



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 *Access CEU has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6689. Programs that do not qualify for NBCC credit are clearly identified. Access CEU is solely responsible for all aspects of the programs.*

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.