

Psyc435	Behaviour Therapy		Fall 2021
Instructor:	Magdalen Schluter	Lecture Location:	ST 128
Phone:		Lecture Days/Time:	Tuesday and Thursday, 12:30 – 13:45
Email:	Magdalen.schluter@ucalgary.ca	Lab 1:	Mondays 10:00 – 11:50
		TA: Ben Peckham	AD 248
Office:	Remote	Lab 2:	Fridays 11:00 - 12:50
		TA: Caroline Luszawski	AD 248
Office Hours:	By appointment		

Course Description

The purpose of Psychology 435 is to provide a basic understanding of the theory, principles, and practices of contemporary behavior therapy/behavior modification as applied to a representative range of disorders, problems, and populations. You will also have an opportunity to develop some beginning behavior therapy skills in the labs, particularly in relation to the analysis of human behavior, case formulation, the implementation of a self-change program, and the formulation of intervention strategies for specific disorders.

Students should keep in mind that this course is intended to provide basic, wide-ranging knowledge of behavior modification. This is an ambitious endeavor which will require the learning and understanding of a considerable amount of information. The course will follow the textbook relatively closely, although not exclusively. Students may be responsible for readings that will not be covered in detail in class. Similarly, material may be added in class that will not be found in the textbook. Videos or films may be added to the lectures at the instructor's discretion.

Course Learning Outcomes

The Department of Psychology is committed to student knowledge and skill development. The table below lists the key learning outcomes for this course, the program-learning outcomes they facilitate (see psyc.ucalgary.ca/undergraduate/program-learning-outcomes), and the expected level of achievement.

Course Learning Outcomes	Assessment Methods	PLO(s)	Level(s)
Demonstrate knowledge of the field of behavior therapy including its theory, empirical evidence, and limitations	Multiple choice exams, lab assignments, research paper	1,4	A

Demonstrate knowledge of basic behavioural and cognitive principles as applied in behaviour therapy	Multiple choice exams, lab assignments, research paper	1,4	A
Identify ethical issues in the application of behavioural therapy	Multiple choice exams, lab assignments, research paper	2, 4,6	C
Recognize how behavioural principles underpin common psychological treatments	Multiple choice exams, lab assignments, research paper	1,4	C
Use behaviour therapy methods in designing and conducting a self-management project	Self-management project proposal, presentation, report	3, 7, 4, 5	C

Notes. PLOs = Program-Learning Outcomes: 1 = demonstrate knowledge of psychological sciences, 2 = think critically and solve problems, 3 = conduct research and analyze data, 4 = communicate effectively, 5 = demonstrate information literacy, 6 = understand and implement ethical principles, 7 = apply psychological knowledge and skills. Level of PLO achievement facilitated by this course: I = introductory, C = competency, A = advanced.

Acknowledgments and Respect for Diversity

Our classrooms view diversity of identity as a strength and resource. Your experiences and different perspectives are encouraged and add to a rich learning environment that fosters critical thought through respectful discussion and inclusion. The Department of Psychology would also like to acknowledge the traditional territories of the people of the Treaty 7 region in southern Alberta. The City of Calgary is also home to Métis Nation of Alberta, Region III.

Course Format

This is an in-person class held on campus.

Prerequisites

Psychology 312, 385 and admission to the Psychology major or Honours program.

Required Text

Spiegler, M. D. (2016). *Contemporary Behavior Therapy, 6th Edition*. Boston, M.A. : Cengage. Available at the University Bookstore

Assessment Methods

Mid-term – 30%

Final – 35%

Lab – 35% (project -85%, participation- 15%)

Students must achieve a passing grade on both the class and lab components to pass this course.

The **mid-term test and the final exam** will be based on the material from the textbook and lectures. The tests will consist of multiple-choice questions, shorter answer/definitions, and longer questions, which might include a diagram. The shorter and longer questions will require you to recite information but also integrate knowledge analytically. The Final exam will focus on lecture and readings covered after the mid-term although understanding of the application of basic concepts from the earlier part of the course will be required (e.g., behavioural principles). No aids (e.g., notes, iPad, etc.) are allowed during the exam.

A separate outline for the lab will be available on D2L. The **lab** will include a project that involves designing, conducting and reporting a behavioural self-management project (85% of lab grade) and active participation (15%).

The behavioural self-management project will involve two class presentations (each worth 25% of project grade) plus a written proposal and final report (each worth 25% of project grade).

The report for the project is due on the day after each student's FINAL presentation at 11:59 PM. Papers must be submitted as a word document on D2L.

Without instructor approval, late penalty is 10% per day (including weekends). Email copies of your paper will not be accepted. Without approved documentation, students who do not present on their assigned date will receive a grade of 0% for that portion of the lab grade.

University of Calgary Academic Integrity Policy

Academic integrity is the foundation of the development and acquisition of knowledge and is based on values of honesty, trust, responsibility, and respect. We expect members of our community to act with integrity.

Research integrity, ethics, and principles of conduct are key to academic integrity. Members of our campus community are required to abide by our institutional code of conduct and promote academic integrity in upholding the University of Calgary's reputation of excellence. It is your responsibility to ensure that you have read and are familiar with the student academic misconduct policy: <https://www.ucalgary.ca/policies/files/policies/student-academic-misconduct-policy.pdf>.

Department of Psychology Criteria for Letter Grades

Psychology professors use the following criteria when assigning letter grades:

A+ grade: *Exceptional Performance.* An A+ grade indicates near perfect performance on multiple choice and short answer exams. For research papers/essays/course projects/presentations, an A+ grade is awarded for exceptional work deserving of special recognition and is therefore not a common grade.

A, A- Range: *Excellent Performance.* Superior understanding of course material. Written work is very strong in terms of critical and original thinking, content, organization, and the expression of ideas, and demonstrates student's thorough knowledge of subject matter.

B Range: *Good Performance.* Above average understanding of course material. Written work shows evidence of critical thinking and attention to organization and editing but could be improved in form and/or content.

C Range: *Satisfactory Performance.* Adequate understanding of course material. Knowledge of basic concepts and terminology is demonstrated. Written work is satisfactory and meets essential requirements but could be improved significantly in form and content. Note: All prerequisites for courses offered by the Faculty of Arts must be met with a minimum grade of C-.

D range: *Marginally meets standards.* Minimal understanding of subject matter. Written work is marginally acceptable and meets basic requirements but requires substantial improvements in form and

content. Student has not mastered course material at a level sufficient for advancement into more senior courses in the same or related subjects.

F grade: *Course standards not met.* Inadequate understanding of subject matter. Written work does not meet basic requirements. Student has not demonstrated knowledge of course material at a level sufficient for course credit.

Grading Scale

A+	96-100%	B+	80-84%	C+	67-71%	D+	54-58%
A	90-95%	B	76-79%	C	63-66%	D	50-53%
A-	85-89%	B-	72-75%	C-	59-62%	F	0-49%

As stated in the University Calendar, it is at the instructor’s discretion to round off either upward or downward to determine a final grade when the average of term work and final examinations is between two letter grades. In this course there will be no rounding up of final grades.

Tentative Lecture Schedule

Date	Topic	Required Readings
T Sep 7	Course Introduction	Chapter 1
R Sep 9	Motivating Behaviour Change	
T Sep 14	Historical Antecedents of Behaviour Therapy	Chapter 2
R Sep 16	The Behavioural Model and Processes <i>Last day to drop a class without financial penalty</i>	Chapters 3 & 4
F Sep 17	<i>Last day to add or swap a course</i>	
T Sep 21	Behavioural Model and Processes	Chapters 3 & 4
R Sep 23	Behavioural Research & Assessment	Chapter 5 & 6
F Sep 24	<i>Fee payment deadline for Fall Term full and half courses.</i>	
T Sep 28	Behavioural Assessment	Chapter 6
R Sep 30	<i>No Classes National Day for Truth and Reconciliation</i>	
T Oct 5	Increasing behaviour- stimulus control and reinforcement	Chapter 7
R Oct 7	Decreasing Behaviour – Differential reinforcement, punishment, aversion therapy	Chapter 8
M Oct 11	<i>Thanksgiving Day, University closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.</i>	
T Oct 12	Programmatic behaviour therapy: Combining reinforcement and punishment	Chapter 9
R Oct 14	<i>Guest Lecture – Contingency Management – Ashley Ethier</i>	
T Oct 19	Midterm	
R Oct 21	Exposure Therapies	Chapters 10 & 11
T Oct 26	Exposure Therapies	Chapters 10 & 11
R Oct 28	Exposure Therapies	Chapters 10 & 11
T Nov 2	Modelling Therapy	Chapter 12
R Nov 4	Cognitive Restructuring	Chapter 13
Nov 7-13	<i>Term Break No Classes</i>	

W Nov 11	<i>Remembrance Day (Observed). University Closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.</i>	
T Nov 16	Cognitive Restructuring, Coping Skills	Chapters 13 & 14
R Nov 18	Coping Skills	Chapter 14
T Nov 23	Acceptance & Mindfulness-Based Behaviour Therapy	Chapter 15
R Nov 25	Acceptance & Mindfulness-Based Behaviour Therapy	Chapter 15
T Nov 30	Applications to psychological disorders with primary physical characteristics - Obesity	Chapter 17
R Dec 2	<i>Guest Lecture - Treatment of Insomnia – Ben and Caroline</i>	
T Dec 7	<i>Guest Lecture – Behaviour Change for Health Conditions – Tamara Williamson</i>	
T Dec 9	Transdiagnostic Protocols <i>Fall Term Lectures End. Last day to withdraw with permission from Fall Term half courses.</i>	Chapter 18
Dec 13-22	<i>Fall Final Exam Period</i>	

Extra Research Participation Course Credit is Not Offered for this Course.

Supporting Documentation

Students may be asked to provide supporting documentation for an exemption/special request. This may include, but is not limited to, a prolonged absence from a course where participation is required, a missed course assessment, a deferred examination, or an appeal. Students are encouraged to submit documentation that will support their situation. Supporting documentation may be dependent on the reason noted in their personal statement/explanation provided to explain their situation. This could be medical certificate/documentation, references, police reports, invitation letter, or a statutory declaration, etc. The decision to provide supporting documentation that best suits the situation is at the discretion of the student. Students cannot be required to provide specific supporting documentation, such as a medical note.

Students can make a Statutory Declaration as their supporting documentation (available at ucalgary.ca/registrar). This requires students to make a declaration in the presence of a Commissioner for Oaths. It demonstrates the importance of honest and accurate information provided and is a legally binding declaration. Several registered Commissioners for Oaths are available to students at no charge, on campus, please see ucalgary.ca/registrar.

Falsification of any supporting documentation will be taken very seriously and may result in disciplinary action through the Academic Discipline regulations or the Student Non-Academic Misconduct policy.

Absence From A Test/Exam

Makeup tests/exams are **NOT** an option without the approval of the instructor. Students who miss a test/exam have up to 48 hours to contact the instructor to ask for a makeup test/exam. It's the instructor's discretion if they will allow a make-up exam. Students who do not schedule a makeup test/exam with the instructor within this 48-hour period forfeit the right to a makeup test/exam. At the instructor's discretion, a makeup test/exam may differ significantly (in form and/or content) from a

regularly scheduled test/exam. Once approved by the instructor a makeup test/exam must be written within 2 weeks of the missed test/exam on a day/time scheduled by the instructor. If a student cannot write their final exam on the date assigned by the Registrar's Office, they need to apply for a deferred exam <https://www.ucalgary.ca/registrar/exams/deferred-exams>.

Travel During Exams

Consistent with University regulations, students are expected to be available to write scheduled exams at any time during the official December and April examination periods. Requests to write a make-up exam because of conflicting travel plans (e.g., flight bookings) will NOT be considered by the department. Students are advised to wait until the final examination schedule is posted before making any travel arrangements. If a student cannot write their final exam on the date assigned by the Registrar's Office, they need to apply for a deferred exam <https://www.ucalgary.ca/registrar/exams/deferred-exams>. Students with an exceptional extenuating circumstance (e.g., a family emergency) should contact the Department of Psychology (psyugrd@ucalgary.ca).

Reappraisal of Graded Term Work <http://www.ucalgary.ca/pubs/calendar/current/i-2.html>

Reappraisal of Final Grade <http://www.ucalgary.ca/pubs/calendar/current/i-3.html>

Academic Accommodations

Students seeking an accommodation based on disability or medical concerns should contact Student Accessibility Services; SAS will process the request and issue letters of accommodation to instructors. For additional information on support services and accommodations for students with disabilities, visit www.ucalgary.ca/access/. Students who require an accommodation in relation to their coursework based on a protected ground other than disability should communicate this need in writing to their Instructor. The full policy on Student Accommodations is available at <https://www.ucalgary.ca/legal-services/university-policies-procedures/accommodation-students-disabilities-procedure>.

Academic Misconduct

For information on academic misconduct and its consequences, please see the University of Calgary Calendar at <http://www.ucalgary.ca/pubs/calendar/current/k.html>

Instructor Intellectual Property

Course materials created by professor(s) (including course outlines, presentations and posted notes, labs, case studies, assignments and exams) remain the intellectual property of the professor(s). These materials may NOT be reproduced, redistributed or copied without the explicit consent of the professor. The posting of course materials to third party websites such as note-sharing sites without permission is prohibited. Sharing of extracts of these course materials with other students enrolled in the course at the same time may be allowed under fair dealing.

Copyright Legislation

All students are required to read the University of Calgary policy on Acceptable Use of Material Protected by Copyright (www.ucalgary.ca/policies/files/policies/acceptable-use-of-material-protected-by-copyright.pdf) and requirements of the copyright act (<https://laws-lois.justice.gc.ca/eng/acts/C-42/index.html>) to ensure they are aware of the consequences of unauthorized sharing of course materials (including instructor notes, electronic versions of textbooks etc.). Students who use material protected by copyright in violation of this policy may be disciplined under the Non-Academic Misconduct Policy.

Freedom OF Information and Protection of Privacy

Student information will be collected in accordance with typical (or usual) classroom practice. Students' assignments will be accessible only by the authorized course faculty. Private information related to the individual student is treated with the utmost regard by the faculty at the University of Calgary

Student Support and Resources

<https://www.ucalgary.ca/registrar/registration/course-outlines>

Important Dates

The last day to drop this course with no "W" notation and **still receive a tuition fee refund** is **Thursday, September 16, 2021**. Last day add/swap a course is **Friday, September 17, 2021**. The last day to withdraw from this course is **Thursday, December 9, 2021**.

<https://www.ucalgary.ca/pubs/calendar/current/academic-schedule.html>