

Basic Course Information

Semester:	SPRING 2026	Instructor Name:	Roxanne Morales
Course Title & #:	PSY 120 Introduction to Counseling	Email:	Roxanne.morales@imperial.edu
CRN #:	20439	Webpage (optional):	www.imperial.edu
Classroom:	402	Office #:	203E
Class Dates:	February 10th-June 12th	Office Hours:	Tues & Thurs 11:30AM-12:30 PM Office 203E Fridays 3PM-5PM online/Zoom
Class Days:	Tuesdays and Thursdays	Office Phone #:	760-355-6136
Class Times:	1 PM-2:25 PM	Emergency Contact:	Elvia Camillo 760-355-6144
Units:	3.0	Class Format/Modality:	Campus

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. (C-ID: ADS 120 X) (CSU)

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

N/A

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.*
- 2. Demonstrate advanced cognitive behavioral therapy techniques.*
- 3. Research a counseling theory and present material in class.*

Course Objectives

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 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. 2024. *Theory and Practice of Counseling and Psychotherapy*. 11th Cengage. ISBN: 9780357764428

Course Requirements and Instructional Methods

Case Application Assignments: The Case Application Assignments are designed to prepare you step-by-step for your Counseling Theory Presentation. Rather than waiting until presentation week to apply your theory, these assignments guide you through the process of understanding, analyzing, and practicing your theory in real-life counseling scenarios. This series will involve both individual and group work.

Quizzes: Quizzes may include any or all of the following types of questions: multiple choice, true-false, matching, fill-in-the-blank, and short answer/essay. No makeups for exams or quizzes will be given without prior notification and/or documentation of an emergency. No work will be accepted over email without prior approval.

Counseling Theory Presentation: Students will collaborate in groups of four to analyze, apply, and teach an assigned counseling theory through an engaging 15–20 minute presentation. Students will be assigned a counseling theory (e.g., Psychodynamic, Person-Centered, CBT, Existential, Behavioral, Family Systems, etc.). Presentations may be delivered using: PowerPoint, Role-play demonstration, Pre-recorded video, Or a combination of formats

Students are expected to read all assigned chapters as noted in syllabus. Although, we may or may not cover all of the material shown and the dates are approximations, students will however be required to know all the material assigned in reading and other material given in class.

Course Grading Based on Course Objectives

Case Application Assignments 100 (5 @ 20pts)	A 90%-100%
Quizzes/Concept Review 130 (13 @10 pts)	B 80%-89%
Counseling Theory Presentation 100 pts (1 @ 100 pts)	C 70%-79%
	D 60%-69%
	F 59% and below

To receive full credit, all work must be turned in on time. If you have an emergency which prevents you from participating in class, it is your responsibility to make acceptable arrangements prior to the absence. Class attendance and tardy policy follows the regulations in the IVC college catalog. Your attendance in class is important.



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

Netiquette is internet manners, online etiquette, and digital etiquette all rolled into one word. Basically, netiquette is a set of rules for behaving properly online.

Students are to comply with the following rules of netiquette: (1) identify yourself, (2) include a subject line, (3) avoid sarcasm, (4) respect others' opinions and privacy, (5) acknowledge and return messages promptly, (6) copy with caution, (7) do not spam or junk mail, (8) be concise, (9) use appropriate language, (10) use appropriate emoticons (emotional icons) to help convey meaning, and (11) use appropriate intensifiers to help convey meaning [do not use ALL CAPS or multiple exclamation marks (!!!!)].

Disruptive Students: Students who disrupt or interfere with an online class may be sent to meet with the Campus Disciplinary Officer before returning to continue with coursework. Disciplinary procedures will be followed as outlined in the General Catalog.

Other Course Information

- Canvas Support: Can be [found online](#) and/or at the Canvas Hotline: (877) 893-9853

Logging onto Canvas alone is NOT adequate to demonstrate academic attendance by the student.

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.

Updated 11/2024



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	Syllabus & Introduction CH 1 Introduction and Overview	Read CH 1 Quiz 1
Week 2	CH 2: The Counselor: Person and Professional	Quiz 2
Week 3	CH 3: Ethical Issues in Counseling Practice	Case Application Assignment 1 Quiz 3
Week 4	CH 4: Psychoanalytic Therapy	Quiz 4
Week 5	CH 5: Adlerian Therapy	Case Application Assignment 2 Quiz 5
Week 6	CH 6: Existential Therapy	Quiz 6
Week 7	CH 7: Person-Centered Therapy	Case Application Assignment 3 Quiz 7
Week 8	Spring Break	
Week 9	CH 8: Gestalt Therapy	Quiz 8
Week 10	CH 9: Behavior Therapy	Case Application Assignment 4 Quiz 9
Week 11	CH 10: Cognitive Behavior Therapy	Quiz 10
Week 12	CH 11: Choice Theory/Reality Therapy	Case Application Assignment 5 Quiz 11
Week 13	CH 12: Feminist Therapy	Quiz 12
Week 14	CH 13: Postmodern Approaches	Quiz 13
Week 15	CH 14: Family Systems Therapy CH 15: An Integrative Perspective	Review
Week 16	Counseling Theory Presentation	All Late Work Due!!
Week 17	Counseling Theory Presentation Cont.	

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