



Basic Course Information

Semester:	Spring 2021	Instructor Name:	Robert Wyatt
Course Title & #:	PSY 120 – Intro to Counseling	Email:	Robert.wyatt@imperial.edu
CRN #:	21604	Webpage (optional):	http://www.imperial.edu
Classroom:	Online - Zoom	Office #:	Online
Class Dates:	02/16/21 – 06/11/21	Office Hours:	By Appointment Only
Class Days:	Tuesdays	Phone #:	760 – 554 - 6083
Class Times:	6:30pm – 9:40pm	Emergency Contact:	760 – 355 - 6144
Units:	3.0	Class Format:	Online via Zoom

Course Description

A study of the theory, process, and practice of interviewing and counseling in community service and other counseling situations. The course is designed to assist the student to gain knowledge and develop skills in order to help a client or interviewee in counseling situations. Theories of counseling and basic helping skills will be presented, demonstrated, and practiced. (CSU)

Student Learning Outcomes

Upon course completion, the successful student will have acquired new skills, knowledge, and or attitudes as demonstrated by being able to:

1. Present active listening skills using body language and empathetic paraphrasing. (ILO1, ILO2, ILO3)
2. Demonstrate advanced cognitive behavioral therapy techniques. (ILO1, ILO2, ILO3)
3. Research a counseling theory and present material in class. (ILO1, ILO2, ILO3, ILO4, ILO5)

Course Objectives

Upon satisfactory completion of the course, students will be able to:

1. Name, summarize, and explain the principal methods of techniques used in client centered, Gestalt, rational, emotive, family systems, and psychoanalytic forms of counseling or psychotherapy, and will be able to compare and contrast each method or technique with the others.
2. Listen and empathize with a client for five minutes and then verbally reflect back (repeat using other words) the gist of what the clients has expressed.
3. Explain the personal and professional characteristics of an effective counselor.
4. Demonstrate advanced empathetic understanding.



5. Explain which of the methods of counseling he prefers and will be able to justify that choice.
6. Counsel a fellow-student (client) for one thirty-minute session.

Textbooks & Other Resources or Links

Corey, Gerald (2017). Theory and Practice of Counseling and Psychotherapy (10th/e). Cengage.
ISBN: 978-0-357-67142-9

Course Requirements and Instructional Methods

ATTENDANCE IS A MUST. CLASSROOM INSTRUCTION WILL BE VIA ZOOM.

Students will be required to read assigned chapters; participate in class discussions, dyads, triads, small and large group activities, practice active and advanced active listening, research and present counseling theories, critique counseling demonstrations.

Instructional methods also include lecture, discussion, film reviews, and group work.

Out of Class Assignments: The Department of Education policy states that one (1) credit hour is the amount of student work that reasonably approximates not less than one hour of class time and two (2) hours of out-of-class time per week over the span of a semester. WASC has adopted a similar requirement.

Course Grading Based on Course Objectives

Assignments	Total Amount	Total Points
Attendance	---	100
Class Discussions	14	140
Group Presentation	1	100
Quizzes	14	140
Test	1 (Mid-Term)	100
Final	1 (Oral)	100
TOTAL	17 Assignments	640

GRADE	POINTS	PERCENTAGE
A	576 - 640	100 - 90
B	512 - 575	89 - 80
C	448 - 511	79 - 70
D	384 - 447	69 - 60
F	0 - 383	59 - 0

Course Policies

A student who fails to attend the first meeting of a class or does not complete the first mandatory activity of an online class will be dropped by the instructor as of the first official meeting of that class.

Should readmission be desired, the student's status will be the same as that of any other student who desires to add a class.

It is the student's responsibility to drop or officially withdraw from the class. See General Catalog for details.

Regular attendance in all classes is expected of all students.

A student whose continuous and unexcused absences exceed the number of hours the class is scheduled to meet per week may be dropped.

Students who fail to complete required activities for two consecutive weeks may be considered to have excessive absences and may be dropped.

Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as 'excused' absences.

Other Course Information

Plagiarism is taking and presenting as one's own the writings or ideas of others, without citing the source. You should understand the concept of plagiarism and keep it in mind when taking exams and preparing written materials. If you do not understand how to 'cite a source' correctly, you must ask for help.

Cheating is defined as fraud, deceit, or dishonesty in an academic assignment, or using or attempting to use materials, or assisting others in using materials that are prohibited or inappropriate in the context of the academic assignment in question.

Anyone caught cheating or will receive a zero (0) on the exam or assignment, and the instructor may report the incident to the Campus Disciplinary Officer, who may place related documentation in a file. Repeated acts of cheating may result in an F in the course and/or disciplinary action. Please refer to the General School Catalog for more information on academic dishonesty or other misconduct.

IVC Student Resources

IVC wants you to be successful in all aspects of your education. For help, resources, services, and an explanation of policies, visit <http://www.imperial.edu/studentresources> or click the heart icon in Canvas.

Anticipated Class Schedule/Calendar

Week: Date	Chapter	Pages	Assignments
Week 1: February 16	Syllabus & Introduction	---	No Assignment Due
Week 2: February 23	Chapter 1: Introduction Chapter 2: The Counselor	1 - 13 17 - 36	Class Discussion 1 & 2 Quizzes 1 & 2
Week 3: March 02	Chapter 3: Ethical Issues	37 - 55	Class Discussion 3 Quiz 3
Week 4: March 09	Chapter 4: Psychoanalytic Therapy	57 - 93	Class Discussion 4 Quiz 4
Week 5: March 16	Chapter 5: Adlerian Therapy	95 - 128	Class Discussion 5 Quiz 5



Week 6: March 23	Chapter 6: Existential Therapy	129 - 162	Class Discussion 6 Quiz 6
Week 7: March 30	Mid-Term Exam	Chapters 1 - 6	Mid-Term Exam
Week 8: April 06	No Class: Spring Break	--	No Assignment Due
Week 9: April 13	Chapter 7: Person-Centered Therapy Chapter 8: Gestalt Therapy	163 - 195 197 - 229	Class Discussions 7 & 8 Quizzes 7 & 8
Week 10: April 20	Chapter 9: Behavior Therapy Chapter 10: Cognitive Behavior Therapy	231 - 267 269 - 310	Class Discussion 9 & 10 Quizzes 9 & 10
Week 11: April 27	Chapter 11: Choice Therapy	311 - 336	Class Discussion 11 Quiz 11
Week 12: May 04	Chapter 12: Feminist Therapy	337 - 366	Class Discussion 12 Quiz 12
Week 13: May 11	Chapter 13: Postmodern Approaches	367 - 401	Class Discussion 13 Quiz 13
Week 14: May 18	Chapter 14: Family Systems Therapy	403 - 425	Class Discussion 14 Quiz 14
Week 15: May 25	Chapter 15: An Integrative Approach	427 - 459	Class Discussion 15 Quiz 15
Week 16: June 02	Class Therapy Practices	--	Prepare for Final Exam
Week 17: June 08	Final Exam - Part 1 (Oral)	Chapters 7-15	
Week 18: June 15	Final Exam - Part 2 (Oral)	Chapters 7-15	

*****Subject to change without prior notice*****