

BEHAVIOUR MODIFICATION: ORIGINS AND APPLICATIONS
PSYB45H3 – Fall session, 2005
(Rm AA-112, Fri 10-12 pm; H-216, Fri 12-1pm)

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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.

Course objectives:

1. Learn the basic principles of behaviour modification.
2. Learn behaviour modification procedures.
3. Learn the functional approach to understanding and treating problem behaviours.

Text:

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

*You may use the 2nd edition.

Intranet

All students must obtain a UTSC e-mail account, if they do not already have one. This is required in order to access the course page through the intranet. The intranet will be used for posting of lecture notes, 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".

E-mail

If you wish to send me an e-mail message, please use the course e-mail address (psyb45@utsc.utoronto.ca). *I will not respond to e-mail sent to my personal account.*

Evaluation:

Course evaluation will be based on a midterm exam and final exam. In addition, you will be able to earn up to 4 bonus points (see below).

MIDTERM EXAM (worth 40% of final grade)

The exam will be multiple choice in format and will be based on the lecture material and readings from the first six lectures. Emphasis will be placed on lecture 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 10 am on Oct. 28) that he/she will be unable to write.

FINAL EXAM (worth 60% of final grade)

The final exam will be cumulative and multiple choice in format. The exam will be based on the lecture material and readings from *all* lectures, including the guest lecture. Emphasis will be placed on lecture material.

ARTICLE ASSIGNMENT (up to 2 bonus percentage points)

Over the course of the term, you are encouraged to keep an eye open for current newspaper or magazine articles or advertisements that illustrate some principle or concept of behaviour modification. Think “outside of the box”, use your imagination, be creative! For each newspaper/magazine clipping that you submit, along with a brief type-written description (no more than ½ double-spaced page) of what principle or concept is illustrated and how, I will give you 1 bonus point. Please submit your clippings as you find them so that I can use them in lecture.

DISCUSSION GROUPS (up to 2 bonus percentage points)

In the week following lectures on Reinforcement and Extinction (Oct. 7-13), Punishment (Oct. 14-20), Stimulus Control (Nov. 4-10), and Respondent Conditioning (Nov. 25-Dec 1), several scenarios will be posted on the intranet. Over the course of the week, you are encouraged to discuss one or more of the scenarios with your classmates by posting comments and replies to other students’ comments or questions. You will be given 1 bonus point for each week of discussion you participate in. Thus, in order to earn 2 bonus points, you must participate in 2 different weeks of discussion. For each week of discussion you participate in, you must make 2 or more postings in order to receive 1 bonus point for that week (back-to-back postings are not permitted). 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, postings must show some thought. For example, you will not be given credit for a posting that says, "I agree with what Mary wrote". Examples of appropriate postings will be made on the intranet to provide you with some guidelines.

In order to receive bonus credit for your postings, you must submit a sheet indicating the dates and numbers of your postings (provided next to each posting) in the class following each week of discussion that you participate in. A template of the sheet can be downloaded and printed from the intranet. **The deadlines for submission are:**

Reinforcement and Extinction	Oct 14
Punishment	Oct 21
Stimulus Control	Nov 11
Respondent Conditioning	Dec 2

Summary of Evaluation:

	<u>Percent of final grade</u>
Midterm Exam	40
Final Exam	60
Articles	up to 2 bonus points
Discussion groups	up to 2 bonus points

Submitting materials for bonus credit

Please submit all materials for bonus credit into the drop box beside my office door (S-531). I will be checking the box daily. Late submissions of discussion postings will not be accepted.

SCHEDULE OF LECTURES

DATE	TOPICS	READINGS
Sept 16	An introduction to behaviour modification.	Ch 1
Sept 23	Behavioural assessment; Measuring behaviour and behavioural change.	Ch 2-3
Sept 30	Reinforcement and extinction: The principles.	Ch 4-5
Oct 7	Reinforcement and extinction: The procedures of shaping, contingency management, extinction, and differential reinforcement.	Ch 14-15
Oct 14	Punishment: The principle; Procedures of aversive conditioning, time out, and response cost.	Ch 6, 17-18
Oct 21	Stimulus control: Principles of discrimination and generalization.	Ch 7
Oct 28	MIDTERM EXAM	
Nov 4	Stimulus control: Procedures: antecedent control procedures, prompting and transfer of stimulus control, promoting generalization.	Ch. 10, 16, 19
Nov 11	Guest speaker: Sandee-lee Parker, Director of Behavioural Consultation and Therapy Services.	
Nov 18	Respondent conditioning: The principles.	Ch. 8
Nov 25	Respondent conditioning: Procedures for altering respondent behaviours involving fear and anxiety.	Ch. 24
Dec 2	Behavioural Skills Training; Cognitive Behaviour Therapy	Ch 12, 25