

BEHAVIOUR MODIFICATION: ORIGINS AND APPLICATIONS
PSYB45H3 – Fall session, 2002 (Rm H-216)

Instructor: Prof Suzanne Erb
Office: S-540C
Phone: 416-287-7454
Office hours: Thurs 3-5 pm or by appointment.

Teaching Assistants: Alexandra Hernandez and Janelle LeBoutillier

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.

Text:

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

WebCT

*All students must obtain a UTSC e-mail account, if they do not already have one. This is required in order to access the WebCT course page. WebCT will be used for the bulletin board discussions (see below), posting of lecture notes and readings, posting of grades, and all important class announcements. Please get your e-mail accounts set up ASAP. If you have any questions about WebCT or need assistance setting up an e-mail account, please see a staff member at the **Computing Centre Help Desk in room B463** or talk to Prof Erb. A WebCT demonstration will be given in class.*

Getting in touch with Prof Erb: RULES ABOUT E-MAIL

There will be a folder on WebCT called "messages for Prof Erb" and another called "messages for TA's". Please post any general questions you have about course material, evaluation, etc in one of these folders so that we can respond one time only to questions that more than one student is likely to have. *I will not respond to e-mail sent to my personal account unless it is for the purposes of setting up an appointment to see me in my office. In this case, please e-mail me with several times that you would be available to meet and I will reply to confirm a time. The t.a.'s will not respond to e-mail sent to their personal accounts under any circumstances.*

Evaluation:

Course evaluation will be based on one midterm exam, a final exam, one in-class writing assignment, and participation in an online bulletin board discussion group. Below, details of each component of the evaluation and a summary of what percentage each component will contribute to your final grade are given. PLEASE READ CAREFULLY!

Requests for deferment of the midterm exam or the in-class writing assignment will be considered only in exceptional circumstances and with appropriate support (e.g., doctor's note).

BULLETIN BOARD DISCUSSION (worth 10% of final grade):

In the week following each of the lectures on Reinforcement and Extinction (Sept 25-Oct 2), Punishment (Oct 2-9), Stimulus Control (Oct 9-16), and Respondent Conditioning (Oct 30-Nov 6), a scenario based on that week's lecture will be posted on WebCT; your assignment is to discuss the scenario with your classmates by posting comments and replies to other students' comments or questions. You will be required to participate in *at least 2* of the 4 discussions and to make *at least 3* postings for each discussion that you participate in. The postings do not need to be long (a short paragraph for each posting is sufficient); in fact, short, to-the-point comments and questions make for better discussion. However, your postings must be written in a clear, professional style and show thought. Samples of strong and weak postings will be given in class and posted on WebCT to provide you with some guidelines. You are required to print out and submit your postings by the beginning of class on November 13.

IN-CLASS WRITING ASSIGNMENT (worth 15% of final grade)

On November 6, you will be presented at the beginning of class with a question based, at least in part, on the October 16 guest lecture. You will have the full class period to answer the question. You may use your lecture notes and text to assist you in writing your response. You have the full class period to think and write, so you are encouraged to 1) take your time organizing your thoughts, 2) make some point form notes and an outline, and 3) write your response in essay form. You will be evaluated on the organization and clarity of your writing, the soundness of your argument, and the accuracy of your response.

MIDTERM EXAM (worth 35% of final grade)

The exam will be multiple choice in format and will be based on the lecture material from the first five lectures. Although you will not be specifically tested on material from the text, you are strongly encouraged to read each of the chapters assigned for each lecture; the material covered within each chapter and the summaries and questions at the end of the chapters will help you to better understand the material.

FINAL EXAM (worth 40% of final grade)

The final exam will be cumulative and multiple choice in format. The exam will be based on the lecture material from *all* lectures, including the guest lecture. You will not

be specifically tested on the text material; however, there will be questions based on the assigned articles.

Summary of Evaluation:

	<u>Percent of final grade</u>
Participation in bulletin board discussion	10
In-class writing assignment	15
Midterm Exam	35
Final Exam	40

Summary of important dates:

Oct 23	Midterm exam
Nov 6	In-class writing assignment
Nov 13	Bulletin board postings due in class
TBA	Final exam

Articles for Lecture (posted on WebCT)

Reading for Oct 30

1. Fyer, AJ (1998) Current Approaches to Etiology and Pathophysiology of Specific Phobia. *Biological Psychiatry*. 44: 1295-1304.

Readings for Nov 20

2. Katz, EC, Gruber, K, Chutuape, MA, Stitzer, ML (2001) Reinforcement-based outpatient treatment for opiate and cocaine abusers. *Journal of Substance Abuse Treatment*. 20: 93-98.

3. Petry, NM, Petrakis, I, Trevisan, L, Wiredu, G, Boutros, NN, Martin, B, Kosten, TR (2001) Contingency management interventions: From research to practice. *American Journal of Psychiatry*, 158: 694-702.

SCHEDULE OF LECTURES

DATE	TOPICS	READINGS
Sept 11	An introduction to behaviour modification	
Sept 18	Historical roots Measuring behaviour and behavioural change	Ch 1-3
Sept 25	Reinforcement and extinction: The principles; procedures of shaping, contingency management, extinction, and differential reinforcement.	Ch 4, 5, 14-16
Oct 2	Punishment: The principle; procedures of aversive conditioning, time out, and response cost.	Ch 6, 17-18
Oct 9	Stimulus control: Principles of discrimination and generalization; Functional assessment, antecedent control procedures, promoting generalization	Ch 7, 10, 13, 16, 19
Oct 16	Guest speaker: Sandee-lee Parker, Director of Behavioural Consultation and Therapy Services.	
Oct 23	MIDTERM EXAM	
Oct 30	Respondent conditioning: The principle; procedures for altering respondent behaviours involving fear and anxiety.	Ch. 8, 24 and Article 1 (see p. 3 of syllabus).
Nov 6	In-class writing assignment (Prof Erb will be away; T.A.s will invigilate)	
Nov 13	Behavioural Skills Training Procedures and Cognitive Behaviour Therapy	Ch 12 and 25
Nov 20	Use of behaviour therapy in treatment of addiction	Articles 2 and 3 (see p. 3 of syllabus)
Nov 27	Behaviour therapy in perspective: Strengths, challenges, and controversies.	