



Basic Course Information

Semester:	Fall 2023	Instructor Name:	Robert Wyatt
Course Title & #:	PSY 120: Intro to Counseling	Email:	Robert.wyatt@imperial.edu
CRN #:	10548	Webpage:	www.imperial.edu
Classroom:	ONLINE	Office #:	1714
Class Dates:	08/14 – 12/09	Office Hours:	12:00 – 2:00 (Mon & Tues)
Class Days:	ONLINE	Office Phone #:	760-355-6491
Class Times:	ONLINE	Emergency Contact:	Alicia (760-355-6144)
Units:	3.0	Class Format/Modality:	ONLINE

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.

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

None

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.
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 client 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. 2016. *Theory and Practice of Counseling and Psychotherapy*. 10th Cengage. ISBN: 9781305855953

Course Requirements and Instructional Methods

ASSIGNMENT	DESCRIPTION	TOTAL POINTS	DUE DATE
Test 1	Chapters 1 – 3. There are 50 questions.	100	08/31
Test 2	Chapters 4 – 6. There are 50 questions.	100	09/30
Test 3	Chapters 7 – 9. There are 50 questions.	100	10/31
Test 4	Chapters 10 – 12. There are 50 questions.	100	11/30
Test 5	Chapters 13 – 15. There are 50 questions.	100	12/07
Discussion 1	1 paragraph answer relating to a topic in the text	200	08/31
Discussion 2	1 paragraph answer relating to a topic in the text	200	09/30
Discussion 3	1 paragraph answer relating to a topic in the text	200	10/31
Discussion 4	1 paragraph answer relating to a topic in the text	200	11/30
Report	You will select a counseling technique and write a 2 page report about that counseling technique.	200	12/07
TOTAL	There are a total of 10 assignments	1,500	XXXXX

Course Grading Based on Course Objectives

Attendance: Since this class is an online course, attendance is NOT part of the course. It is your duty; however, to review all chapter contents for the assigned week.

Academic Honesty: This is an online course. So, I am expecting that you will be honest with your work, meaning that you will be doing all the work and not relying on someone else or some other artificial intelligence to complete the work for you.

Late Work: I will not be accepting late assignments. The reason is that you will have 1 month to complete the test and answer the discussion question. I believe 1 month is plenty of time to complete both assignments.

Group Assignment: There is no group assignment for this class because the class is online. This means, all work will be completed by yourself.

Reading and Writing: Reading assignments include assigned text readings; current articles and/or sources from the internet. Students will prepare in writing a "fact sheet" for the students in class regarding their assigned counseling theory. They will also prepare quiz questions in writing. Research is conducted on multi-cultural differences in communication and how that affects counseling as far as probing questions and body language. This research is written, discussed and presented in class.



Academic Honesty (Artificial Intelligence -AI)

IVC values critical thinking and communication skills and considers academic integrity essential to learning. Using AI tools as a replacement for your own thinking, writing, or quantitative reasoning goes against both our mission and academic honesty policy and will be considered academic dishonesty, or plagiarism unless you have been instructed to do so by your instructor. In case of any uncertainty regarding the ethical use of AI tools, students are encouraged to reach out to their instructors for clarification.

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

The class schedule is subject to change without prior notice.

Dates & Week	Chapter and Topic	Assignment	Due Date
Week 1 August 14 - 18	Syllabus Chapter 1: Introduction and Overview		
Week 2 August 21 - 25	Chapter 2: The Counselor – Person and Professional		
Week 3 Aug. 28 – Sept. 1	Chapter 3: Ethical Issues in Counseling Practice	Test 1 Discussion 1	08/31
Week 4 September 4 – 8	Chapter 4: Psychoanalytic Therapy		
Week 5 Sept. 11 - 15	Chapter 5: Adlerian Therapy		
Week 6 Sept. 18 - 22	Chapter 6: Existential Therapy		
Week 7 Sept. 25 – 29	Chapter 7: Person-Centered Therapy	Test 2 Discussion 2	09/30
Week 8 October 2 – 6	Chapter 8: Gestalt Therapy		
Week 9 Oct. 9 – 13	Chapter 9: Behavior Therapy		
Week 10 Oct. 16 – 20	Chapter 10: Cognitive Behavior Therapy		
Week 11 Oct. 23 – 27	Chapter 11: Choice Therapy / Reality Therapy		
Week 12 Oct. 30 – Nov. 3	Chapter 12: Feminist Therapy	Test 3 Discussion 3	10/31
Week 13 November 6 – 10	Chapter 13: Post-Modern Approaches		
Week 14 Nov. 13 – 17	Chapter 14: Family Systems		
Week 15 Nov. 20 - 24	Fall Break: No class or coursework due		



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Dates & Week	Chapter and Topic	Assignment	Due Date
Week 16 Nov. 27 – Dec. 1	Chapter 15: An Integrated Approach	Test 4 Discussion 4	11/30
Week 17 December 4 - 8	Review Chapters 13 - 15	Test 5 Report	12/08