



Basic Course Information

Semester:	Spring 2023	Instructor Name:	Robert Wyatt
Course Title & #:	PSY 120 – Intro to Counseling	Email:	Robert.wyatt@imperial.edu
CRN #:	20439	Webpage (optional):	http://www.imperial.edu
Classroom:	402	Office #:	1714 and Zoom
Class Dates:	02/13/23 – 06/09/23	Office Hours:	Mon. - Thurs. (08:00 -09:00am)
Class Days:	Tuesdays and Thursdays	Phone #:	760 – 355 - 6491
Class Times:	1:00pm – 2:20pm	Emergency Contact:	Call me Directly
Units:	3.0	Class Format:	In-Person

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. (CSU)

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. (ILO1, ILO2, ILO3)
2. Demonstrate advanced cognitive behavioral therapy techniques.
3. Research a counseling theory and present material in class. (ILO1, ILO2, ILO3, ILO4, ILO5)

Course Objectives

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

1. Name, 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.



Textbooks & Other Resources or Links

Corey, Gerald (2017). Theory and Practice of Counseling and Psychotherapy. Cengage.

Course Requirements and Instructional Methods

ATTENDANCE IS A MUST.

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

Assignments	Total Amount
Attendance	xxxx
Class Discussions	15
Group Presentation	1
Tests	5
Mid-Term	1
Final	1
TOTAL	xxxx

GRADE	PERCENTAGE
A	90 - 100
B	80 - 89
C	70 - 79
D	60 - 69
F	0 - 59



Course Policies

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 and unexcused absences exceed the number of hours the class is scheduled to meet per week may be dropped.

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.

Other Course Information

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.

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	Assignments	Due Date
02/14	Welcome		
02/16	Chapter 1		
02/21	Chapter 2		
02/23	Test 1: Chapters 1 & 2		
02/28	Chapter 3		
03/02	Practice Chapter 3		
03/07	Chapter 4		
03/09	Test 2: Chapters 3 & 4		
03/14	Chapter 5		
03/16	Video about Chapter 5 and Chapter 6		
03/21	Chapter 6: Existential Therapy		
03/23	Test 3: Chapters 5 & 6		



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03/28	Chapter 7: Person-Centered Therapy		
03/30	Test 4: Midterm Exam: Chapters 1 - 7		
04/04	Chapter 8		
04/06	Practice Chapter 8		
04/11	SPRING BREAK		
04/13	SPRING BREAK		
04/18	Chapter 9		
04/20	Practice Chapter 9 techniques		
04/25	Test 5: Chapters 8 & 9		
04/27	Chapter 10		
05/02	Practice Chapter 10 techniques		
05/04	Chapter 11		
05/09	Practice Chapter 11 techniques		
05/11	Test 6: Chapters 10 & 11		
05/16	Chapter 12		
05/18	Practice Chapter 12 techniques		
05/23	Chapter 13		
05/25	Practice Chapter 13 techniques		
05/30	Chapter 14		
06/01	Chapter 15		
06/06	Group Presentations		
06/08	Test 7: Final Exam: Chapters 8 - 15		

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