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## Course Outline

PROGRAM: Mental Retardation Counsellor

COURSE TITLE: Behaviour Management

COURSE NO: MRC 217-3

INSTRUCTOR: Gerry Page

DATE: Sept. 1982

### Course Description:

A study of learning principles and motivation with emphasis on principles of operant behaviour. Behaviour modification techniques and programming methodologies will be studied in relation to their application for assisting persons with retarded behaviours to gain maximum independence. Behavioural technology, counselling and program formats will be studied within a humanistic frame of reference keeping in mind ethical considerations.

### Course Goals:

Upon completion of the course the student will demonstrate the following:

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- 1) the ability to identify behaviour in operational terms
  - 2) demonstrate and apply several methods of observing behaviour
  - 3) write out several program formats outlining the techniques and procedures to be used in behaviour modification and task analysis and the ability to apply the above techniques and procedures.
  - 4) demonstrate several methods of recording data and apply this knowledge to practicum
  - 5) understand the concepts and principles of classical and operant conditioning and the ability to apply these principles to the work environment
  - 6) implement training and task programs effectively
  - 7) give a written description of their procedure and results, including an evaluation of the effectiveness of the program and any recommendations for program change, which might improve the program effectiveness
  - 8) present an I.P.P. narrative based on an assessment tool (B.L.S. or A.B.S.) and being able to interpret assessment results in an organized fashion
  - 9) plan long-term and short-term vocational and residential goals from assessment tool
  - 10) have a clear understanding of "Standards for the Use Of Behavioural Modifications and Related Behavioural Procedures in Facilities for the Mentally Retarded"

Learning Resources:

Required Text: Behaviour Modification: What It Is and How to Use It  
Authors: Martin, Pear

Optional Text: Behaviour Principles in Everyday Life  
Author: J. D. Baldwin

Additional A/V or films (depending on availability) will be used in conjunction with the above text-

Students will be expected to engage in role playing in order to facilitate learning. Demonstrations will also be carried out in the work environment while on field placements.

Syllabus:

- WEEK I: Introduction, Course Outline, Observational Techniques
- WEEK II: Data Collection (Lecture and Exercise)  
Defining Behaviour (Operationally), Progress Reports
- WEEK III: Baseline (How To, and Types), Progress Reports cont'd  
Programs Outline (Behavioural vs. Task Analysis)  
Operant and Classical Conditioning
- WEEK IV: Increasing Behaviour  
Reinforcement: Uses and Abuses  
Reinforcement: Schedules
- WEEK V: Token Economy
- WEEK VI: Shaping Techniques  
Chaining (Reverse and Forward)
- WEEK VII: Mid-Term
- WEEK VIII: Fading Techniques  
Stimulus Control  
Crisis Intervention
- WEEK IX: Generalization, Stimulus Discrimination  
Aversive Therapy
- WEEK X: Aversive Therapy cont'd a) Punishment b) Overcorrection  
Extinction
- WEEK XI: Feedback vs. Reprimands

Syllabus continued ,..

- WEEK XII: I.P.P. Meetings
- WEEK XIII: Behavioural Guidelines and Standards
- WEEK XIV: Desensitization Techniques
- WEEK XV: Review
- WEEK XVI: Final Exam

Evaluation

Students will be expected to be in attendance and act as a participant in classroom and field work areas. Students will be graded as follows:

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| 1) Class attendance and participation                     | 10%        |
| 2) Quizzes (bi-weekly) - average                          | 20%        |
| 3) Four Behaviour Modification and Task Analysis Programs | 20%        |
| 4) Mid-Term   | 25%        |
| 5) Final Exam   | <u>25%</u> |
| Total   | 100%       |

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