

| PSYC 435             |                      | Behaviour Modification    |                                       | Fall 2017 |  |
|----------------------|----------------------|---------------------------|---------------------------------------|-----------|--|
| <b>Instructor:</b>   | David Hodgins        | <b>Lecture Location:</b>  | SS541                                 |           |  |
| <b>Phone:</b>        | 403-220-3371         | <b>Lecture Days/Time:</b> | Tuesday and Thursday, 14:00-15:15     |           |  |
| <b>Email:</b>        | dhodgins@ucalgary.ca | <b>Lab 1:</b>             | Tuesday 9:00-10:50 Julie Li           |           |  |
|                      |                      | <b>TA:</b>                | Julie Li<br>xiaomiao.li2@ucalgary.ca  |           |  |
| <b>Office:</b>       | A251F                | <b>Lab 2:</b>             | Friday 9:00-10:50 Maryam Sharif-      |           |  |
|                      |                      | <b>TA:</b>                | Razi<br>Maryam.sharifrazi@ucalgary.ca |           |  |
| <b>Office Hours:</b> | 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](http://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.

### 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 – 35%

Final – 35%

Lab – 30% (project -60%, paper – 30%, participation- 10%)

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 (60% of lab grade), a term paper on a clinical issue (30%) and active participation (10%). The behavioural self-management project

will involve one or more class presentations plus a final written report. The term paper will focus on a different clinical issue than the self-management project.

The final paper on the clinical topic is due on November 7 (Tuesday lab) and November 9 (Thursday lab). The report for the project is due on the day after each student's FINAL presentation at 11:59 PM. The final paper must be submitted as a word document on D2L.

Late papers and reports can be submitted in the department assignment dropbox (outside of AD255). Late penalty is 5% per day (including weekends). Email copies of your paper will not be accepted. Please keep an electronic and paper copy of your paper and report. Students who do not present on their assigned date will receive a grade of 0% for that portion of the lab grade.

### 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, especially in light of the opportunities students have to increase their final grade via research participation.

### Tentative Lecture Schedule

| Date       | Topic/Activity  |
|------------|---|
|            |   |
| T Sep 12   | Historical Antecedents of Behaviour Therapy – chapters 1 & 2  |
| R Sep 14   | continued   |
| T Sep 19   | Behavioural model and processes – chapters 3 & 4  |
| R Sep 21   | Explanation of self-management projects   |
| F Sep 22   | <i>Last day to drop Fall Term half courses.<br/>No refunds for full courses (Multi-term) or Fall Term half courses after this date.</i>                               |
| M Sep 25   | <i>Last day to add or swap full courses (Multi-term) and Fall Term half courses.<br/>Last day for change of registration from audit to credit or credit to audit.</i> |
| T Sep 26   | Behavioural model and processes – chapters 3 & 4  |
| R Sep 28   | Behavioural assessment - chapters 5 & 6   |
| F Sep 29   | Fee payment deadline for Fall Term full and half courses.   |
| T Oct 3    | Increasing behaviour- stimulus control and reinforcement – chapter 7  |
| R Oct 5    | Decreasing Behaviour – Differential reinforcement, punishment, aversion therapy- chapter 8  |
| M Oct 9    | <i>Thanksgiving Day, University closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.</i>                       |
| T Oct 10   | Programmatic behaviour therapy: Combining reinforcement and punishment – chapter 9  |
| R Oct 12   | Guest lecture-  |
| T Oct 17   | Exposure Therapies – chapters 10 & 11   |
| R Oct 19   | Exposure Therapies – chapters 10 & 11   |
| T Oct 24   | Continued.  |
| R Oct 26   | Midterm   |
| T Oct 31   | Modelling therapy – chapter 12.   |
| R Nov 2    | Cognitive restructuring, coping skills, – chapters 13 & 14  |
| T Nov 7    | continued   |
| R Nov 9-12 | <i>Reading Days. No lectures.</i>   |
| M Nov 13   | <i>Remembrance Day (Observed). University Closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.</i>             |
| T Nov 14   | Acceptance & mindfulness- based behaviour therapy – chapter 15  |
| R Nov 16   | Guest lecture   |
| T Nov 21   | Acceptance & mindfulness- based behaviour therapy – chapter 15 continued  |
| R Nov 23   | Applications to Medical Disorders – chapter 16  |
| T Nov 28   | Continued   |

|           |  |
|-----------|--|
| R Nov 30  | Application to psychological disorders with primary physical characteristics. – chapter 17       |
| T Dec 5   | Continued  |
| R Dec 7   | Concluding Lecture   |
| F Dec 8   | <i>Fall Term Lectures End. Last day to withdraw with permission from Fall Term half courses.</i> |
| Dec 11-21 | <i>Fall Term Exam Period.</i>  |

### **Reappraisal of Grades**

A student who feels that a piece of graded term work (e.g., term paper, essay, test) has been unfairly graded, may have the work re-graded as follows. The student shall discuss the work with the instructor within 15 days of being notified about the mark or of the item's return to the class; no reappraisal of term work is permitted after the 15 days. 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 15 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 15 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 Accommodations**

The student accommodation policy can be found at: [ucalgary.ca/access/accommodations/policy](http://ucalgary.ca/access/accommodations/policy). Students needing an Accommodation because of a Disability or medical condition should communicate this need to Student Accessibility Services in accordance with the Procedure for Accommodations for Students with Disabilities [ucalgary.ca/policies/files/policies/student-accommodation-policy](http://ucalgary.ca/policies/files/policies/student-accommodation-policy). Students needing an Accommodation based on a Protected Ground other than Disability, should communicate this need, preferably in writing, to the instructor.

### **Absence From A Test/Exam**

Makeup tests/exams are **NOT** an option without an official University medical excuse (see the University Calendar). A completed Physician/Counselor Statement will be required to confirm absence from a test/exam for health reasons; the student will be required to pay any cost associated with this Statement. Students who miss a test/exam have up to 48 hours to contact the instructor and to schedule a makeup

test/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. Except in extenuating circumstances (documented by an official University medical excuse), a makeup test/exam must be written within 2 weeks of the missed test/exam during exam make-up hours provided by the department <http://psychology.ucalgary.ca/undergraduate/exam-and-course-information#mues>. 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 [http://www.ucalgary.ca/registrar/exams/deferred\\_final](http://www.ucalgary.ca/registrar/exams/deferred_final). Under no circumstances will this be accommodated by the department.

### **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 [http://www.ucalgary.ca/registrar/exams/deferred\\_final](http://www.ucalgary.ca/registrar/exams/deferred_final). Under no circumstances will this be accommodated by the department.

### **Freedom of Information and Protection of Privacy (FOIP) Act**

The FOIP legislation disallows the practice of having student's retrieve tests and assignments from a public place. Therefore, tests and assignments may be returned to students during class/lab, or during office hours, or will be made available only for viewing during exam review sessions scheduled by the Department. Tests and assignments will be shredded after one year. Instructors should take care to not link students' names with their grades, UCIDs, or other FOIP-sensitive information.

### **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.

### **Campus Mental Health Strategy**

The University of Calgary recognizes the pivotal role that student mental health plays in physical health, social connectedness and academic success, and aspires to create a caring and supportive campus community where individuals can freely talk about mental health and receive supports when needed. We encourage you to explore the excellent mental health resources available throughout the university community, such as counselling, self-help resources, peer support or skills-building available through the SU Wellness Centre (Room 370, MacEwan Student Centre, <https://www.ucalgary.ca/wellnesscentre/services/mental-health-services>) and the Campus Mental Health Strategy website (<http://www.ucalgary.ca/mentalhealth/>).

## Course Credits for Research Participation

### Course Credits for Research Participation (Max 2% of final grade)

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 the student's final grade. Students earn 0.5% (0.5 credits) for each full 30 minutes of participation.** The demand for timeslots may exceed the supply in a given term. Thus, students are not guaranteed that there will be enough studies available to them to meet their credit requirements. Students should seek studies early in the term and should frequently check for open timeslots. Students can create an account and participate in Departmentally approved research studies at <http://ucalgary.sona-systems.com>. The last day to participate in studies and to assign or reassign earned credits to courses is **Dec 8, 2017**.

### Evacuation Assembly Point

In case of an emergency evacuation during class, students must gather at the designated assembly point nearest to the classroom. The list of assembly points is found at

<http://www.ucalgary.ca/emergencyplan/assemblypoints>

Please check this website and note the nearest assembly point for this course.

### Student Organizations

Psychology students may wish to join the Psychology Undergraduate Students' Association (PSYCHS). They are located in Administration 130 and may be contacted at 403-220-5567.

|                                    |                     |  |
|------------------------------------|---------------------|--|
| <b>Student Union VP Academic:</b>  | Phone: 403-220-3911 | <a href="mailto:suwpaca@ucalgary.ca">suwpaca@ucalgary.ca</a>   |
| <b>Student Union Faculty Rep.:</b> |                     | <a href="mailto:arts1@su.ucalgary.ca">arts1@su.ucalgary.ca</a> |

### Student Ombudsman's Office

The Office of the Student Ombudsmen provides independent, impartial and confidential support for students who require assistance and advice in addressing issues and concerns related to their academic careers. The office can be reached at 403-220-6420 or [ombuds@ucalgary.ca](mailto:ombuds@ucalgary.ca) (<http://www.ucalgary.ca/provost/students/ombuds>)

### Safewalk

The safewalk program provides volunteers to walk students safely to their destination anywhere on campus. This service is free and available 24 hrs/day, 365 days a year.  
Call 403-220-5333.

### Important Dates

The last day to drop this course with no "W" notation and **still receive a tuition fee refund** is **September 22, 2017**. Last day for registration/change of registration is **September 25, 2017**. The last day to withdraw from this course is **December 8, 2017**.