



Basic Course Information

Semester:	Spring 2024	Instructor Name:	Robert Wyatt
Course Title & #:	PSY 120: Intro to Counseling	Email:	Robert.wyatt@imperial.edu
CRN #:	20797	Webpage (optional):	www.imperial.edu
Classroom:	ONLINE	Office #:	1714
Class Dates:	Feb. 12 – June 7th	Office Hours:	12:00 – 1:00 pm (Mon – Thurs.)
Class Days:	ONLINE	Office Phone #:	760 – 355 - 6491
Class Times:	ONLINE	Emergency Contact:	Alicia Arellano (760-355-6201)
Units:	3.0	Class Format/Modality:	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 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

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

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

Corey, Gerald. 2016. Theory and Practice of Counseling and Psychotherapy. 10th Cengage. ISBN: 9781305855953.

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Course Requirements and Instructional Methods

As this course is conducted online, it is expected that all completed assignments are of the utmost quality. It is imperative that academic integrity is maintained, and any form of plagiarism is strictly prohibited. Discussion questions play a significant role in determining one's final grade. These questions are designed to prompt critical thinking and the application of textbook concepts to real-life experiences. Personal anecdotes are encouraged to demonstrate comprehension and application of the material.

Course Grading Based on Course Objectives

ASSIGNMENT	NUMBER	TOTAL POINTS
Tests	5	300
Class Discussions	15	3000

Late assignments will only be accepted in cases of medical emergencies, or you have given me an ample amount of time. An ample amount of time is equivalent to at least 7 days.

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.

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

CHECK CANVAS FOR DUE DATES OF CLASS DISCUSSIONS AND EXAMS!!!

Date & Week	Topic
Week 1 February 12 - 15	Chapter 1: Introduction
Week 2 February 19 - 22	Chapter 2: The Counselor
Week 3 February 26 - 29	Chapter 2: The Counselor



Date & Week	Topic
<i>Week 4</i> March 04 - 07	Chapter 3: Ethical Issues in Counseling
<i>Week 5</i> March 11 - 14	Chapter 4: Psychoanalytic Therapy
<i>Week 6</i> March 18 - 21	Chapter 5: Adlerian Therapy
<i>Week 7</i> March 25 - 28	Chapter 6: Existential Therapy
<i>Week 8</i> April 01 - 04	NO CLASS – SPRING BREAK
<i>Week 9</i> April 08 - 11	Chapter 7: Person-Centered Therapy
<i>Week 10</i> April 15 - 18	Chapter 8: Gestalt Therapy
<i>Week 11</i> April 22 – 25	Chapter 9: Behavior Therapy
<i>Week 12</i> April 29 – May 2	Chapter 10: Cognitive Behavior Therapy
<i>Week 13</i> May 06 – 09	Chapter 11: Choice Theory/Reality Therapy
<i>Week 14</i> May 13 – 16	Chapter 12: Feminist Therapy
<i>Week 15</i> May 20 – 23	Chapter 13: Post Modern Approaches
<i>Week 16</i> May 27 – 30	Chapter 14: Family Systems Approach
<i>Week 17</i> June 03 – 07	Chapter 15: An Integrative Perspective

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