



## Basic Course Information

Semester:	<b>Spring 2025</b>	Instructor Name:	<b>Robert Wyatt</b>
Course Title & #:	<b>PSY 120: Intro to Counseling</b>	Email:	<b>Robert.wyatt@imperial.edu</b>
CRN #:	<b>20439</b>	Webpage (optional):	<b>www.imperial.edu</b>
Classroom:	<b>402</b>	Office #:	<b>1714</b>
Class Dates:	<b>Feb. 10 – June 6</b>	Office Hours:	<b>11:30 am – 1:00 pm (T &amp; TR) 2:30 pm – 3:00 pm (T &amp; TR)</b>
Class Days:	<b>Tuesdays &amp; Thursdays</b>	Office Phone #:	<b>760-355-6491</b>
Class Times:	<b>1:00 – 2:25 pm</b>	Emergency Contact:	<b>Elvia Camillo / 760-355-6144</b>
Units:	<b>3.0</b>	Class Format:	<b>In-Person / Face2Face</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 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.** (10<sup>th</sup> Edition)

Author: Corey, Gerald

ISBN: 978-1305855953

## Drop Policy

1. *In person (Face2Face)* - Failure to show up on the first day of class will result in the student being dropped. In addition, failure to complete the first week's assignment will result in a drop.
2. *Online Courses* – 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 and take exams for the course requirements.

### • Discussion Question:

- You can complete the discussion question on Canvas or write it on paper.
- 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.

### • Test Yourself Quiz:

- 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

### • Exams:

- All exams will be taken on the last Thursday of every month in class
- Exams will cover all chapters that were covered
- 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.
- This will be filmed and must be, at least, 5 minutes long. A .doc format must be submitted too.
- No extension will be granted, unless under extreme circumstances



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## Course Grading Based on Course Objectives

Assignment	Number of Assignments
Discussion Question	16
Test Yourself Quiz	16
Exam	5
Final Project	1
<b>Total</b>	<b>38</b>

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 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 **DSPS**, 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

*For in-person classes:* While attendance will not directly contribute to your overall grade, it is still an essential component of your success in this course. Attendance will be recorded daily, and students are expected to actively participate in all class sessions. Your absences cannot exceed the number of hours the class is scheduled to meet per week.

Please note that if you accumulate three absences during the semester, you will be withdrawn from the course. It is your responsibility to monitor your attendance and ensure that you remain within the allowable limit.

### 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](mailto: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.



## Anticipated Class Schedule/Calendar

Dates	Chapter	Title	Assignment	Due Date
02/10 – 02/16	1	Introduction	Test Yourself Quiz Discussion Question	02/16 02/18
02/17 – 02/23	2	The Counselor	Test Yourself Quiz Discussion Question	02/23 02/25
02/24 – 03/02	3	Ethical Issues in Counseling	Test Yourself Quiz Discussion Question Exam	03/02 03/05 02/27
03/03 – 03/09	4	Psychoanalytic Therapy	Test Yourself Quiz Discussion Question	03/09 03/11
03/10 – 03/16	5	Adlerian Therapy	Test Yourself Quiz Discussion Question	03/16 03/18
03/17 – 03/23	6	Existential Therapy	Test Yourself Quiz Discussion Question Exam	03/23 03/25 03/27
03/24 – 03/30	7	Person-Centered Therapy	Test Yourself Quiz Discussion Question	03/30 04/01
03/31 – 04/06	8	Gestalt Therapy	Test Yourself Quiz Discussion Question	04/06 04/08
04/07 – 04/13	9	Behavior Therapy	Test Yourself Quiz Discussion Question	04/13 04/15
04/14 – 04/20	10	Cognitive-Behavior Therapy	Test Yourself Quiz Discussion Question Exam	04/20 04/29 04/17
04/21 – 04/27	X	SPRING BREAK	No Assignments Due	



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04/28 – 05/04	<b>11</b>	Choice/Reality Therapy	Test Yourself Quiz Discussion Question	05/04 05/06
05/05 – 05/11	<b>12</b>	Feminist Therapy	Test Yourself Quiz Discussion Question	05/11 05/13
05/12 – 05/18	<b>13</b>	Post Modern Approaches	Test Yourself Quiz Discussion Question	05/18 05/20
05/19 – 05/25	<b>14</b>	Family Systems Approach	Test Yourself Quiz Discussion Question	05/25 05/27
05/26 – 06/01	<b>15</b>	An Integrative Perspective	Test Yourself Quiz Discussion Question Exam	06/01 06/03 05/29
06/02 – 06/06	<b>Review</b>	All Chapters	Final Project Due Final Exam	06/03 06/05

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