

Psych 435	Behaviour Therapy	Winter 2021
<b>Instructor:</b> Dr. David Hodgins	<b>Lecture Location:</b> Zoom	
<b>Phone:</b> 403-220-3371	<b>Lecture Days/Time:</b> Mondays and Fridays, 12:30-13:45	
<b>Email:</b> dhodgins@ucalgary.ca	<b>Lab1</b> Tuesday 15:30-17:20 <b>Tatiana Lund</b> tclund@ucalgary.ca	
<b>Office:</b> Remote	<b>Lab 2</b> Friday 17:00-18:50 <b>Megan Cowie</b>	
<b>Office Hours:</b> Via email appointment	Megan.cowie@ucalgary.ca	

### 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 <https://live-arts.ucalgary.ca/psychology/about#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 in a diverse world, 7 = apply psychological knowledge and skills, 8 = Demonstrate multicultural competence and awareness of issues related to equity, diversity,\* and inclusion. 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. Most 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. Students will be informed in advance when lectures are prerecorded.

### **Prerequisites**

*Psychology 312 or PSYC 300 and 301, 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 – 30%

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. 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).

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).

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 instructor approval, 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 course instructors 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. To determine final letter grades, final percentage grades will be rounded up or down to the nearest whole percentage (e.g., 89.5% will be rounded up to 90% = A but 89.4% will be rounded down to 89% = A-).

### Tentative Lecture Schedule

Ideally in table format with date of class, topics to be covered, and chapters/readings to be read. Due dates for tests/exams and assignments should be included in this schedule as well.

Date	Topic/Activity/Readings/Due Date
M Jan 04	Winter term begins (block week January 4-8)
M Jan 11	1 Course Introduction – Chapter 1
F Jan 15	2 Motivating behaviour change
M Jan 18	3 - Historical Antecedents of Behaviour Therapy – chapter 2

R Jan 21	Last day to drop Winter Term half-courses.
F Jan 22	4 - Historical Antecedents of Behaviour Therapy – chapter 2 (Last day to add or swap a course)
M Jan 25	5 Behavioural model and processes – chapters 3 & 4
F Jan 29	6 Behavioural model and processes – chapters 3 & 4 (Fee payment deadline for Winter Term fees)
M Feb 1	7 Behavioural research - chapter 5
F Feb 5	8 Behavioural assessment - chapter 6
M Feb 8	9 Increasing behaviour- stimulus control and reinforcement – chapter 7
F Feb 12	10 Decreasing Behaviour – Differential reinforcement, punishment, aversion therapy- chapter 8
Feb 14-20	Term Break, No Classes (University if Open, Except on Alberta Family Day)
M Feb 22	11 Decreasing Behaviour – Differential reinforcement, punishment, aversion therapy- chapter 8
F Feb 26	12 <b>midterm</b>
M Mar 1	13 <i>Guest lecture - contingency management</i> Exposure Therapies – chapters 10 & 11
F Mar 5	14 Exposure Therapies – chapters 10 & 11
M Mar 8	15 Exposure Therapies – chapters 10 & 11
F Mar 12	16 Exposure Therapies – chapters 10 & 11 Modelling therapy – chapter 12.
M Mar 15	17 Modelling therapy – chapter 12. Cognitive restructuring, coping skills, – chapters 13 & 14
F Mar 19	18 Cognitive restructuring, coping skills, – chapters 13 & 14
M Mar 22	19 Cognitive restructuring, coping skills, – chapters 13 & 14
F Mar 26	20 Acceptance & mindfulness- based behaviour therapy – chapter 15
M Mar 29	21 Acceptance & mindfulness- based behaviour therapy – chapter 15
F Apr 2	Good Friday, University Closed
M Apr 5	Easter Monday, University Closed
F Apr 9	23 Guest lecture- Application to psychological disorders with primary physical characteristics. – chapter 17 Guest Lecture: Insomnia, Tatiana Lund
M Apr 12	24 Transdiagnostic protocols; Technology – chapter 18
R Apr 15	Last day to withdraw from winter courses
Apr. 19-29	Final Exam Period
R Apr 30	End of Term

**Tentative Lab Schedule (see also separate lab outline)**

Lab	Date	Topic
1	Jan 15/19	Lab Overview
2	Jan 22/26	Assessment & Data Collection Workshop

3	Jan 29/ Feb 2	Discussion of Self-Management Proposal Topics
4	Feb 5/9	Group 1: Self-Management Proposals (oral & written)
5	Feb 12	Group 2: Self-Management Proposals (oral & written)
<i>NO LAB</i>	Feb 16/19	<i>READING BREAK</i>
5	Feb 23	Group 2: Self-Management Proposals (oral & written)
6	Feb 26/Mar 2	Group 3: Self-Management Proposals (oral & written)
7	Mar 5/ 9	Group 4: Self-Management Proposals (oral & written)
8	Mar 12/16	Group 1: Self-Management Evaluation (oral & written)
9	Mar 19/23	Group 2: Self-Management Evaluation (oral & written)
10	Mar 26/30	Group 3: Self-Management Evaluation (oral & written)
<i>NO LAB</i>	Apr 2	<i>GOOD FRIDAY</i>
11	Apr 6/9	Group 4: Self-Management Evaluation (oral & written)

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

#### **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 (LOL)**

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/](http://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

<http://www.ucalgary.ca/policies/files/policies/student-accommodation-policy.pdf>.

### **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](http://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, January 21, 2021**. Last day add/swap a course is **Friday, January 22, 2021**. The last day to withdraw from this course is **Thursday, April 15, 2021** <https://www.ucalgary.ca/pubs/calendar/current/academic-schedule.html>