad of ways behavior modification has improved people's lives. The chapter also examines novel technology-driven outreach modalities and the field's ethical concerns with treating and including traditionally underrepresented and marginalized groups.

Chapter Objectives

The following objectives are addressed in this chapter:

1-1 Define human behavior

1-2 Describe the defining features of behavior modification

1-3 Describe the historical roots of behavior modification

1-4 Describe the ways behavior modification has improved people's lives

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What's New in This Chapter

The following elements are improvements in this chapter from the previous edition:

- New directions in behavior modification: Treatment implementation via telehealth and diversity, equity, and inclusion
- Updated references
- Practice quizzes at the end of the chapter

Chapter Outline

The following outline organizes activities and assessments (including any existing ones in the PowerPoint or the textbook) by chapter (and therefore by topic), so that you can see how all the content relates to the topics covered in the textbook. #-# refers to the objective related to the content.

I. Defining Human Behavior (1-1, PPT Slides 4–7)
II. Examples of Behavior (1-1, PPT Slides 8–9)

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   a. **Knowledge Check Activity**: 1–2 minutes (1-1, PPT Slide 8)
   b. **Knowledge Check Answers** (1-1, PPT Slide 9)

III. Defining Behavior Modification (1-2, PPT Slide 10)

IV. Characteristics of Behavior Modification (1-2, PPT Slides 11–15)
   a. **Excess or Deficit Activity**: 10–14 minutes (1-2, PPT Slide 13)
   b. **Excess or Deficit Answers** (1-2, Slide 14)

V. Historical Roots of Behavior Modification (1-3, PPT Slides 16–19)
   a. Major Figures (1-3, PPT Slides 16–19)
   b. Early Behavior Modification Researchers (1-3, PPT Slides 16–19)
   c. Major Publications and Events (1-3, PPT Slides 16–19)

VI. Areas of Application (1-3, PPT Slides 20–25)
   a. Developmental Disabilities and Autism Spectrum Disorder
   b. Mental Illness
   c. Education and Special Education
   d. Rehabilitation
   e. Community Psychology
   f. Clinical Psychology
   g. Business, Industry, and Human Services
   h. Self-Management
   i. Child Behavior Management
   j. Prevention
   k. Sports Performance
   l. Health-Related Behaviors
   m. Gerontology
   n. **Written Reflection Activity**: 10–15 minutes (PPT Slide 25)

VII. Professional Practice, Certification, and Ethics (1-4, PPT Slide 27)

VIII. New Directions in Behavior Modification (1-4, PPT Slides 26–27)
   a. **Breakout Groups Discussion Activity** (1-4, PPT Slide 28)

IX. The Structure of This Textbook
   a. Measurement of Behavior and Behavior Change
   b. Basic Principles of Behavior
   c. Procedures to Establish New Behaviors
   d. Procedures to Increase Desirable Behaviors and Decrease Undesirable Behaviors
   e. Other Behavior Change Procedures

X. End-of-Chapter Book Activities (All Objectives)
   a. Chapter Summary
   b. Key Terms
   c. Practice Quiz 1
   d. Practice Quiz 2

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e. Practice Quiz 3
f. Practice Test

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Additional Activities and Assignments

The following are additional activities and assignments not included in the textbook or PPTs—they are for you to use if you wish. #-# refers to the objective related to the content.

Ideas for Class Activities

1. Ask students to share what they think behavior modification is all about before reviewing the characteristics of behavior modification in the chapter. Ask that students provide examples where applicable to demonstrate their understanding of what behavior modification is. (1-2)
2. Refer to the additional resources for supplementation to this activity. Ask students to describe how behavior modification has been used to create a more sustainable world thus far, then ask students to suggest how behavior modification methods discussed in the chapter can be further used at the societal level to create a more sustainable world. This can be a collaborative or individual effort. (1-4)

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Additional Resources

External Videos or Playlist

- **Behavior Modification Toward a Sustainable World: Michael Voltaire at TEDxNSU** is a TEDx Talk that explains the science of behavioral analysis and how applied behavior analysis can be used to optimize the way a population functions. (1-1, 1-3, 1-4)
- **An Introduction to Behavior Analysis in Autism and Intellectual Disabilities** is a video production by the Behavioral Analyst Certification Board that provides experimentation and conceptional roots of behavioral analysis, treatment methods, and intervention methods at varying levels of complexity. This is the most commonly referenced area for Applied Behavior Analysis in Chapter 1 of the text. (1-4)

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Internet Resources

- **What Is Operant Conditioning and How Does It Work?** Delves into the history of B. F. Skinner's leading contribution to the field and discusses the concept of token economies, mentioned in the text, in greater detail. (1-2 and 1-3)
- **The Treatment of LGBTQ+ Individuals in Behavior-Analytic Publications: A Historical Review** by Cody Morris, Dana B. Goetz, and Kaitlin Gabriele-Black is a 2021 NIH study that provides a comprehensive review of studies and research published in the 70s, the 90s and the late teen years of the 2000s. The understanding gleaned from this survey is intended to reduce further disparities among previously underrepresented groups. (1-4)

Primary Resources

- **Behavior Modification** by Hannah K. Scott, Ankit Jain, and Mark Cogburn, updated in 2022, is an ongoing education activity intended to explain behavior, behavior modification, and behavior modification techniques. (1-1)
- **Applied Behavior Analysis Subspecialty Areas** is a Behavior Analyst Certification Board™ publication that delves further into the areas in which behavioral analysis can be used. (1-4)

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