

Psyc435	Behaviour Modification		Winter 2019
Instructor:	David Hodgins	Lecture Location:	TRA 102
Phone:	403-220-3371	Lecture Days/Time:	Tuesday and Thursday, 11:00-12:15
Email:	dhodgins@ucalgary.ca	Lab 1:	Mondays 9:00-10:50
		TA: Emily Cameron	AD248 camerone@ucalgary.ca
Office:	AD 251F	Lab 2:	Wednesdays 10:00-11:50
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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.

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 – 30%

Lab – 35% (project -65%, clinical paper – 20%, 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 (65% of lab grade), a paper on a clinical issue (20%) 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 clinical issue presentation will focus on a different clinical issue than the self-management project. The final paper on the clinical topic is due on March 15. 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.

Late papers and reports can be submitted in in the department assignment dropbox (outside of AD255). Without approved documentation, late penalty is 5% per day (including weekends). Email copies of your paper will not be accepted. Please keep and electronic and paper copy of your paper and report. 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.

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
R Jan 10	First Day of Lecture
T Jan 15	Historical Antecedents of Behaviour Therapy – chapters 1 & 2
R Jan 17	Historical Antecedents of Behaviour Therapy – chapters 1 & 2- continued
F Jan 18	<i>Last day to add or swap Winter Term half courses. Last day for change of registration from audit to credit or credit to audit.</i>
T Jan 22	Behavioural model and processes – chapters 3 & 4
R Jan 24	Explanation of self-management projects
F Jan 25	<i>Tuition Fee Deadline</i>
T Jan 29	Behavioural assessment - chapters 5 & 6
R Jan 31	Increasing behaviour- stimulus control and reinforcement – chapter 7
T Feb 5	Decreasing Behaviour – Differential reinforcement, punishment, aversion therapy- chapter 8
R Feb 7	Programmatic behaviour therapy: Combining reinforcement and punishment – chapter 9
T Feb 12	Guest Lecture- Dr. Kim Ward, Laura Douglass, Society for the Treatment of Autism
R Feb 14	<i>Guest lecture - contingency management</i>
Feb 17-24	<i>Reading Week. No lectures. University open (except Family Day). Alberta Family Day, University closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.</i>
T Feb 26	Exposure Therapies – chapters 10 & 11
R Feb 28	Exposure Therapies – chapters 10 & 11
T Mar 5	Exposure Therapies – chapters 10 & 11
R Mar 7	<i>midterm</i>
T Mar 12	Modelling therapy – chapter 12.
R Mar 14	Cognitive restructuring, coping skills, – chapters 13 & 14
T Mar 19	Cognitive restructuring, coping skills, – chapters 13 & 14
R Mar 21	Cognitive restructuring, coping skills, – chapters 13 & 14
T Mar 26	Applications to psychological disorders with primary physical characteristics – chapter 17- obesity
R Mar 28	Guest lecture- AGRI Application to psychological disorders with primary physical characteristics. – chapter 17 Guest Lecture Insomnia
T Apr 2	Acceptance & mindfulness- based behaviour therapy – chapter 15
R Apr 4	Acceptance & mindfulness- based behaviour therapy – chapter 15
T Apr 9	Applications to Medical Disorders – chapter 17- technology Continued-
R Apr 11	Continued- transdiagnostic protocols – chapter 18
F Apr 12	<i>Winter Term Lectures End. Last day to withdraw from full courses and Winter Term half courses.</i>
Apr 15-27	<i>Winter Term Final Examinations.</i>

Tentative Lab Schedule

Lab	Date	Topic
0	Jan 21	Lab overview, self-management workshop will occur during the lecture on September 21. No other lab meetings this week
1	Jan 28/30	Assessment & data collection workshop
2	Feb 4/6	Self-Management Q&A
3	Feb 11/13	Discussion of topics
4	Feb 25/27	Group 1: Self-Management proposals (oral/written)
5	Mar 4/6	Group 2: Self-Management proposals (oral/written)
6	Mar 11/13	Group 3: Self-Management proposals (oral/written)
	Mar 15	<i>Clinical Paper Deadline</i>
7	Mar 18/20	Self-Management Q&A
8	Mar 25/27	Group 1: Self-Management presentations
9	Apr 1/3	Group 2: Self-Management presentations
10	Apr 8/10	Group 3: Self-Management presentations

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

A student who feels that a piece of graded term work (term paper, essay, test, etc.) has been unfairly graded, may have the paper 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 Director of Undergraduate Studies who will arrange for a reassessment of the work **within the next fifteen days**. Students in faculties without a departmental structure should take the matter to the dean or the associate/assistant dean (Academic/Student Affairs) of the faculty offering the course. The result of that reassessment should be given to the student in writing. ***The reappraisal of term work may cause the grade to be raised, lowered or to remain the same.***

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

In the reappraisal of a final grade, the only element that will be considered is the grading of the final assessment that makes up the final mark (e.g., final examination, final project, final paper). An exception may occur when the Instructor of Record evaluates a piece of graded term work at the end of the term; that grade may also be considered in a reappraisal of final grade.

A student wishing a reappraisal of a final grade should first attempt to review the final assessment with the department or faculty offering the course. After which, the student shall obtain a Reappraisal of Final Grade form from ucalgary.ca/registrar (under Student Forms). Students must indicate exactly what error was made in marking the final assessment and/or in computing the final grade. The reappraisal will only be considered if the student provides a detailed rationale that outlines where and for what reason an error is suspected.

Students wishing a reappraisal of a final grade (excluding Law courses) must submit their request by the following dates:

Winter Term – June 30

Supplemental Examinations: 30 calendar days from the date the examination was written

The reappraisal form shall be submitted to Enrolment Services who will forward it to the department head or dean of the faculty offering the course. Reappraisals of final grades are dealt with by the head of the academic unit in consultation with members of academic staff. Normally, the department/faculty will respond to a reappraisal request within thirty calendar days of its initiation. After the reappraisal is completed, the department shall return the form to the Registrar's Office who shall inform the student in writing of the decision. ***Students should be aware that the grade being reappraised may be raised, lowered or remain the same. A student may request a reappraisal of final grade only twice in one academic year (September 1 – August 31).***

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.

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. Students needing an Accommodation based on a Protected Ground other than Disability, should communicate this need, preferably in writing, to the instructor.

Seating During Exams

Instructors and exam invigilators are free to ask students to move seats before an exam begins or even during an exam. Students must comply with this request and refusal to do so may warrant a charge of academic misconduct.

Absence From A Test/Exam

Makeup tests/exams are **NOT** an option without the approval of the instructor. A student may be asked to provide supporting documentation for an exemption/special request for a make-up exam <https://www.ucalgary.ca/pubs/calendar/current/n-1.html>. 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 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 <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).

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.

Wellness and Mental Health Resources

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 (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 April 12 2019.

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.

Student Union VP Academic: Phone: 403-220-3911 suvpaca@ucalgary.ca

Student Union Faculty Rep.: arts1@su.ucalgary.ca

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

(<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 **January 17, 2019**. Last day for registration/change of registration is **January 18, 2019**. The last day to withdraw from this course is **April 12, 2019**.