

**BEHAVIOUR MODIFICATION: ORIGINS AND APPLICATIONS**  
**PSYB45H3 – Fall session, 2001 (Rm H-216)**

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Course description:

This course will emphasize the fundamental principles of behaviour change, including reinforcement, extinction, punishment, stimulus control, and respondent conditioning. The application of these principles to procedures designed to establish new behaviours or change problem behaviour will be covered and, where appropriate, the use of these procedures in the treatment of abnormal human behaviours, such as depression, anxiety, fear, and substance abuse, will be highlighted.

Required text:

R.G. Miltenberger (2001) *Behavior Modification: Principles and Procedures*, 2<sup>nd</sup> edition. Belmont, CA: Wadsworth.

Evaluation:

Course evaluation will be based on two term tests (25% each of final grade), a final exam (40% of final grade), and participation in a web bulletin/on-line discussion group (10% of final grade; more information to follow). The term tests will be given in class on Oct 17 and Nov 14; the final exam will be scheduled during the regular examination period. The tests and exam will be based on lecture material and reading assignments (as outlined in the *Schedule of Lectures*); in addition, questions pertaining to issues raised in the discussion groups may be asked in the final exam. The term tests will be multiple choice in format. The final exam will consist of multiple choice questions and one to two long answer questions. The final exam will be cumulative, requiring a working knowledge of the principles and procedures covered throughout the course. ***Requests for deferment of the tests and exam will be considered only in exceptional circumstances and with appropriate support (e.g., doctor's note).***

## SCHEDULE OF LECTURES

DATE	TOPICS	READINGS
Sept 12	<ul style="list-style-type: none"> <li>·Introduction to course</li> <li>·Introduction to behaviour modification</li> </ul>	
Sept 19	<ul style="list-style-type: none"> <li>·Historical roots</li> <li>·Measuring behaviour and behavioural change</li> </ul>	Ch 1 (optional) Ch 2 and 3
Sept 26	<b>Reinforcement and Extinction:</b> <i>The principles</i>	Ch 4 and 5
Oct 3	<b>Reinforcement and Extinction (cont):</b> <i>Procedures</i> –contingency management, extinction, and differential reinforcement.	Ch 14, 15, and 16 (Ch 16 optional)
Oct 10	<ul style="list-style-type: none"> <li>·<b>Punishment:</b> <i>The principle</i></li> <li>·<b>Punishment:</b> <i>Procedures</i> – aversive conditioning, time out, response cost.</li> </ul>	Ch 6 Ch 17 and 18
Oct 17	TERM TEST 1	
Oct 24	<ul style="list-style-type: none"> <li>·<b>Stimulus control:</b> <i>The principles</i> of discrimination and generalization</li> <li>·<b>Stimulus control:</b> <i>Procedures</i> - Promoting generalization to modify behaviour</li> </ul>	Ch 7, 19
Oct 31	<b>Respondent conditioning:</b> <i>The principle</i>	Ch 8
Nov 7	<b>Respondent conditioning (cont):</b> <i>Procedures</i> - altering respondent behaviours involving fear and anxiety	Ch 24
Nov 14	TERM TEST 2 Procedures to establish new behaviour: shaping	Ch 9
Nov 21	Procedures to establish new behaviour (cont); prompting and fading, behaviour skills training (BST)	Ch 10, and 12
Nov 28	Other procedures to modify existing behaviours: habit reversal, token economy, behaviour contract, cognitive behaviour therapy	Ch 21, 22, 23,25 (all optional)