



Department of Psychology
Psychology 435 (L01) – Behavior Modification
Winter 2011 – Course Outline

Instructor:	Guy Pelletier	Lecture Location:	A253
Phone:	403-355-3212	Lecture Days/Time:	Mondays 5:00-7:50
Email:	gpelleti@ucalgary.ca	Lab instructor	Taryn Bemister
Office:	A257	Email (lab instructor):	tbbmist@ucalgary.ca
Office Hours:	by appointment	Lab hours:	Lab 1 T 1-3 PM Lab 2 R 9-11 AM

Course Description and Goals

The purpose of Psychology 435 is to provide a basic understanding of the theory, principles, and practices of contemporary cognitive behavior therapy/behavior modification as applied to a representative range of disorders and problems. You will also have an opportunity to develop some beginning behavior therapy skills in the labs, particularly in relation to the analysis of human behavior, case formulation, the implementation of a self-change program, and the formulation of intervention strategies for specific disorders.

Students should keep in mind that this course is intended to provide basic, wide-ranging knowledge of behavior modification. This is an ambitious endeavor which will require the learning and understanding of a considerable amount of information. The course will follow the textbook relatively closely, although not exclusively. Students may be responsible for readings that will not be covered in detail in class. Similarly, material may be added in class that will not be found in the textbook. Videos or films may be added to the lectures at the instructor's discretion.

Prerequisites

Psychology 312 – Experimental Design and Quantitative Methods, and
Psychology 385 – Abnormal Psychology

Required Text

Spiegler, M. D., & Guevremont, D. C. (2010). *Contemporary Behavior Therapy, 5th Edition*. Belmont, CA: Wadsworth/Cengage.

Available at the University Bookstore

Evaluation

There will be two midterm exams, both composed of multiple choice and long answer questions. The take home exam will be a written exam where students will be given a choice of questions to address. Writing and the grading thereof will be a factor in the evaluation whenever writing will be required. All course material is subject to examination.

Component	Date/Percent of Grade	Coverage
Mid-term #1:	February 7, 2011 - 75 minutes - 30% of final grade	Chapters 1 to 7 and corresponding lectures
Mid-term #2:	March 21, 2010 - 75 minutes - 30% of final grade	Chapters 8 to 13 and corresponding lectures
Lab assignments	30% of final grade <i>Self-Management Project</i> (60%) <ul style="list-style-type: none"> • Written proposal (10) • Final oral presentation (20) • Final written document (30) <i>Topical Presentation</i> 30% <i>Lab Participation & Attendance</i> 10%	A lab outline detailing the lab assignments/presentation and the breakdown of marks will be handed out during the first lab
Take Home exam	Handed out on April 11, 2011, due back on April 15, 2011 at 4:00 PM. 10% of final grade. Late exams will be accepted, with a penalty of 1 point (10% of the grade) for every late day including weekend days. E-mailed exams will not be accepted.	Chapters 14 to 17 and corresponding lectures, long answer format

Please note: Students must achieve a passing grade on both the class and lab components to pass this course.

Grading Scale

A+	96-100%	B+	80-84%	C+	67-71%	D+	54-58%
A	90-95%	B	76-79%	C	63-66%	D	50-53%
A-	85-89%	B-	72-75%	C-	59-62%	F	0-49%

As stated in the University Calendar, it is at the instructor's discretion to round off either upward or downward to determine a final grade when the average of term work and final examinations is between two letter grades. In this course there will be no rounding up of final grades, especially in light of the opportunities students have to increase their final grade via research participation.

Tentative Lecture Schedule

Date	Topic/Activity/Readings/Due Date	
M Jan 10	Historical antecedents of behaviorism and behavior therapy	Chap 1-2
M Jan 17	The behavioral model and the process of behavior therapy	Chap 3-4
M Jan 24	Last day for registration/change of registration. Behavioral assessment	Chap 5
F Jan 21	Last day to drop a course with no W grade and tuition refund.	
M Jan 31	Increasing behavior: stimulus control and reinforcement Decreasing behavior: differential reinforcement, punishment, aversion	Chap 6 and Chap 7
M Feb 7	Mid term exam #1: Programmatic behavior therapy: Combining reinforcement and punishment	Chap 8
M Feb 14	Behavior therapy for anxiety disorders: exposure therapy	Chap 9-10
M Feb 21	Reading days – No lecture	
M Feb 28	Modeling/social learning based approaches	Chap11
M Mar 7	Cognitive-Behavioral therapy for anxiety and depression	Chap 12
M Mar 14	Cognitive behavioral therapy – coping and problem solving	Chap 13
M Mar 21	Mid-term exam #2 Acceptance and mindfulness-based therapies	Chap 14
M Mar 28	Applications of behavior therapy to medical disorders	Chap 15
M Apr 4	Applications of behavior therapy to psychological disorders with psychophysiological components	Chap 16
M Apr 11	Concluding lecture and question period (if time allows) <u>Take Home exam handed out today</u>	Chap 17
R Apr 14	Last day to participate in research and allocate research credits	
F Apr 15	Lectures end. Last day to withdraw <u>Take home exam to be returned to the Department of Psychology by 4:00 PM</u>	

Reappraisal of Grades

A student who feels that a piece of graded term work (e.g., term paper, essay, test) has been unfairly graded, may have the work re-graded as follows. The student shall discuss the work with the instructor within 15 days of being notified about the mark or of the item's return to the class. If not satisfied, the student shall immediately take the matter to the Head of the department offering the course, who will arrange for a reassessment of the work within the

next 15 days. The reappraisal of term work may cause the grade to be raised, lowered, or to remain the same. If the student is not satisfied with the decision and wishes to appeal, the student shall address a letter of appeal to the Dean of the faculty offering the course within 15 days of the unfavourable decision. In the letter, the student must clearly and fully state the decision being appealed, the grounds for appeal, and the remedies being sought, along with any special circumstances that warrant an appeal of the reappraisal. The student should include as much written documentation as possible.

Plagiarism and Other Academic Misconduct

Intellectual honesty is the cornerstone of the development and acquisition of knowledge and requires that the contribution of others be acknowledged. Consequently, plagiarism or cheating on any assignment is regarded as an extremely serious academic offense. Plagiarism involves submitting or presenting work in a course as if it were the student's own work done expressly for that particular course when, in fact, it is not. Students should examine sections of the University Calendar that present a Statement of Intellectual honesty and definitions and penalties associated with Plagiarism/Cheating/Other Academic Misconduct.

Academic Accommodation

It is the student's responsibility to request academic accommodations. If you are a student with a documented disability who may require academic accommodation and have not registered with the Disability Resource Centre, please contact their office at 403-220-8237. Students who have not registered with the Disability Resource Centre are not eligible for formal academic accommodation. You are also required to discuss your needs with your instructor no later than 14 days after the start of this course.

Absence From A Test/Exam

Students who miss a term test due to a valid and documented official University reason (illness, domestic affliction, or religious conviction) have 48 hours to contact AND schedule a makeup test with the instructor. The onus is on the student to have a makeup test approved and scheduled within 48 hours, or the makeup test option is forfeited. The same process applies to missed makeup tests. At the instructor's discretion, the makeup test may differ significantly in form and/or content from the missed test. However, the makeup test cannot differ in weight (% of final grade) from the missed test. Except in extenuating circumstances (a documented official University medical excuse), a makeup test must be written within 2 weeks of the missed test. Absence from a final exam, and deferral of a final exam, are handled by Enrolment Services (see http://www.ucalgary.ca/registrar/deferred_final). Students absent from a final exam must notify the instructor within 48 hours and must then apply for an official deferred final exam no later than the deadline indicated in the Examinations Schedule.

Freedom of Information and Protection of Privacy (FOIP) Act

The FOIP legislation disallows the practice of having student's retrieve tests and assignments from a public place. Therefore, tests and assignments may be returned to students during class/lab, or during office hours, or via the Department Office (Admin 275), or will be made available only for viewing during exam review sessions scheduled by the Department. Tests and assignments will be shredded after one year. Instructors should take care to not link students' names with their grades, UCIDs, or other FOIP-sensitive information.

Course Credits for Research Participation (Max 2% of final grade)

Students in most psychology courses are eligible to participate in Departmentally approved research and earn credits toward their final grades. **A maximum of two credits (2%) per course, including this course, may be applied to the student's final grade. Students earn 0.5% (0.5 credits) for each full 30 minutes of participation.** The demand for timeslots may exceed the supply in a given term. Thus, students are not guaranteed that there will be enough studies available to them to meet their credit requirements. Students should seek studies early in the term and should frequently check for open timeslots. Students can create an account and participate in Departmentally approved research studies at <http://ucalgary.sona-systems.com>. The last day to participate in studies and to assign or reassign earned credits to courses is **Apr 14th, 2011**

Evacuation Assembly Point

In case of an emergency evacuation during class, students must gather at the designated assembly point nearest to the classroom. The list of assembly points is found at <http://www.ucalgary.ca/emergencyplan/assemblypoints>. Please check this website and note the nearest assembly point for this course.

Student Organizations

Psychology students may wish to join the Psychology Undergraduate Students' Association (PSYCHS). They are located in Administration 170 and may be contacted at 403-220-5567.

Student Union VP Academic: Phone: 403-220-3911 suypaca@ucalgary.ca

Student Union Faculty Rep.: Phone: 403-220-3913 socialscirep@su.ucalgary.ca

Student Ombudsman's Office

The Office of the Student Ombuds provides independent, impartial and confidential support for students who require assistance and advice in addressing issues and concerns related to their academic careers. The office can be reached at 403-220-6420 or ombuds@ucalgary.ca (<http://www.su.ucalgary.ca/services/student-services/student-rights.html>).

Safewalk

The safewalk program provides volunteers to walk students safely to their destination anywhere on campus. This service is free and available 24 hrs/day, 365 days a year. Call 403-220-5333.

Important Dates

The last day to drop this course with no "W" notation and **still receive a tuition fee refund is Jan 21st, 2011**. Last day for registration/change of registration is **Jan 24th, 2011**. The last day to withdraw from this course is **Apr 15th, 2011**.