

**PSYB45HF**

**BEHAVIOUR MODIFICATION:  
ORIGINS AND APPLICATIONS**

—Fall, 2000—

**Instructor:** Valerie Davey (Dr.)  
Room S – 512 (office)  
(416) 287 – 7445 (office; messages)

**Office hours:** Wednesdays from 5:00 to 6:30 during the term  
(or by appointment)

**Teaching assistant:** Daryl Wilson

**Course description:** This course surveys attempts to understand and modify abnormal or dysfunctional human behaviour by the application of general behaviour principles and the scientific method. Coverage includes research strategies in behaviour therapy; principles of behaviour maintenance and change; and specific therapy techniques and applications. Applications are to potentially serious disorders such as anxiety, depression, schizophrenia, and substance abuse, as well as to everyday problems of other- and self-management in adults and children.

**Required text:**

M. D. Spiegler and D. C. Guevremont (1998). Contemporary behavior therapy (3<sup>rd</sup> ed.). Pacific Grove, CA: Brooks/Cole.

**Course requirements and grading:**

**Class term tests and final exam:** Two term tests are scheduled. Each will consist of objective-type/short answer questions and should take about 40–50 minutes of class time to write. The tests are not cumulative: Each covers new lecture and required reading material only. If you miss a test, contact me at least 24 hours before the next lecture to arrange to make it up. You will need a legitimate excuse (e.g., a doctor's note). A two-hour multiple choice exam is to be scheduled for the final examination period. The final exam is cumulative: Questions may be taken from any of the required readings. Typical test/exam practice questions may be incorporated into any of the lectures from time to time and will not otherwise be made available. Short practice tests/exams will be handed out in class one week before each term test and on the day of the scheduled end-of-term review.

**Term report:** Participation Exercises 4.3, 5.4, 8.2, and 13.3 in the text will serve as the basis for designing a (self-) modification program: You should also use them as study guides throughout the term. A report of the program is due in class on November 29. Note that you are not required to implement the program.

**Grading:** Your final grade will be based on the two term tests (20% each); the term report (20%); and the final exam (40%).

## —LECTURE SCHEDULE—

- Sept. 13      Defining themes and concepts  
Preview—The behavioural model and its application to behaviour therapy
- Sept. 20      Readings: Chp. 1 (pp. 5-9); Chp. 3; Chp. 4 (pp. 44-59)  
Behaviour in context: The ABC model  
The behaviour therapy process: Assessment, intervention, and follow-up
- Sept. 27      Readings: Chp. 4 (pp. 59-70); Chp. 5  
Outcome assessment; behavioural assessment
- Oct. 4        Self-review: Chps. 1-5; lecture notes  
Readings: Chp. 6 (pp. 126-131)  
**CLASS TERM TEST**  
Preview—Reinforcement therapy  
Prompting and shaping
- Oct. 11      Readings: Chp. 6 (pp. 110-126); Chp. 7 (pp. 136-138)  
Using positive reinforcement to increase behaviour  
Differential reinforcement
- Oct. 18      Readings: Chp. 7 (pp. 156-163); Chp. 8 (pp. 170-192)  
Using punishment to decrease behaviour  
Token economy and contingency contracting
- Oct. 25      Readings: Chp. 7 (pp. 156-163); Chp. 9; Chp. 10  
Aversion therapy  
Avoidance and conditioned fear  
Exposure, flooding, and systematic desensitization
- Nov. 1        Readings: Chp. 11  
Observation, vicarious consequences, and imitation  
Skills training and assertion training
- Nov. 8        Self-review: Chps. 6-11; lecture notes  
Readings: Chp. 12 (pp. 306-311)  
**CLASS TERM TEST**  
Preview—Cognitive-behavioural therapy  
Talking to yourself: Operationalizing cognitions  
Thought stopping
- Nov. 15      Readings: Chp. 12 (pp. 311-335)  
Cognitive restructuring: Rational emotive therapy and cognitive therapy
- Nov. 22      Readings: Chp. 13 (pp. 340-364; pp. 370-371)  
Coping skills therapy: Self-instructions, problem-solving, and stress inoculation  
**TERM REPORT DUE DATE**
- Nov. 29      Readings: Chp. 15 (pp. 427-431)  
Addictive behaviours and relapse prevention  
**CLASS REVIEW AND PRACTICE EXAM**

## —FINAL EXAM—

*This outline is subject to change in the event of extenuating circumstances*