

Basic Course Information

Semester:	Fall 2025	Instructor Name:	Tina A. Williams
Course Title & #:	Introduction To Counseling: PSY 120	Email:	Tina.williams@imperial.edu
CRN #:	10750	Webpage (optional):	n/a
Classroom:	205	Office #:	n/a
Class Dates:	08/11/25 to 12/06/25	Office Hours:	Email/Zoom/Phone Tuesday/Wednesday/Friday 1:00 to 2:00 pm
Class Days:	Monday & Wednesday	Office Phone #:	760-352-8320
Class Times:	9:40 am to 11:05 am	Emergency Contact:	760-562-5404
Units:	3	Class Format/Modality:	Classroom (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. (Same as ADS 120) (CSU).

Course Prerequisite(s) and/or Corequisite(s)

Recommended: Twelfth grade reading and writing level is highly recommended

Student Learning Outcomes

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, ILO4, ILO5)
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 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 clients has expressed.
3. Explain the personal and professional characteristics of an effective counselor.
4. Demonstrate advanced empathetic understanding.



Textbooks & Other Resources or Links

Theory and Practice of Counseling and Psychotherapy 11th edition: Gerald Corey
ISBN: 978-0-357-76442-8

Course Requirements and Instructional Methods

Course Requirements:

This course will consist of a combination of lectures, class discussions, assigned readings, In class and out of class assignments, video as well as performance of quizzes and exams.

Class Participation:

At the beginning of each class, attendance will be taken (roll call). If a student must arrive late or leave early, the instructor should be notified so that the student is not penalized unfairly. It is the student's responsibility to let the instructor know when they are in class, particularly if they miss the roll call. Class participation will be measured by presence, active interest and involvement in discussions, as well as in-class and out of class assignments.

Weekly Journals: Journals will be a resource for the student to be able to analyze and reflect on the dialogue and content discussed. Weekly journals also count as your participation grade.

Exam:

Exams will be given based on text readings, and lecture material. Exam format will be multiple choices and true and false.

Written Project:

Instructor will provide instructions during class time.

Quizzes: Quizzes will be given at the end of each class's lectures. Each quiz will be worth 5 points.

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

Grading System:

90-100% A
80-89% B
70-79 % C
60-69 % D
50-00 % F

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.

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

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 absence exceeds 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.

Electronic Devices: Cell phones and electronic devices must be turned off and put away during class, unless otherwise directed by the instructor.

Academic honesty in the advancement of knowledge requires that all students and instructors respect the integrity of one another's work and recognize the important of acknowledging and safeguarding intellectual property.

There are many different forms of academic dishonesty. The following kinds of honesty violations and their definitions are not meant to be exhaustive. Rather, they are intended to serve as examples of unacceptable academic conduct.

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 plagiarizing 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 a F in the course and/or disciplinary action. Please refer to the General 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; (d) Allowing others to do an assignment or portion of an assignment; (e) using a commercial term paper service.

Other Course Information

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 by the instructor.



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.

Children in the classroom: Due to college rules and state laws, only students enrolled in the class may attend; children are not allowed.

Financial Aid

Your Grades Matter! In order 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 successfully 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.

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 or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 1 August 11 - 13	Syllabus & Introduction Chapter 1: Introduction and Overview	Quiz/Assignments
Week 2 August 18 - 20	Chapter 2: The Counselor: Person and Professional	Quiz/Assignments
Week 3 August 25-27	Chapter 3: Ethical Issues in Counseling Practice	Quiz/Assignments
Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 4 Sept 1 - 3	Holiday/Labor Day Chapter 4: Psychoanalytic Therapy	Quiz/Assignments
Week 5 Sept 8 - 10	Chapter 5: Adlerian Therapy	Quiz/Assignments
Week 6 Sept 15 - 17	Chapter 6: Existential Therapy	Quiz/Assignments
Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 7 Sept 22 - 23	Chapter 7: Person-Centered Therapy	Quiz/Assignments
Week 8 Sept 29 – Oct 1	Chapter 8: Gestalt Therapy	Quiz/Assignments
Week 9 October 6 - 8	Chapter 9: Behavior Therapy	Quiz/Assignments
Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests



Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 10 October 13 - 15	Chapter 10: Cognitive Behavior Therapy	
Week 11 October 20 -22	Chapter 11: Choice Theory/Reality Therapy	Quiz/Assignments
Week 12 October 27 - 29	Chapter 12: Feminist Therapy	Quiz/Assignments
Date or Week	Activity, Assignment, and/or Topic	
Week 13 November 3 - 5	Chapter 13: Postmodern Approaches	Quiz/Assignments
Week 14 November 10 -12	Chapter 14: Family System	Quiz/Assignments
Week 15 November 17-19	Paper: Theory and Practice	
Week 16 November 24-28	Thanksgiving Holiday	
Week 17 December 1 - 3	Final Exam	

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