

### Basic Course Information

Semester	<b>Spring 2020</b>	Instructor Name	<b>M. Robin Staton</b>
Course Title & #	<b>Psych120 Intro Counseling</b>	Email	<b>Robin.staton@imperial.edu</b>
CRN #	<b>20869</b>	Webpage (optional)	
Room	<b>404</b>	Office	<b>Room 409</b>
Class Dates	<b>2/18-6/12/20</b>	Office Hours	<b>M 11:05-11:35 T TH 8:30-9:30 W 5:30-6:30</b>
Class Days	<b>Th</b>	Office Phone #	<b>760-355-6149</b>
Class Times	<b>1:00-4:10</b>	Office contact if student will be out for emergency	<b>760-355-6144</b>
Units	<b>3</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. (Same as ADS 120)(CSU)

### Student Learning Outcomes

**Required language:** 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

**Required language:** 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

1. Corey, Gerald (2017). *Theory and Practice of Counseling and Psychotherapy* (10th/e). Cengage. ISBN: 13:978-1305263727

2. Recommended if you are an ADS student or want to do addiction counseling: Phelps, L (2016). *Intervention, Treatment & Recovery: A Practical Guide to the TAP 21 Addiction Counseling Competencies* (2<sup>nd</sup>/e). Kendall Hunt Publishing. ISBN: 9781465296092

### Course Requirements and Instructional Methods

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

**Grades** will be calculated by the following criteria:

- 20 Pts. Class participation
- 10 Pts. Journal
- 10 Pts. Group presentations
- 30 Pts. Quizzes
- 30 Pts. Final (written & oral exam)

**A=90-100; B=80-89; C=70-79; D=60-69; F= below 60**

### Attendance

- 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, unexcused absences exceed the number of hours the class is scheduled to meet per week may be dropped. For online courses, 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.

### Classroom Etiquette

Electronic Devices: Cell phones and electronic devices must be turned off and put away during class, unless otherwise directed by the instructor. **You will be dismissed from the class if you are using your cell phone.**

Food and Drink are prohibited in all classrooms. Water bottles with lids/caps are the only exception. Additional restrictions will apply in labs. Please comply as directed.

**Disruptive Students: Students who disrupt or interfere with a class may be sent out of the room and told to meet with the Campus Disciplinary Officer before returning to continue with coursework.** Disciplinary procedures will be followed as outlined in the General Catalog. This includes coming into class late, and personal chit chat or side discussions which distract your instructor or other students.

- Children in the classroom: Due to college rules and state laws, no one who is not enrolled in the class may attend, including children.
- During test taking there will be nothing allowed on your desk or chairs next to you. This will prevent cheating and /or the appearance of cheating during test time. Cell phones must be completely put away and out of sight. During tests no one will be allowed to come into class late and disrupt the testing environment.

### Academic Honesty

#### Required Language

- 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. 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 – Discretionary Section and Language

- Learning Services. There are several learning labs on campus to assist students through the use of computers, tutors, or a combination. Please consult your college map for the Math Lab, Reading & Writing Lab, and Study Skills Center (library). Please speak to the instructor about labs unique to your specific program.
- Library Services: There is more to our library than just books. You have access to tutors in the Study Skills Center, study rooms for small groups, and online access to a wealth of resources.

Feel free to contact the teacher directly to get additional help or tutoring.

### Disabled Student Programs and Services (DSPS)

**Required Language:** Any student with a documented disability who may need educational accommodations should notify the instructor or the Disabled Student Programs and Services (DSP&S) office as soon as possible. The DSP&S office is located in Building 2100, telephone 760-355-6313, if you feel you need to be evaluated for educational accommodations.

### Student Counseling and Health Services

**Required Language:** Students have counseling and health services available, provided by the pre-paid Student Health Fee. We now also have a fulltime mental health counselor. For information see <http://www.imperial.edu/students/student-health-center/>. The IVC Student Health Center is located in the Health Science building in Room 2109, telephone 760-355-6310.

### Student Rights and Responsibilities

**Required Language:** Students have the right to experience a positive learning environment and due process. For further information regarding student rights and responsibilities, please refer to the IVC General Catalog

available online at

[http://www.imperial.edu/index.php?option=com\\_docman&task=doc\\_download&gid=4516&Itemid=762](http://www.imperial.edu/index.php?option=com_docman&task=doc_download&gid=4516&Itemid=762)

### Information Literacy

**Required Language:** Imperial Valley College is dedicated to helping students skillfully discover, evaluate, and use information from all sources. Students can access tutorials at <http://www.imperial.edu/courses-and-programs/divisions/arts-and-letters/library-department/info-lit-tutorials/>

### Anticipated Class Schedule / Calendar

This is the planned schedule for the semester :

Wk 1-	2/18	Introduction
Wk 2-	2/24	Probing Questions; Body Language: Active Listening
Wk 3-	3/2	Active Listening, Advanced Active Listening; Values: Chap 1
Wk 4-	3/9	Chap 2 & 3, Counselor: Personal & Professional; Ethics
Wk 5-	3/16	Suicide Prevention, Confidentiality Assignment due, Chap 7
Wk 6-	3/23	Quiz 1; Practice Suicide Prevention Practice, Presentation Groups
Wk 7-	3/30	Drug Alcohol Counseling, Information, Resources
Wk 8-	4/6	Core Functions of Counselor, Intake and Referral practice
Wk 9-	4/13	SPRING BREAK
Wk 10	4/20	Quiz; Theory Presentation Group Work; Gestalt Demonstration
Wk 11	4/27	Fact Sheet Due; Cognitive Behavioral Therapy; Chap 10
Wk 12-	5/4	CBT Demonstration and Practice
Wk 13-	5/11	Theory Group Presentations;
Wk 14-	5/18	Theory Presentation quiz, Dyad Oral final practice
Wk 15-	5/26	Advanced Active Listening Orals
Wk 16-	6/1	Oral Final continued
Wk 17-	6/8	Written Final

**This schedule may be subject to change.**