

### Basic Course Information

Semester:	<b>Fall 2022</b>	Instructor Name:	<b>Robert Wyatt</b>
Course Title:	<b>Introduction to Counseling</b>	Course #:	<b>PSY 120</b>
CRN #:	<b>10750</b>	Email:	<b>Robert.wyatt@imperial.edu</b>
Classroom:	<b>402</b>	Office #:	<b>1714</b>
Class Dates:	<b>08/15 – 12/08</b>	Office Hours:	<b>M/W: 9:30 – 10:30 / T-TR: 11 - 12</b>
Class Days:	<b>Mondays and Wednesdays</b>	Office Phone #:	<b>760-355-6491</b>
Class Times:	<b>1:00 – 2:25pm</b>	Emergency:	<b>Elvia Camillo (760-355-6144)</b>
Units:	<b>3.0</b>	Class Format:	<b>Hyflex</b>

### 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. (C-ID: ADS 120 X) (CSU)

### Course Prerequisite(s) and/or Corequisite(s)

None

### Student Learning Outcomes

1. Present active listening skills using body language and empathetic paraphrasing.
2. Demonstrate advanced cognitive behavioral therapy techniques.
3. Research a counseling theory and present material in class.

### Course Objectives

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

1. Name therapies such as 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

### Theory and Practice of Counseling and Psychotherapy

*Author:* Gerald Corey

**ISBN-13:** 978-1305855953

## Course Requirements and Instructional Methods

The course will consist of classroom lectures and activities in support of student learning.

1. **Quizzes** – You will have a quiz for every chapter. There are 10 questions.
2. **Tests** – You will have (2) tests. It is a Mid-Term that will cover chapters 1 – 6, and a final that will cover 7 – 15.
3. **Class Discussions** - There will be class discussions in which everyone will participate. This is to apply the information in the textbook to real-life situations.
4. **Individual Paper** - You will write an APA format paper on a topic of your choice that is covered in the textbook.

*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	# of Assignments	TOTAL POINTS
EXAMS	5	500
CLASS DISCUSSIONS	11	1100
GROUP PAPER	1	100
<b>TOTAL</b>	<b>16</b>	<b>1700</b>

GRADES	PERCENTAGE
A	90 – 99%
B	80 – 89%
C	70 – 79%
D	60 – 69%
F	59 – 0%

## Academic Honesty

Academic honesty in the advancement of knowledge requires that all students and instructors respect the integrity of one another's work and recognize the important of acknowledging and safeguarding intellectual property.

There are many different forms of academic dishonesty. The following kinds of honesty violations and their definitions are not meant to be exhaustive. Rather, they are intended to serve as examples of unacceptable academic conduct.

- 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 plagiarizing 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 Catalog for more information on academic dishonesty or other misconduct.

Acts of cheating include, but are not limited to, the following:

- (a) Plagiarism;
- (b) copying or attempting to copy from others during an examination or on an assignment
- (c) communicating test information with another person during an examination
- (d) allowing others to do an assignment or portion of an assignment
- (e) using a commercial term paper service.

## Additional Help

Imperial Valley College offers various services in support of student success. The following are some of the services available for students. Please speak to your instructor about additional services which may be available.

[Learning Services \(Links to an external site.\)](#) - It consists of instructional labs designed to assist students in completing specific assignments intended to supplement and reinforce classroom instruction, and to help students succeed in specific classes through individual tutoring appointments.

[Library Services \(Links to an external site.\)](#) - The Library is open while classes are in session. It is closed on observed holidays as well as during winter and spring recess.

## 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

DATE	CHAPTER	ASSIGNMENT	DUE DATE
08/15 – 08/19	Syllabus Introduction		
08/22 – 08/26	Chapter 2 – The Counselor: Person & Professional		
08/29 – 08/31	Chapter 3: Ethical Issues in Counseling Practice <b>Test 1: Chapters 1 - 3</b>		
09/05 – 09/09	Chapter 4: Psychoanalytic Therapy		
09/12 – 09/16	Chapter 5: Adlerian Therapy		
09/19 – 09/23	Chapter 6: Existential Therapy <b>Test 2: Chapters 4 - 6</b>		
09/26 – 09/30	Chapter 7: Person-Centered Therapy	Mid-Class Review	
10/03 – 10/07	Chapter 8: Gestalt Therapy		
10/10 – 10/14	Chapter 9: Behavior Therapy <b>Test 3: Chapters 7 - 9</b>		
10/17 – 10/21	Chapter 10: Cognitive Behavior Therapy		
10/24 – 10/28	Chapter 11: Choice Therapy		
10/31 – 11/04	Chapter 12: Feminist Therapy <b>Test 4: Chapters 10 - 12</b>		
11/07 – 11/11	Chapter 13: Post Modern Approaches		
11/14 – 11/18	Chapter 14: Family Systems Therapy		
11/21 – 11/25	<b>No School – FALL BREAK</b>		
11/28 – 12/02	Chapter 15: An Integrative Approach		
12/05 – 12/09	<b>Test 5: Chapters 13 - 15</b>	Group Paper Class Feedback	

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