



Clients who are ready to change but struggle to begin could benefit from a simple self-monitoring program. Self-monitoring is an effective tool for increasing client engagement in treatment and facilitating positive treatment effects. Research and applications of self-monitoring will be reviewed. Methods for data collection and analysis are presented along with downloadable data sheets for ready applications.

**Course Activities:**

Lessons 1-4 with Practice Quizzes.

Reading: [Bicard, D.F., Lott, V., Mills, J., Bicard, S. & Baylot-Casey, L. \(2012\). Effects of text messaged self-monitoring on class attendance and punctuality of at-risk college student athletes. \*Journal of Applied Behavior Analysis\*, 45, 205-210.](#)

**Educational Objectives:**

Participants will identify previous demonstrations of the effects of self-monitoring

Participants will apply self-monitoring technique to hypothetical situations

Participants will identify ways in which a self-monitoring process may be integrated into counseling sessions

**Target Audience:** Certified counselors who work with children or adults in the context of counseling sessions (including clinics, hospitals, private practice and schools).

**Format:** Online self-study

**Instructor:** Valerie Evans, Ph.D.

**General Statement** *AccessCEU is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirement. The ACEP solely is responsible for all aspects of the program.*

**Course Instructions:** Read the material in Lesson 1 and take the practice quiz at the bottom of the page. After you have answered the two practice questions, move on to Lessons 2-4. When Lesson 4 is complete, take the final quiz until an 70% correct is achieved. Your certificate of course completion will be generated automatically.

[Take this Course](#)

## **Course Content**

Lessons Status

1

[\*\*LESSON 1: Introduction to Self-Monitoring\*\*](#)

2

[\*\*LESSON 2: Self-Monitoring Applications\*\*](#)

3

[\*\*LESSON 3: Data Collection and Motivation\*\*](#)

4

[\*\*LESSON 4: Data Analysis\*\*](#)

5

[\*\*Experiences and Comments\*\*](#)

6

[\*\*Final Quiz: Self-Monitoring in Counseling\*\*](#)