

**LEAD CITY UNIVERSITY, IBADAN**  
**FACULTY OF ARTS AND EDUCATION**  
**DEPARTMENT OF ARTS AND SOCIAL SCIENCES EDUCATION**  
**SECOND SEMESTER 2017/2018 ACADEMIC SESSION**

**COURSE PARTICULARS**

**Course Title:** Behaviour Modification

**Course Code:** GCE 411

**Number of Units:** 2

**Status:** Compulsory

**COURSE LECTURER**

**Name:** Sabina N. Obi, Ph.D.

**Qualification:** B. Ed. [Guidance and Counselling/Political Science], M. Ed. [Counselling Psychology], Ph.D. [Clinical/Counselling Psychology]

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**Area of Specialisation:** Clinical/Counselling Psychology

**COURSE DESCRIPTION**

The course attempts to make students acquire the systematic approaches involved in treating various behaviour challenges without the use of drugs in order to achieve both personal and social adjustment. The course seeks to expose students to topics such as nature and categories of behaviour, theories and methods of modifying human behaviour, reinforcements in behaviour modification-types and schedules, nature of, and strategies in behavioural assessment.

**COURSE OBJECTIVES:**

At the end of the lectures, students who are counselling psychologists in training should be able to develop a systematic way of:

- Observing behaviours of people individually, and in groups
- Identifying behaviour disorders for the sake of professional clinical classification
- Assessing human behaviour with due considerations to the principles of assessment
- Treating human behaviours in a way that the needed socially-desirable behaviours will become manifest

## LECTURE PLAN

WEEK	TOPIC
1	Introduction/The Nature and Concept of Behaviour/Categories of Behaviour
2	History of Clinical Behaviour Therapy
3	Learning Foundations of Behaviour Therapy
4	Scientific Methods of Modifying Human behaviour
5	Unscientific or African Methods of Modifying Human behaviour
6	Behaviour Therapy-Misconceptions and Assumptions
7	Reinforcements in Behaviour Modification
8	Types of Reinforcements
9	Schedules of Reinforcements
10	The Nature of Behavioural assessment
11	Behavioural Assessment Strategies
12	Dealing with Behaviour Disorders/Spiritual Abuse in Nigeria
13	Revision

## READING LIST

Miltenberger, R.G. (2014). *Behaviour Modification: Principles and Procedures*. Cengage Learning Custom Publishing. New York: Valley Cottage.

Chauhan, S.S. (2001). *Principles and Techniques of Guidance*. New Delhi: Vikas Publishing House PVT Ltd.

Akinboye, J.O. (1991). *Behaviour Therapy and Other Treatment Strategies*. Ibadan Paperback Publishers.

## COURSE REQUIREMENTS/ASSESSMENT

For a student to qualify to sit for the final examination in this course, he or she is expected to have a minimum attendance of 75% at lectures.

Continuous Assessment-40 marks [Test-20 marks, Term Paper (Individual & Group)-20 marks]

Examination-60 marks

## **TUTORIAL QUESTIONS**

1. There are certain aspects of human behaviour that need behaviour modification. What are these aspects of human behaviour?
2. Identify and explain the Social Learning Theory as a scientific method for modifying human behaviour.
3. Discuss the Connectionism theory of Edward Lee Thorndike, and expose its implications for counselling practice.
4. Identify and explain two (2) unscientific and or African methods that people may use for modifying human behaviour.
5. As a Professional Counselling Psychologist (or Behavioural therapist) completing training,
  - a. List three (3) misconceptions essentially noticed in behaviour therapy.
  - b. Explain by using examples, any three (3) assumptions of behaviour therapy.
6. The potency of reinforcement in behaviour therapy cannot be overlooked. Explain with vivid examples the different schedules of reinforcement that exist.
7. With vivid examples, write short notes on the following: (a) Positive reinforcement (b) Negative reinforcement (c) Punishment
8. Several behavioural assessment strategies are often used during psychotherapy. Identify and explain any three (3) of these assessment strategies.
9. Describe the use of the Mental Status Examination in Counselling practice.
10. What are the non-projective techniques in Psychotherapy? (b) Explain in detail how to use the Sentence Completion Test.
11. How would you give a behaviour therapy treatment to a fourteen-year old boy diagnosed with Nocturnal enuresis?
12. As a counselling psychologist in training, how would you address the challenge of internet/mobile phone addiction among young people?

## MARKING GUIDE FOR GCE 411 2017/2018 ACADEMIC SESSION

1. There are certain aspects of human behaviour that need behaviour modification. What are these aspects of human behaviour? **Answer- description of deficit behaviour, excess behaviour and weak behaviour with examples-(15 marks).**
2. Identify and explain the Social Learning Theory as a scientific method for modifying human behaviour. **Answer- Explanation of the theory-(15 marks).**
3. Discuss the Connectionism theory of Edward Lee Thorndike, and expose its implications for counselling practice. **Answer- Explanation of the theory, with its implications for counselling practice-(15 marks).**
4. Identify and explain two (2) unscientific and or African methods that people may use for modifying human behaviour. **Answer- Explanation of the methods with illustration-(15 marks).**
5. As a Professional Counselling Psychologist (or Behavioural therapist) completing training,
  - a. List three (3) misconceptions essentially noticed in behaviour therapy. **Answer- listing of the misconceptions-(6 marks).**
  - b. Explain by using examples, any three (3) assumptions of behaviour therapy. **Answer- Explanation of the assumptions-(9 marks) (Total=15 marks).**
6. The potency of reinforcement in behaviour therapy cannot be overlooked. Explain with vivid examples the different schedules of reinforcement that exist. **Answer- Explanation of the six schedules of reinforcements-(15 marks).**
7. With vivid examples, write short notes on the following: (a) Positive reinforcement (b) Negative reinforcement (c) Punishment **Answer- Vivid explanation of the terms-(15 marks).**
8. Several behavioural assessment strategies are often used during psychotherapy. Identify and explain any three (3) of these assessment strategies. **Answer- Explanation of the assessment strategies-(15 marks).**
9. Describe the use of the Mental Status Examination in Counselling practice. **Answer- description of the Mental status examination, the components and its use in counselling and psychotherapy-(15 marks).**
10. What are the non-projective techniques in Psychotherapy? **Answer- Description of non-projective techniques, the kinds and distinguishing features-(10 marks).** (b) Explain in detail how to use the Sentence Completion Test. **Answer- Explanation of the use of the Sentence Completion Test-(5 marks) (Total=15 marks).**
11. How would you give a behaviour therapy treatment to a fourteen-year old boy diagnosed with Nocturnal enuresis? **Answer- Explanation of what nocturnal enuresis is, the onset, causes, effects on behaviour in general and self-esteem in particular, how the behaviour therapy would be given-(15 marks).**
12. As a counselling psychologist in training, how would you address the challenge of internet/mobile phone addiction among young people? **Answer- Explanation of the challenge of**

**internet/mobile phone addiction, its consequences, and how a counselling psychologist can handle it especially among young people in school-(15 marks).**