

BEHAVIOUR MODIFICATION: ORIGINS AND APPLICATIONS
PSYB45H3 – Fall session, 2003 (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.

Text:

R.G. Miltenberger (2001) *Behavior Modification: Principles and Procedures*, 3rd edition. Belmont, CA: Wadsworth.

*You may use the 2nd edition.

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.* To set up your account, go to <https://intranet.utsc.utoronto.ca/home.php?login=1> and click on the link "sign up for student account here" toward the bottom of the page. A demonstration and more information about using WebCT will be given in class on September 17.

Guidelines for e-mail

Please use e-mail judiciously. Any general questions about course material, evaluation, etc. should be posted in WebCT using the discussion link on the homepage (in the folder titled "general questions"), so that I can respond a single time to questions that more than one student is likely to have. Questions that you do not wish to post in this public forum, should be sent to me via WebCT mail; *I will not respond to e-mail sent to my personal account.* If you wish to make an appointment to meet with me, please e-mail me through

webCT and suggest several times that you are available to meet. I will respond to confirm a time.

Evaluation:

Course evaluation will be based on one midterm exam, a final exam 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!

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

In the week following each of the lectures on Reinforcement and Extinction (Sept 25-Oct 1), Punishment (Oct 2-8), Stimulus Control (Oct 16-22), and Respondent Conditioning (Nov 6-Nov 12), scenarios based on that week's lecture will be posted on WebCT; your assignment is to choose one of the scenarios and 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 weeks of discussions and to make *at least 3* postings for each discussion that you participate in (i.e., you *may not* spread your 3 postings for a given discussion over more than one week of discussion). 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 your postings directly from WebCT and submit them by the beginning of class on November 12.

MIDTERM EXAM (worth 40% 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.

A make-up exam will be given only if:

1. The student is able to provide a medical note.
2. The student informs me *in advance* of the test (i.e., before 6 pm on Oct. 22) that he/she will be unable to write the test.

FINAL EXAM (worth 50% 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
Midterm Exam	40
Final Exam	50

Summary of important dates:

Oct 22	Midterm exam
Nov 12	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 10	An introduction to behaviour modification	
Sept 17	Historical roots Measuring behaviour and behavioural change	Ch 1-3
Sept 24	Reinforcement and extinction: The principles; procedures of shaping, contingency management, extinction, and differential reinforcement.	Ch 4, 5, 14-16
Oct 1	Punishment: The principle; procedures of aversive conditioning, time out, and response cost.	Ch 6, 17-18
Oct 8	Guest speaker: Sandee-lee Parker, Director of Behavioural Consultation and Therapy Services.	
Oct 15	Stimulus control: Principles of discrimination and generalization; Functional assessment, antecedent control procedures, promoting generalization	Ch 7, 10, 13, 16, 19
Oct 22	MIDTERM EXAM	
Oct 29	Class cancelled (T.A. will hold office hours to review exams)	
Nov 5	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 12	Behavioural Skills Training Procedures and Cognitive Behaviour Therapy	Ch 12 and 25
Nov 19	Use of behaviour therapy in treatment of addiction	Articles 2 and 3 (see p. 3 of syllabus)
Nov 26	Behaviour therapy in perspective: Strengths, challenges, and controversies.	