

**HURON UNIVERSITY COLLEGE
LONDON CANADA**

**Psychology 3304G (2020-21)
Human Learning: Behaviour Modification**

1.0 BASIC COURSE INFORMATION

Instructor: Dr. Mark R. Cole

Office Hours on Zoom: Tues. 12:30-1:20 or by email.

Time and Location of Lectures: Zoom on Fridays 09:30-10:30.

E-mail address: mcole@uwo.ca

Course website: <http://owl.uwo.ca/portal> {login & password = UWO login ID and password}

2.0 COURSE DESCRIPTION

This is a course in the modification of human behavior in the home, school and institution. Emphasis is on methodology and a sound knowledge of operant techniques is mandatory. Topical readings will be discussed in seminars and practical experience will be undertaken. Prerequisites: At least 60% in Psychology 2110A/B or 2280E **and permission of the instructor**. May be taken concurrently with 2280E.

1 seminar hour, 2 hours to be assigned by the instructor, 0.5 course.

3.0 COURSE LEARNING OBJECTIVES

By the end of the course students should have:

- A working knowledge of representative behavior therapy literature.
- A critical appreciation of research methodology in the area of behavior therapy.
- Hands-on experience with a simple form of behaviour therapy

4.0 DESCRIPTION OF CLASS METHODS

Each of the weekly 1-hour seminars will be led by one student in the course (or by the instructor). A second hour each week will be taken up by the therapy project at a time selected by the student who will be both therapist and client. The remaining hours will involve weekly readings and preparations for, and paperwork after, the therapy sessions.

5.0 TEXTBOOKS

Spiegler, M.D. (2016). *Contemporary Behavior therapy*. (6th Ed.) Toronto: Thompson Wadsworth. (Available at the Bookstore).

Cole, M (2020). *A systematic desensitization therapy manual*. (Available on OWL).

6.0 EVALUATION

MINITESTS: The success of this course will depend on the extent to which the class discussions are interesting and critical. To ensure that the reading is done, before each class you must complete a **10-minute mini-test, posted on OWL**, on the reading assignment for that week. These tests are designed to ensure that students have done the reading and it should not be possible to do well on them from general knowledge. The tests will be of the multiple-choice type. They will be available on our OWL site for one week before the class begins, and, once started, must be completed within 10 minutes. Late minitests will not be accepted under any circumstances. **The sum of the marks on these minitests will count for 33% of the final grade.**

PRACTICUM: Each student is required to carry out a **Behaviour Therapy Project** and submit a **Clinical Report**, which will account for 34% of the final mark, by 4:00 PM on Friday, April 9, 2021. This is not a research report and should not follow APA format. Due to Covid-19, you will have to carry out this therapy using yourself as client. I will need to approve your planned project with respect to whether systematic desensitization is an appropriate treatment.

Classroom Presentation and Critical Review:

- (a) Each week, during a class meeting on Zoom, a different person will be responsible for leading a discussion centred on at least two journal articles relevant to the topic for the week. Because of the small size of the class this year (4 students) each student will have to be the discussion leader for two weeks. I will do the first 4 weeks but the rest are up for grabs. Who does what topic will be decided during the first class so, anyone not present will get what is left over. Whereas the designated class leader will present the articles and facilitate the discussion, participation by everyone is expected. Students are advised to discuss with the Instructor prior to preparing the presentation, the articles they intend to present and review. Note that the class leader will not write the minitest but will get an automatic perfect score.
- (b) The Class Leader is also responsible for submitting a *critical review* of **the two articles** they have selected to present. This review must criticize the material as well as present it. There is no specific required length but the review must reveal comprehensive knowledge of the material and must be written in clear English. This paper is due **before the class meeting for which the writer is responsible and is to be submitted to OWL**. The sum of the grades on the reviews will account for 33% of the grade.

7.0 POLICY ON GRADING STANDARDS

Students at Huron University College should consider a grade in the range from 75-79 to be

evidence of satisfactory performance in a 3000-level honors Psychology course. Grades in the A (80-89%) range will only be awarded for performance that is demonstrably superior to the third-year standard associated with the Major or Minor modules. A grade of A+ (90-100%) will only be awarded very rarely and only for work that is truly exceptional.

8.0 POLICY ON OWL

Students must consult OWL for this course regularly as information necessary for success, including lecture outlines, instructions for projects, and other announcements will be conveyed via this means and no other.

9.0 ADDITIONAL SENATE POLICIES

Additional senate policies that govern this course may be found in Appendix A

10.0 ASSIGNMENT AND MINITEST SCHEDULE

<u>Assignment</u>	<u>Due</u>	<u>% of Final Mark</u>
Minitests	Weekly, Before Class	33
Therapy Report	April 9	34
Critical Reviews	Before Class	33

12.0 SEMNAR SCHEDULE

<u>DATE</u>	<u>TOPIC</u>	<u>READING *</u>
Fri. Jan. 15	Introduction	
Fri. Jan. 22	Brief Graduated Exposure Therapy	Chapter 10
Fri. Jan. 29	The Process of Behaviour Therapy	Chapter 4,5
Fri. Feb. 5	Behavioural Assessment	Chapter 6
Fri. Feb. 12	Stimulus Control and Reinforcement Therapy	Chapter 7
Fri. Feb. 19	Reading Week – No Class	
Fri. Feb. 26	Deceleration Behaviour Therapy	Chapter 8
Fri. Mar. 5	Token Economy, Contingency Contract and Child Management Training	Chapter 9
Fri. Mar. 12	Modelling Therapy and Skills Training	Chapter 12
Fri. Mar. 19	Cognitive Behavioral Therapy: Cognitive Restructuring	Chapter 13
Fri. Mar. 26	Positive Psychology Based Treatments	Chapter 15
Fri. Apr. 2	Good Friday – No Class	
Fri. Apr. 9	Applications to Medical Disorders	Chapter 16

* All readings are from Spiegler (2016)