SYLLABUS: PSYC 5361

Course Information: PSYC 5361: Behavior Modification

Instructor Information:
Ron Livingston, Ph.D.
OFFICE: BEP 252
Office Hours: Monday 3:00-3:30 & 4:50 – 6:20  Wednesday 2:30-3:30
(other times by arrangement)
Office Phone: 566-7258
E-mail: rlivingston@uttyler.edu (Preferred contact)

Course Catalog Description: An exploration of behavioral learning principles and application of these learning principles for children and adults. Both research and effective intervention and treatment planning is emphasized. Prerequisite: PSYC 3225/3125 or equivalent and consent of instructor.

Learning Objectives: After successfully completing this course students will be able to:

1) Explain the history and development of the behavior modification approach.
2) Describe the application of behavior modification procedures in a variety of applied settings with a variety of clinical problems.
3) Use positive reinforcement to increase behavior.
4) Decrease behavior using extinction.
5) Incorporate stimulus discrimination and stimulus generalization in behavioral interventions.
6) Use shaping, fading, and chaining to modify behavior.
7) Eliminate inappropriate behavior using punishment.
8) Establish behavior using escape and avoidance conditioning.
9) Capitalize on antecedent control procedures.
10) Explain the steps in a functional behavioral assessment.
11) Demonstrate entry level skills in applying common clinical behavioral techniques (e.g., relaxation training, systematic desensitization).
12) Demonstrate an understanding of the ethical application of behavioral techniques.

Evaluation and Grading:

COURSE REQUIREMENTS & GRADING CRITERIA: Your grade in this class will be determined by your performance in the following areas:

1) Quizzes (5% each / 30% total) (Note: Quiz 1 will not count towards your course grade and serves to allow you practice with the online test format).
2) Tests 1 & 2 (20% each / 40% total)
3) Final Exam (30%)

*If technical issues are resolved I will include an assignment involving a relaxation recording and this will require a change in grade weighting. Any changes will be announced in BlackBoard.
Required Text, Materials/Supplies, and Related Readings:

- Special Readings (BlackBoard.com)

How to get HELP?

The first factor to consider is what type of help you need. Do you need "Technical Help" or "Instructional Help?"

1) Technical Help: An example of “Technical Help” is if you are having difficulty accessing your BlackBoard account. The Teaching Assistants and I are not technical experts and for technical help you need to contact IT Support. Their phone number is (903) 566-7439 and their email address is itsupport@patriots.uttyler.edu. If you contact IT Support and they indicate that the problem is one that Jeanine or I should address, either forward the email to us or get the technician's name and phone number so we can follow-up with them.

It is your responsibility to ensure you have a good internet connection and your computer is functioning properly!

2) Instructional Help: An example of "Instructional Help" is when you have a question about the content of the reading materials. For example, if you need clarification on the "difference between Differential Reinforcement of Incompatible Behavior and Differential Reinforcement of Alternative Behavior," this would be a content based question. These should be directed to one of our Teaching Assistants (contact information for the Teaching Assistants will be posted soon). The Teaching Assistants will either (a) respond to your email with an answer, (b) respond to your email to arrange a time when she can call you to address your question (because some questions can not be adequately addressed in an email), or (c) forward the question to me. If we receive several similar questions I will either address it in an Announcement addressed to all students or create a video/PowerPoint Presentation to address it.

The Teaching Assistants and I will be available most weeks Monday through Friday (if one of us is out we will post an announcement). We will make every effort to check emails at least once a day. We will not be available on weekends. If you have problems on a weekend don't panic! We realize many students like to study on the weekends and will address your questions as soon as possible on Monday. While you will be able to take quizzes and tests on the weekend, your window of opportunity to take quizzes/tests will always remain open until the following Monday. That way if you encounter either technical or instructional issues on the weekend we will have time to address this on Monday.

Please follow these guidelines! However, if you have any concerns about this course that do not fit into the categories described above please feel free to contact me either by phone (903-566-7258) or email: rlivingston@uttyler.edu.
Topical Outline: Below is a tentative outline of what you can expect this semester. Changes may be necessary, and these will be announced online.

Week 1 (8/24 - 8/31): Orientation

Week 2 & 3 (9/1 – 9/14): Module I: Chapters 1, 2, 4, & 5 (Quiz 1)

Week 4 (9/15 – 9/21): Module II: Chapters 6, 8, 12, & 9 (Quiz 2)

Week 5 (9/22 – 9/28): Module III: Chapters 10, 7, 11, & 13 (Quiz 3)
*See Table 6.1 as supplement

Week 6 (9/29 – 10/5): Clinical Skills Set I: Relaxation Techniques
Relaxation Recording?

Week 7 (10/6 – 10/12): Test 1

Week 8 (10/13 – 10/19): Module IV: Chapters 14, 3, 15, & 16 (Quiz 4)

Week 9 (10/20 – 10/26): Module V: Chapters 17, 18, 19, 23 (Quiz 5)

Week 10 (10/27 – 11/2): Module VI: Chapters 25, 26, 27, & 30 (Quiz 6)

Week 11 (11/3 – 11/9): Test 2

Week 12 (11/10 – 11/16): Clinical Skills Set II: Exposure Techniques & Chapter 28

Week 13 (11/17 – 11/22): Clinical Skills Set III: Psychological Consultation & Childhood Externalizing Disorders

Thanksgiving

Week 15 (11/30 – 12/7): Module VII: Chapters 20, 21, & 24 (Quiz 7)

Week 16 (12/9 – 12/11): Final Exam
I value your feedback about this course. While we complete formal course evaluations near the end of the semester I appreciate your feedback throughout the course. If you have any suggestions for how I can make this a better learning experience, please share them with me. This can be done in person or you can provide your suggestions anonymously through this form (or an informal note).

1) **What do you like about this course?**

2) **What do you dislike about this course?**

3) **What can the instructor do to make the course better?**

4) **Please provide any additional feedback you have for the instructor.**