



Department of Psychology

Psychology 435– Behaviour Modification

Summer 2006

Instructor:	Dr. Deborah Brown	Lecture Location:	SS 10
Phone:	662-3876	Lecture Days/Time:	M &W from 5:00 PM to 7:45 PM (165 minute lectures)
Email:	dlbrow@ucalgary.ca		
Office:			
Office Hours:	By appointment		
Teaching Assistants:			

Course Textbook

Spiegler, M. D., & Guevremont D.C. (2003). *Contemporary Behaviour Therapy, Fourth Edition*. Belmont, CA: Wadsworth.

Lab Book (highly recommended, 1 copy on reserve at the library):

Watson, D.L., & Tharp, R. G. (2002). *Self-Directed Behaviour: Self-Modification for Personal Adjustment, Eighth Edition*. Belmont, CA: Wadsworth.

Course Description and Goals:

Psychology 435 (Behaviour Modification) is designed to familiarize you with the theory, principles, and clinical practice of behaviour therapy/behaviour modification. We will discuss research findings and clinical techniques in the context of a variety of problems and clinical disorders. For example, we will examine behaviour problems (e.g., attention-deficit hyperactivity disorder, oppositional defiant disorder), mood problems (e.g., depression, anxiety), and developmental problems (e.g., autism, mental retardation), and problems related to physical and mental health (e.g., behavioural medicine, addictions). You will also have the opportunity to learn and apply behaviour modification skills in the lab, particularly with the implementation of a self-change program and a presentation of a treatment technique for a specific clinical population.

Course Format and Requirements:

Students are responsible for reading the textbook(s), additional reading material handed out in class, and attending the lectures. Students are also expected to attend the lab and to complete the required lab assignments. Participation will be expected in class and lab discussions. There will be 2 exams in this course, a 90-minute midterm exam on **July 21, 2005**, and a two-hour final exam to be scheduled by the registrar during the final exam period. The exams will cover material presented in the text, lectures, and lab. Please plan your study time accordingly, as exams may only be missed for medical reasons with a physician/counselor note. Otherwise you will receive 0% on the exam. Examinations will consist of multiple choice, definitions, short answer questions, and essays designed to assess knowledge of the information presented in the textbook and in the lectures. Further details regarding lab assignments will be provided to you on the first day of lecture and lab.

Lecture material will be drawn from the textbook and from other various sources, providing the student with a broad and current presentation of behaviour modification. Please note that weekly assigned text chapters for the course will inform, but may not always correspond directly to class presentations and discussions since our classes will focus on the application of behaviour therapy procedures that are described in the text to specific clinical populations and problems. In addition, you may be provided with extra reading material for certain classes and it is the student's responsibility to review this material prior to the next class.

Course Evaluation:

The format for all exams will consist in combinations of multiple choice questions, definitions, and short essay questions.

Mid-term #1: July 24 – 90 minutes – 30% of final grade

Chapters **1 to 7**, additional reading material if provided, and corresponding lectures.

Final Exam: To be scheduled by the registrar – 120 minutes – 35% of final grade. Cumulative, covering **all readings and lecture materials**, with a greater emphasis on Chapters **8 to 16** and corresponding lectures.

Lab Assignments: described in lab outline (written project proposal and final oral presentation, oral topical presentation, lab participation) – 35% of final grade.

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. To determine final letter grades, final percentage grades will be rounded up or down to the nearest whole percentage (i.e., 89.5% will be rounded up to 90%; 89.4% will be rounded down to 89%, etc.).

Tentative Lecture Schedule

DATE	TOPIC	CHAPTER
July 5	Introduction to Behaviour Therapy	Chapters 1 and 2
July 6	Last day for registration and changes of registration	
July 10	The Behavioural Model & The Process of Behaviour Therapy	Chapters 3 and 4
July 12	Behavioural Assessment	Chapter 5
July 17	Reinforcement Therapy	Chapter 6
July 19	Deceleration Behaviour Therapy	Chapter 7
July 24	Midterm Exam	
July 26	Token Economy, Contingency Contract and Behavioural Child Management	Chapter 8
July 31	Exposure Therapy	Chapters 9 and 10
August 2	Modeling Therapy and Skills Training	Chapter 11
August 7	Heritage Day – No class	
August 9	CBT: Cognitive Restructuring and Coping Skills	Chapter 12 and 13
August 14	Applications to Disorders with Primary Physical Characteristics	Chapter 15
August 15	Last day to allocate Bonus Credits to Summer Session Courses	
August 16	Behavioural Medicine/Controversial Issues	Chapter 14 and 16
August 17-19	Summer Session Final Exams	

University of Calgary Curriculum Objectives:

1) PSYCH 435 is an issue-oriented course with research and applied emphasis. The course addresses the following core competencies:

- critical and creative thinking
- analysis of problems
- effective oral and written communication
- gathering and organizing information
- abstract reasoning
- insights and intuition in generating knowledge
- interpretive and assessment skills

With the following core characteristics:

- class discussion during which students will be encouraged to think critically about behaviour therapy
- exam questions in which students are required to think critically, and address theoretical and practical issues in behaviour therapy
- laboratory assignments in which students are required to present, interpret, and evaluate various theoretical approaches to the practice of behaviour therapy
- laboratory assignment in which students are required to design and evaluate a behaviour modification self-change project and write a report

2) PSYCH 435 also addresses the following curriculum redesign features:

- experiential learning component relevant to program objectives

- integration of research

With the following core characteristics:

- weekly laboratory discussions and demonstrations
- in class presentation of videotapes
- laboratory assignment involving the design and implementation of a behaviour modification project
- focus on empirically supported treatments
- class discussion focusing on the integration of theory and research in practice of behaviour therapy

Reappraisal of Grades

A student who feels that a piece of graded term work (term paper, essay, test, etc.) has been unfairly graded, may have the work re-graded as follows. The student shall discuss the work with the instructor within fifteen days of being notified about the mark or of the item's return to the class. If not satisfied, the student shall immediately take the matter to the Head of the department offering the course, who will arrange for a reassessment of the work within the next fifteen days. The reappraisal of term work may cause the grade to be raised, lowered, or to remain the same.

If the student is not satisfied with the decision and wishes to appeal, the student shall address a letter of appeal to the Dean of the faculty offering the course within fifteen days of the unfavourable decision. In the letter, the student must clearly and fully state the decision being appealed, the grounds for appeal, and the remedies being sought, along with any special circumstances that warrant an appeal of the reappraisal. The student should include as much written documentation as possible.

Plagiarism and Other Academic Misconduct

Intellectual honesty is the cornerstone of the development and acquisition of knowledge and requires that the contribution of others be acknowledged. Consequently, plagiarism or cheating on any assignment is regarded as an extremely serious academic offense. Plagiarism involves submitting or presenting work in a course as if it were the student's own work done expressly for that particular course when, in fact, it is not. Students should examine sections of the University Calendar that present a Statement of Intellectual honesty and definitions and penalties associated with Plagiarism/Cheating/Other Academic Misconduct.

Academic Accommodation

It is a student's responsibility to request academic accommodation. If you are a student with a disability who may require academic accommodation and **have not** registered with the Disability Resource Centre, please contact their office at 220-8237. If you are seeking academic accommodation, please notify your instructor no later than fourteen (14) days after the commencement of the course. Note that the lecturer must approve any tape recordings of lectures.

Absence From A Test

Make-up exams are NOT an option without an official University medical excuse (see the University Calendar). You must contact the instructor before the scheduled examination or you will have forfeited any right to make up the exam. At the instructor's discretion, a make-up exam may differ significantly (in form and/or content) from a regularly scheduled exam. Except in extenuating circumstances (documented by an official University medical excuse), a makeup exam is written within two (2) weeks of the missed exam.

A completed Physician/Counselor Statement will be required to confirm absence from a test for health reasons. The student will be required to pay any cost associated with the Physician Counselor Statement.

Bonus Course Credits for Research Participation

Students in most psychology courses are eligible to participate in Departmentally-approved research and earn credits toward their final grades. A maximum of two credits (2%) per course, including this course, may be applied to an individual's final grade. Information about current experiments is on the Experimetrix website at <http://experimetrix.com/uc>. The read.me link at that site provides a guide to using the system and assigning your credits. The last day to participate in research and **ALLOCATE YOUR CREDITS TO YOUR COURSES** is August 15, 2006.

Important Dates

The last day to drop this course and **still receive a fee refund** is **July 6, 2006**. The last day to withdraw from this course is **August 16, 2006**.