

***Proposed Course Outline\****  
**BEHAVIOUR MODIFICATION AND BEHAVIOUR THERAPY**  
**Psychology 4030 6.0      Sections C&F      Term F/W**

**York University**  
**Department of Psychology**  
**2015-2016**

**Prerequisites:** Prerequisites: AK/AS/HH/SC/PSYC 1010 6.0 or AK/PSYC 2410 6.0 with a minimum grade of C (See Page 1); AK/AS/HH/SC/ PSYC 2030 3.0 or AK/PSYC 2530 3.0 or substitute; one of AK/AS/HH/SC/PSYC 2020 6.0, AK/AS/HH/SC/PSYC 2021 3.0, AK/HH/PSYC 2510 3.0 or substitutes; AK/AS/HH/SC/ PSYC 2130 3.0 and AK/AS/HH/SC PSYC 3140 3.0. Students must be in an Honours Program (maintaining Honours Standing) in Psychology and have successfully completed 14 university courses or 84 completed credits (Excluding Education Courses).

**Course Director:** Dr. M. Sharon Armstrong  
**Office:** 273 BSB  
**Hours:** By appointment  
**Phone:** 416-736-5125 (messages only)  
**Email:** [sarm@yorku.ca](mailto:sarm@yorku.ca) (expect up to 3 days for reply)

**Secretary:** Ms. Agnes Levstik  
**Office:** 281 BSB  
**Phone:** 416-736-5125

**Time & Location:** *See Lecture Schedule*

**Course Objectives and Brief Description:**

In this course, we will examine theory, research and practical applications associated with behaviour change. Both historical perspectives and current conceptualisations of behaviour and psychotherapies aimed at behaviour modification will be studied.

As the course unfolds, students will gain comprehension of the theoretical underpinnings, principles and models of behaviour modification and the basic procedures of many of the behaviour and cognitive behaviour therapies. At the same time, students will investigate and appraise relevant research and ethical issues. Later in the year, students will apply the basic principles of behaviour modification to specific treatment plans for behaviour change and evaluate the effectiveness of these procedures.

Note that *active participation in both class discussion and skills practice is expected and will be included in your grade.*

**Format:** Seminar style. Classes will include a combination of lectures, class discussions, in-class exercises, videos, and student presentations.

**Required Text:**

*Contemporary Behavior Therapy, 2016, 6<sup>th</sup> edition.* Author: M. D. Spiegler. Publisher: Cengage. Note that if you choose to make use of an earlier edition of the text, you will need to ensure that you have access to any new material & changes to the latest edition.

For a free trial &/or reduced price on this book go to:

[http://www.coursesmart.com/IR/2851412/9781305269217?\\_hdv=6.8](http://www.coursesmart.com/IR/2851412/9781305269217?_hdv=6.8)

**Recommended Textbooks (not required):**

*Principles of Behavior, 2014, 7<sup>th</sup> edition.* Authors: R. W. Malott & J.T. Shane. Publisher: Pearson.

*Self-Directed Behavior: Self-Modification for Personal Adjustment, 2014, 10<sup>th</sup> edition.* Authors: D.L. Watson & R.G. Tharp. Publisher: Wadsworth/Cengage.

*Behavior Modification: What it is and how to do it, 2007, 8<sup>th</sup> edition.* Authors: G. Martin & J. Pear. Publisher: Pearson.

**Additional Readings and Audio-Video:** To be announced.

**Evaluation (See Lecture Schedule – posted on Moodle – for dates):**

Attendance/Participation/Pop Quizzes/BC Project Updates	(12 %)
Fall Term paper	(12 %)
Fall Term MC & SA Test	(20 %)
Winter Term MC Test	(20 %)
Group Presentations	(12 %)
Individual Behaviour Change Project Paper	(24 %)

(BC = Behaviour Change; MC = Multiple Choice ; SA=Short Answer)

<b>Grading:</b>	<b>Percentage</b>	<b>Letter Grade</b>
	90-100	A+
	80-89	A
	75-79	B+
	70-74	B
	65-69	C+
	60-64	C
	55-59	D+
	50-54	D
	40-49	E
	0-39	F

**Description of Course Requirements:**

**Turnitin Service and Moodle:** Students will hand in all written assignments to Turnitin – a service that York University has enrolled in, which helps professors identify plagiarism and helps students maintain academic honesty. You will be able to access Turnitin through the Moodle application for this course. *Note that I will be making use of Moodle to post important information and any changes to the course – be sure to check Moodle regularly.*

**Class participation:** Each week, after reading the book chapter for the next class, you will prepare comments or questions for classroom discussions. Class participation will be evaluated on the basis of the following:

- \* **Consistent seminar attendance.**
- \* **Evident preparation for discussion about text chapter/assigned readings.**
- \* **Quality and level of active involvement in class discussion.**
- \* **Contributions to idea sharing about class members' behaviour change projects.**
- \* **Pop Quizzes**

**Pop Quizzes:** A short quiz may be administered at the **beginning of any class and it will be based on that week's chapter of the text book.** The quiz will usually consist of 1 or 2 short answer questions &/or 3 to 6 multiple-choice questions. These quizzes are designed to help students maximize their understanding of the material being covered each week and to encourage study and preparation for term tests. **There is no substitute for a missed quiz.** Quiz marks will be incorporated into the attendance/participation grade.

### **Group Seminar Presentation**

Towards the end of the first term, group presentations will begin and will continue for several weeks into the second term. Each class will include a one-hour presentation by a group of (three) students, which will focus on a real-world application of that week's behaviour therapy method. Further information will be provided when groups are chosen part way through the first term.

### **Behaviour Change Project and Paper – Second Term Project**

Having learned the underlying theoretical principles and many of the techniques of behavioural assessment and change, you will now have the opportunity to put your recently acquired knowledge into practice as you apply behaviour modification strategies to your own behaviour. For this assignment, you will choose a target behaviour that you would like to either increase or decrease. Using an ABAB study design, you will observe the behaviour, attempt to modify it, remove the treatment, and observe and write up the results. You will then write up the procedure and results of your self-change programme in the form of a research study report. Your report will be written in APA format as a research study. The number of pages will depend upon the target behaviour and the type of programme used; acceptable papers may vary in length from 12 to 25 pages. More comprehensive instructions will be provided as the first term gets underway.

### **Term Tests**

Two term tests will be given, one in the fall term and one in the winter term. They will be based on text chapters as well as lecture material and will be a combination of multiple-choice and brief short-answer questions. Study **the entire chapters** as well as lecture material and prepare to answer both multiple-choice and short-answer questions on the tests. See lecture schedule for dates.

### **Missed Tests/Examinations**

The student must contact the **course director** or the **course director's secretary** within **48 hours** of the missed test/exam, with the following information:

- name (give spelling of last name)
- student number
- course and section of course
- telephone number where student can be reached and best time to call back

If student is unable to contact the secretary or course director during this 48 hour period, subsequent documentation accounting for the delay **must** be provided.

Appropriate documentation verifying the circumstances for the missed test/exam **must** be provided. Failure to provide appropriate documentation will result in a grade of F for the missed test/exam.

*What is appropriate documentation?*

#### **In medical circumstances:**

- Statement from attending physician (or psychologist) which **must** include:
  - full name, mailing address, telephone number of physician
  - nature of the illness and its duration (i.e., dates covered)

- statement regarding whether the illness (or medication) would have SERIOUSLY affected the student's ability to take the test/exam
- The physician's office may be contacted to verify that the forms were completed by the physician.

**In non-medical circumstances:**

- Official or credible documentation that supports the nature of the emergency (e.g., death certificate or obituary notice, automobile accident notice, appropriate receipts for emergency travel...)
- **Having to work at the time of the test is not considered a valid reason to miss a test.**

***Make-Up Test***

The student must be prepared to write the make-up test at the time set by the course instructor and must contact the course director (or the course director's secretary) to find out when the make-up test will take place, which may be as early as one week following the missed test. The make-up test will cover the same content but will not necessarily include the same questions as the original test. A conflict with another course during the time of the make-up **is not** a valid reason for missing the make-up.

**Cheating and Plagiarism are not tolerated:** For further information and clarification please refer to the York University Senate Policy on Academic Honesty and other important general course information (regarding such things as ethics review processes, access/disability, religious observances, etc.) that is available in the Psychology Supplemental Calendar and on the following websites:

- <http://www.yorku.ca/academicintegrity/students/index.htm>
- <http://www.yorku.ca/secretariat/policies/document.php?document=69>

Also, I strongly encourage students to take the Faculty of Health Academic Integrity Tutorial and Quiz at: [http://www.yorku.ca/health/yquiz/acadinte\\_nologin/quiz/acadinte\\_nologin.quiz](http://www.yorku.ca/health/yquiz/acadinte_nologin/quiz/acadinte_nologin.quiz)

**Accommodation for Students with Special Needs**

Students with physical, learning or psychiatric disabilities who require accommodation in teaching style or evaluation methods should **discuss this with the Course Director early in the year** so that appropriate arrangements can be made.

Students who feel there are extenuating circumstances which may interfere with the successful completion of any course requirements should discuss the matter with the Course Director **as soon as possible** to make appropriate arrangements. Be familiar with the Senate Policy and attached Guidelines for Students with Special Needs.

**See York website for important dates:** <http://registrar.yorku.ca/enrol/dates/fw15.htm>

**Last Date to Drop this Course Without Academic Penalty is February 5, 2016.**

***\*Changes to this PROPOSED course outline and lectures schedule may be made within the first few classes. Changes will be announced in class and/or posted on Moodle. Students are responsible for keeping track of these changes.***