

Course Information

Semester:	Spring 2026	Instructor:	Robert Wyatt
Course:	PSY 120: Intro to Counseling	Email:	robert.wyatt@imperial.edu
CRN:	20797	Webpage:	www.imperial.edu
Classroom:	Online - CANVAS	Office:	1714
Class Dates:	February 17- April 17	Office Hours:	10:00 am - 11:00 am (M-TH)
Class Days:	Online - No Specific Days	Office Phone:	760-355-6491
Class Times:	Online - No Specific Times	Emergency:	Elvia Camillo/ 760-355-6144
Units:	3.0	Class Format:	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 in gaining knowledge and developing skills 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)

Twelve Grade Reading Level is Strongly Preferred.

Student Learning Outcomes

Throughout this course, you will be tested through discussion questions and/or through an exam to ensure that you have successfully met the following outcomes:

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

Course Objectives

Upon completion of the course, you will be able to do the following:

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 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 (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

Textbook

Theory and Practice of Counseling and Psychotherapy. (10th Edition)

Author: Corey, Gerald

ISBN: 978-1305855953

Drop Policy

Failure to log in to the class on Canvas 48 to 72 hours from the start of the class will result in the student being dropped. In addition, failure to complete the first week's assignment will result in a drop.

Course Requirements

You will complete discussion questions, record yourself practicing the therapeutic techniques, take chapter quizzes, and complete a final project for the course requirements.

Discussion Questions:

- Follow the provided discussion rubric to ensure your responses meet expectations.
- Additionally, you are required to respond to at least one of your classmates' posts if done on Canvas.

Therapy Recordings:

- You will **record yourself for 10 minutes** practicing the therapy approach we are covering for that specific week.
- After demonstrating the therapy technique, you will also **explain what you learned** from practicing that approach.

Chapter Quizzes:

- You will be given a 10-question (true/false and/or multiple-choice) quiz to test your knowledge.
- You will have 2 attempts for the quiz. I will keep the highest score.
- There is **NO** time limit.
- No extension will be granted, unless under extreme circumstances

Final Project:

- The purpose of this assignment is to help you apply the concepts and skills learned by creating and presenting a mock therapy session.
- This exercise will allow you to practice communication strategies, ethical considerations, and clinical competencies involved in counseling, while also providing an opportunity for self-reflection on your approach to the therapies.
- No extension will be granted, unless under extreme circumstances

Course Grading Based on Course Objectives

Grades		
Grade	Points	Percentage
A	2,200 - 1,980	100% - 90%
B	1,979 - 1,760	89% - 80%
C	1,759 - 1,540	79% - 70%
D	1,539 - 1,320	69% - 60%
F	1,319 - 0,000	59% - 00%

Class Assignments and Points			
Assignment	Number of Assignments	Points Per Assignment	Total Points
Class Discussion	15	50	750
Therapy Recording	12	100	1,200
Chapter Quiz	15	10	150
Final Project	01	100	100
Total Points	43	---	2,200

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 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.

Accessibility Statement

Imperial Valley College is committed to providing an accessible learning experience for all students, regardless of course modality. Every effort has been made to ensure that this course complies with all state and federal accessibility regulations, including Section 508 of the Rehabilitation Act, the Americans with Disabilities Act (ADA), and Title 5 of the California Code of Regulations. However, if you encounter any content that is not accessible, please contact your instructor or the area dean for assistance. If you have specific accommodations through DSPPS, contact them for additional assistance.

We are here to support you and ensure that you have equal access to all course materials.

Course Policies

Attendance

Failure to complete two (2) weeks of assignments will result in you being dropped.

Additional Classwork Information and Classwork Extensions

It is expected that students dedicate two (2) hours of independent work outside of class for every hour of lecture or classwork. Alternatively, three (3) hours of lab, practicum, or an equivalent activity per unit may be required.

No extensions will be granted for any coursework, as a full week is provided for completion. Please plan accordingly to meet the deadlines.

Financial Aid

Your Grades Matter! To continue to receive financial aid, you must meet the Satisfactory Academic Progress (SAP) requirement. Making SAP means that you are maintaining a 2.0 GPA, you have completed 67% of your coursework, and you will graduate on time. If you do not maintain SAP, you may lose your financial aid. If you have questions, please contact financial aid at finaid@imperial.edu.

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.

Anticipation Class Schedule

WEEK	CH.	TOPIC	ASSIGNMENT	SLO/CO	DUE DATE
02/17 - 02/20	1	Introduction	Chapter Quiz Discussion	slo3 - co1,5	02/22
	2	The Counselor	Chapter Quiz Discussion	co3	02/22
02/23 - 02/27	3	Ethical Issues	Chapter Quiz Discussion	co3	03/01
	4	Psychoanalytic Therapy	Chapter Quiz Discussion Therapy Recording	slo3 - co1 slo1 - co2,4	03/01
03/02 - 03/06	5	Adlerian Therapy	Chapter Quiz Discussion Therapy Recording	slo3- co1 slo1 - co2,4	03/08
	6	Existential Therapy	Chapter Quiz Discussion Therapy Recording	slo3 - co1 slo1 - co2,4	03/08
03/09 - 03/13	7	Person-Centered Therapy	Chapter Quiz Discussion Therapy Recording	slo3 - co1 slo1 - co2,4	03/15
	8	Gestalt Therapy	Chapter Quiz Discussion Therapy Recording	slo3 - co1 slo1 - co2,4	03/15
03/16 - 03/20	9	Behavior Therapy	Chapter Quiz Discussion Therapy Recording	slo3 - co1 slo1 - co2,4	03/22
	10	Cognitive-Behavior Therapy	Chapter Quiz Discussion Therapy Recording	slo2,3 - co1,4 slo1 - co2,4	03/22
03/23 - 03/27	11	Choice Theory/Reality Therapy	Chapter Quiz Discussion Therapy Recording	slo3 - co1 slo1 - co2,4	03/29
	12	Feminist Therapy	Chapter Quiz Discussion Therapy Recording	slo3 - co1 slo1 - co2,4	03/29
03/30 - 04/03	13	Post-Modern Approaches	Chapter Quiz Discussion Therapy Recording	slo3 - co1 slo1 - co2,4	04/05

	14	Family Systems Therapy	Chapter Quiz Discussion Therapy Recording	slo3, co1 slo1 - co2,4	04/05
04/06 - 04/10	---	SPRING BREAK	SPRING BREAK		---
04/13 - 04/17	15	An Integrative Approach	Chapter Quiz Discussion Therapy Recording Final Project	slo3, co1,5 slo1 - co2,4 slo1,2 - co2,4,6	04/17