



Basic Course Information

Semester:	Fall 2023	Instructor Name:	Robert Wyatt
Course Title & #:	PSY 120: Intro to Counseling	Email:	Robert.wyatt@imperial.edu
CRN #:	10750	Webpage:	www.imperial.edu
Classroom:	412	Office #:	1714
Class Dates:	08/14 – 12/09	Office Hours:	12:00 – 2:00 (Mon & Tues)
Class Days:	Mondays & Wednesdays	Office Phone #:	760-355-6491
Class Times:	8:00 am – 9:25 am	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
Attendance	We practice counseling techniques. Be in class.	500
Test 1	Chapters 1 – 3. There are 50 questions.	100
Test 2	Chapters 4 – 6. There are 50 questions.	100
Test 3	Chapters 7 – 9. There are 50 questions.	100
Test 4	Chapters 10 – 12. There are 50 questions.	100
Test 5	Chapters 13 – 15. There are 50 questions.	100
Discussion 1	In-Class discussion relating to a topic in the text	200
Discussion 2	In-Class discussion relating to a topic in the text	200
Discussion 3	In-Class discussion relating to a topic in the text	200
Discussion 4	In-Class discussion relating to a topic in the text	200
Report	You will select a counseling technique and write a 2 page report about that counseling technique.	200
TOTAL	There are a total of 10 assignments	2,000

Course Grading Based on Course Objectives

Attendance: Since this class meets in person and we practice counseling techniques, attendance is part of your grade. In fact, your attendance in the class makes up most of your overall grade. Should you have to miss, for any reason, please reach out to me *before* your absence.

Academic Honesty: 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 all work assignments are completed in class.

Group Assignment: You will be partnering up with (3) people of your choosing to complete a 2-page report about any counseling technique that you all choose within your group.

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	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	08/30
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	09/27
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	10/30
Week 13 November 6 – 10	Chapter 13: Post-Modern Approaches		
Week 14 Nov. 13 – 17	Chapter 14: Family Systems		



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Dates & Week	Chapter and Topic	Assignment	Date
Week 15 Nov. 20 - 24	Fall Break: No class or coursework due		
Week 16 Nov. 27 – Dec. 1	Chapter 15: An Integrated Approach	Test 4	11/29
Week 17 December 4 - 8	Review Chapters 13 - 15	Test 5 Report	12/04 12/06