

BEHAVIOUR MODIFICATION: ORIGINS AND APPLICATIONS**PSYB45H3 - FALL SESSION - 1999**

Instructor:	Jean Szkiba-Day, Ph.D., C. Psych.
Office:	S.559
Office Hours:	5:00-6:30, Monday
Telephone:	(905) 339-1795

Teaching Assistant
Daryl Wilson

Objectives:

This course will cover a number of current topics in the field of behaviour therapy, including definitions and models of behaviour modification, specific techniques and their application to behavioural child management, and abnormal human behaviours such as depression, schizophrenia, anxiety, attention/deficit hyperactivity disorder, obsessive compulsive disorder, eating disorders and addictions.

The course will include lectures, audio and videotaped materials, case studies and classroom exercises and discussions (where appropriate and feasible).

Required Text:

Spiegler, M.D., & Guevremont, D. C. (1998). *Contemporary Behavior Therapy*. (3rd Ed.). Pacific Grove, CA: Brooks/Cole.

Course Requirements:

There will be two brief quizzes one some time prior to the midterm and one some time after the midterm and prior to the final exam. The midterm quizzes are designed to reward students who are keeping up with the readings and attending classes. Therefore, the dates will not be given in advance. The quizzes will be multiple choice questions taken from the readings up to and including the readings assigned for the date of the lecture. Students are expected to attend class having read the assigned readings for the lecture. Quizzes cannot be made up at another time. Quizzes will each be worth 5%. The midterm exam will be on October 25 and the final exam will be held during the final examination period.

Grades will be based on a midterm test (45%), the quizzes (10%), and a final exam (45%).

SCHEDULE OF LECTURES

- Sept 13 - Overview and introduction to course material and grading;
Defining Models and Concepts
Readings - Chps. 1, 2, & 3
- Sept 20 - Practice of Behaviour Therapy and Behavioural Assessment
Readings - Chps. 4 & 5
- Sept 27 - Reinforcement Therapy
Readings - Chp. 6
- Oct 4 - Deceleration Behaviour Therapy
Readings - Chp. 7
- Oct 11 - Thanksgiving Day - No Lecture
Ethical Issues & Challenges and Controversies
Readings - Chps. 17 & 18
- Oct 18 - Token Economy, Contracting, Behavioural Child Management,
Readings - Chp. 8
- Oct 25 - Midterm exam
- Nov 1 - Brief Exposure Therapy: Systematic Desensitization and In Vivo Exposure
Readings - Chp. 9
- Nov 8 - Prolonged/Intense Exposure Therapy: Flooding and Implosive Therapy
Readings - Chp. 10
- Nov 15 - Modeling and Skills Training
Skills Training, Social Skills Training, Assertiveness Training
Readings - Chp. 11
- Nov 22 - Cognitive-Behavioural Therapy: Cognitive Restructuring
Thought Stopping, Rational Emotive Therapy, Cognitive Therapy
Readings - Chp. 12
- Nov 29 - Cognitive-Behavioural Therapy: Coping Skills
Problem solving, Stress inoculation
Readings - Chp. 13
- Dec 6 - Applications to Psychological Disorders with Primary Physical Characteristics:
Enuresis, Tic Disorders, Insomnia, Eating Disorders, Addiction
Readings - Chp. 15
- TBD - Final exam
-