

Psyc435	Behaviour Therapy		Fall 2023
Instructor:	Magdalen Schluter-Dixon	Lecture Location:	Zoom
Phone:		Lecture Days/Time:	Tuesday and Thursday, 12:30 – 13:45
Email:	Magdalen.schluter@ucalgary.ca	Lab 1:	Mondays 14:00 – 15:50
		TA:	SS 018
Office:	Remote	Lab 2:	Wednesdays 09:00-10:50
		TA:	SS 018
Office Hours:	By email 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 and written exams, lab assignments	1,4	A

Demonstrate knowledge of basic behavioural and cognitive principles as applied in behaviour therapy	Multiple choice and written exams, lab assignments	1,4	A
Identify ethical issues in the application of behavioural therapy	Multiple choice and written exams, lab assignments	2, 4,6	C
Recognize how behavioural principles underpin common psychological treatments	Multiple choice and written exams, lab assignments	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 course will use a hybrid format. The lectures will be taught live via Zoom during each scheduled class and will be recorded and posted to D2L after class. Other class materials will be posted to the course D2L page by the day/time of each scheduled class as per the course schedule.

The labs will be held in-person 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%)

Extra credit participation in lectures – Students may receive up to 3% extra credit for participation in lectures. This may include asking questions, engaging in group discussion, or participating in exercises in-class.

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).

Exams in this course are closed book. No aids (e.g., notes, online resources) are allowed during the exams. Students may not communicate with others about course material or the exam either in person or electronically during exams. Exams will be available for access for a 24 hour period after the start of the class of the scheduled exam day. Students will have the 75 minutes class period plus 30 minutes extra (in case of potential technical problems).

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 5	Course Introduction <i>First day of lectures</i>	Chapter 1
R Sep 7	Motivating Behaviour Change	<i>Optional:</i> Miller, W. R., & Rollnick, S. (2012). Chapter 1: Conversations about change. <i>In Motivational interviewing: Helping people change.</i> Guilford Publications. Available on D2L
T Sep 12	Historical Antecedents of Behaviour Therapy	Chapter 2
R Sep 14	The Behavioural Model and Processes <i>Last day to drop a class without financial penalty</i>	Chapters 3 & 4
F Sep 15	<i>Last day to add or swap a course</i>	
T Sep 19	Behavioural Model and Processes	Chapters 3 & 4
R Sep 21	Behavioural Research & Assessment	Chapters 5 & 6
F Sep 22	<i>Fee payment deadline for Fall Term full and half courses.</i>	
T Sep 26	Behavioural Assessment	Chapter 6
R Sep 28	Increasing behaviour- stimulus control and reinforcement	Chapter 7
S Sep 30	<i>UNIVERSITY CLOSED National Day for Truth and Reconciliation</i>	
T Oct 3	Decreasing Behaviour – Differential reinforcement, punishment, aversion therapy	Chapter 8
R Oct 5	Programmatic behaviour therapy: Combining reinforcement and punishment	Chapter 9
M Oct 9	<i>UNIVERSITY CLOSED Thanksgiving Day</i>	
T Oct 10	<i>Guest Lecture – Contingency Management – Ashley Ethier</i>	
R Oct 12	Midterm	
T Oct 17	Exposure Therapies	Chapters 10 & 11
R Oct 19	Exposure Therapies	Chapters 10 & 11
T Oct 24	Exposure Therapies	Chapters 10 & 11
R Oct 26	Modelling Therapy	Chapter 12
T Oct 31	Cognitive Restructuring	Chapter 13
R Nov 2	Cognitive Restructuring, Coping Skills	Chapters 13 & 14
T Nov 7	Coping Skills	Chapter 14
R Nov 9	Acceptance & Mindfulness-Based Behaviour Therapy	Chapter 15
S Nov 11	<i>UNIVERSITY CLOSED Remembrance Day (Observed Monday Nov 13).</i>	
Nov 12-18	<i>Term Break No Classes</i>	
T Nov 21	Acceptance & Mindfulness-Based Behaviour Therapy	Chapter 15
R Nov 23	<i>Guest Lecture – Chronic Pain - Dr. Alexandra Neville</i>	Chapter 16

T Nov 28	Applications to psychological disorders with primary physical characteristics	Chapter 17
R Nov 30	<i>Guest Lecture - Treatment of Insomnia</i>	
T Dec 5	Transdiagnostic Protocols <i>Fall Term Lectures End.</i>	Chapter 18
W Dec 6	<i>Last day to withdraw with permission from Fall Term half courses.</i>	
Dec 9-20	Fall Final Exam Period	

Tentative Lab Schedule

Lab	Date	Topic
0	W Sep 6	<i>No Lab this week</i>
1	M Sep 11	Lab Overview; Assessment & Data Collection
	W Sep 13	Lab Overview; Assessment & Data Collection
2	M Sep 18	Assessment and Data Collection
	W Sep 20	Assessment and Data Collection
3	M Sep 25	Discussion of Self-Management Proposal Topics
	W Sep 27	Discussion of Self-Management Proposal Topics
4	M Oct 2	Group 1: Self-Management Proposals (oral & written)
	W Oct 6	Group 1: Self-Management Proposals (oral & written)
	M Oct 9	<i>Thanksgiving Day, University closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lab.</i>
	W Oct 11	<i>No Lab</i>
5	M Oct 16	Group 2: Self-Management Proposals (oral & written)
	W Oct 18	Group 2: Self-Management Proposals (oral & written)
6	M Oct 23	Group 3: Self-Management Proposals (oral & written)
	W Oct 25	Group 3: Self-Management Proposals (oral & written)
7	M Oct 30	Group 4: Self-Management Proposals (oral & written)
	W Nov 1	Group 4: Self-Management Proposals (oral & written)
8	M Nov 6	Group 1: Self-Management Evaluation (oral & written)
	W Nov 8	Group 1: Self-Management Evaluation (oral & written)
	Nov 12-18	<i>Term Break No Classes</i>
9	M Nov 20	Group 2: Self-Management Evaluation (oral & written)
	W Nov 22	Group 2: Self-Management Evaluation (oral & written)
10	M Nov 27	Group 3: Self-Management Evaluation (oral & written)
	W Nov 29	Group 3: Self-Management Evaluation (oral & written)
11	M Dec 4	Group 4: Self-Management Evaluation (oral & written)
	W Dec 6	Group 4: Self-Management Evaluation (oral & written) <i>Fall Term Lectures End.</i> <i>Last day to withdraw with permission from Fall Term half courses.</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](https://www.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](https://www.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 (https://library.ucalgary.ca/services/copyright?_gl=1*bcjlpn*_ga*OTY1ODc0Njg0LjE2NjkxNTA1NTM.*_ga_X4GN9Y4W7D*MTY3Nzc5MjM3Ni4xNy4xLjE2Nzc3OTI4MDYuMC4wLjA) 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 14th, 2023**. Last day add/swap a course is **Friday, September 15th, 2023**. The last day to withdraw from this course is **Wednesday, December 6th, 2023**.