



Basic Course Information

Semester:	Fall 2024	Instructor:	Robert Wyatt
Course Title & #:	PSY 120: Intro to Counseling	Email:	Robert.wyatt@imperial.edu
CRN #:	10548	Webpage	www.imperial.edu
Classroom:	412	Office #:	1714
Class Dates:	08/12 – 12/07	Office Hrs:	T/TR: 8:30 – 10:30 am/Zoom
Class Days:	Mondays & Wednesdays	Office #:	760-355-6491
Class Times:	8:00 am – 9:25 am	Emergency:	Text - 760-355-6491
Units:	3	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)

12th Grade Reading Level

Student Learning Outcomes

- I. Present active listening skills using body language and empathetic paraphrasing.
- II. Demonstrate advanced cognitive behavioral therapy techniques.
- III. Research a counseling theory and present material in class.

Course Objectives

- I. 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.
- II. 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.
- III. Explain the personal and professional characteristics of an effective counselor.
- IV. Demonstrate advanced empathetic understanding.
- V. Explain which of the methods of counseling he prefers and will be able to justify that choice.
- VI. Counsel a fellow-student (client) for one thirty-minute session.



IMPERIAL VALLEY COLLEGE

Textbooks & Other Resources or Links

Theory and Practice of Counseling and Psychotherapy

Corey, Gerald

Cengage

Course Requirements and Instructional Methods

Assignment	# of Assignments	Total Points
Class Discussions	35	350
Exams	5	250
Extra Credit	---	No more than 3% of your total grade

Course Grading Based on Course Objectives

Letter Grade	Percentage
A	100 - 90
B	89 - 80
C	79 - 70
D	69 - 60
F	59 - 00

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.



Course Policies

Attendance: Regular attendance and active participation are crucial for success in this class. Students are expected to attend all classes and contribute to discussions and activities. If this class is taken online, attendance is not required.

Late Work: I do not accept late work because of the amount of time that I give per assignment. Under medical reasons and prior notification may be accepted.

Academic Integrity: I expect you to uphold the highest standards of academic integrity. Plagiarism, cheating, and any form of dishonesty will not be tolerated.

Communication: All class-related communication should be conducted through official channels (e.g., university email or learning management system).

Classroom Behavior: You are expected to behave respectfully towards classmates and the instructor. Disruptive behavior will not be tolerated.

Electronic Devices: Use of electronic devices should be limited to class-related activities. Phones and other devices should be silenced or turned off during class.

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

Week	Date	Chapter	Assignment
Week 1	08/12 – 08/16	Syllabus & Chapter 1	
Week 2	08/19 – 08/23	Chapter 2	Class Discussion 1
Week 3	08/26 – 08/30	Chapter 3	Test 1
Week 4	09/02 – 09/06	Chapter 4	
Week 5	09/09 – 09/13	Chapter 5	
Week 6	09/16 – 09/20	Chapter 6	Class Discussion 2
Week 7	09/23 – 09/27	Chapter 7	
Week 8	09/30 – 10/04	Chapter 8	Test 2
Week 9	10/07 – 10/11	Chapter 9	
Week 10	10/14 – 10/18	Chapter 10	Class Discussion 3
Week 11	10/21 – 10/25	Chapter 11	
Week 12	10/28 – 11/01	Chapter 12	Test 3
Week 13	11/04 – 11/08	Chapter 13	
Week 14	11/11 – 11/15	Chapter 14	Class Discussion 4
Week 15	11/18 – 11/22	Chapter 14	Test 4
Week 16	11/25 – 11/29	FALL BREAK	
Week 17	12/02 – 12/06	Chapter 15	Class Discussion 5 Test 5

Subject to change without prior notice