**Wayland Mission Statement**

Wayland Baptist University exists to educate students in an academically challenging, learning-focused, and distinctively Christian environment for professional success, and service to God and humankind.

**Contact Information**

**Course**

: PSYC 4318 VC01 – Introduction to Counseling

**Campus**

: WBUonline

**Term/Session**

**:** Fall 1 2025 CMP

**Instructor**

**:** Heather Dillard, MA

**WBU Email Address**

**:** heather.dillard@wayland.wbu.edu

**Office Hours, Building, and Location**

**:** WBUonline

**Class Meeting Time and Location**

**:** WBUonline

**Course Information**

**Catalog Description**

**:** Major theories of counseling; emphasis on the development of basic therapeutic skills.

**Prerequisite(s): PSYC 1301 and PSYC 2301 or consent of instructor**

**Textbook Information**

**Required Textbook(s) and/or Required Materials**

**:**

*Theory and Practice of Counseling and Psychotherapy* (11th Edition) by Gerald Corey.

Published by Cengage Learning, 2024.

ISBN: 978-0357764428

*The textbook for this course is part of the* ***Wayland’s Automatic eBook*** *program. You will have access to an eBook and interactive learning material on the first day of class through your Blackboard course site. The cost of this Automatic eBook will be billed directly to your student account when you register for the course. You will be notified via email with access instructions and additional information. If you do not wish to participate in the Automatic eBook program, you will have the first 12 days of class to opt-out of the program (additional details will be outlined in your email instructions). For more information on the Automatic eBook program, visit the Wayland Bookstore* [*Automatic eBook FAQ*](https://bookstore.wbu.edu/site_inclusive.asp) *page.*

**Course Outcome Competencies**

**:** Upon completion of this course, students will be able to:

1. Display knowledge of major psychological theories, terms, and concepts of counseling
2. Explain some major types of counseling and evaluate the empirical research on effectiveness
3. Describe the role of licensure in professional counseling
4. Describe and apply major ethical principles related to the practice of counseling
5. Demonstrate the use of some basic counseling techniques
6. Explore and discuss personal insight into their own views and feelings regarding the area of psychological counseling

**Attendance Requirements**

WBUonline

Students are expected to participate in all required instructional activities in their courses. Online courses are no different in this regard; however, participation must be defined in a different manner. Student “attendance” in an online course is defined as active participation in the course as described in the course syllabus. Instructors in online courses are responsible for providing students with clear instructions for how they are required to participate in the course. Additionally, instructors are responsible for incorporating specific instructional activities within their course and will, at a minimum, have weekly mechanisms for documenting student participation. These mechanisms may include, but are not limited to, participating in a weekly discussion board, submitting/completing assignments in Blackboard, or communicating with the instructor. Students aware of necessary absences must inform the professor with as much advance notice as possible in order to make appropriate arrangements. Any student absent 25 percent or more of the online course, i.e., non-participatory during 2 or more weeks of an 8-week session, may receive an F for that course. Instructors may also file a Report of Unsatisfactory Progress for students with excessive non-participation. Any student who has not actively participated in an online class prior to the census date for any given session is considered a “no-show” and will be administratively withdrawn from the class without record. To be counted as actively participating, it is not sufficient to log in and view the course. The student must be submitting work as described in the course syllabus. Additional attendance and participation policies for each course, as defined by the instructor in the course syllabus, are considered a part of the university’s attendance policy.

**University Policies**

[Link to Statement on Academic Integrity , and reference one of the following in regard to how generative artificial intelligence (GAI) such as ChatGPT may or may not be used in this course:](https://www.wbu.edu/academics/writing-center/Academic%20Integrity%20Statement%20Pol%208.4.1%20Attch%20Oct%2020222.pdf)

1. Generative AI tools permitted in specific context and with proper citations.
   1. Students are allowed to use, reference, or incorporate generative AI tools into specific assignments for this course. When used, students must properly cite the generative AI tool in their submitted work.
   2. While there is no true substitute for direct help and instruction for your instructor, students may be allowed to use generative AI tools to provide further explanations of course content, readings, and other assignments. Any use of generative AI tools to help further explain or translate to content must be properly referenced and cited.
   3. Specific parameters for generative AI usage are provided by the instructor.
   4. Any use of generative AI tools outside of the approved instructor parameters will be considered a form of plagiarism and academic dishonesty.

**Disability Statement**

**:** In compliance with the Americans with Disabilities Act of 1990 (ADA), it is the policy of Wayland Baptist University that no otherwise qualified person with a disability be excluded from participation in, be denied the benefits of, or be subject to discrimination under any educational program or activity in the university. The Disability Services Coordinator and Academic Coach serves as the coordinator of students with disabilities and must be contacted concerning accommodation requests (office (806) 291-1057. Documentation of a disability must accompany any request for accommodations.

Accessibility issues with content in WBUonline courses or in Blackboard should be addressed to the WBU accessibility coordinator, Dr. Rick Hammer, [hammerr@wbu.edu](mailto:hammerr@wbu.edu) or call (806) 292-9150.

**Course Requirements and Grading Criteria**

**Please complete the Required First Assignment in main menu folder at the top of your Bb course page \*\*FIRST.\*\***. This is so that WBU can get an accurate count of class attendance and participation. This needs to be completed by Thursday, August 14th. Please complete this assignment first. All other assignment deadlines are listed below.

Weekly Assignments will begin each Monday. They will be due by the next Sunday of that week at midnight (Except for Week 8). **Please note:** **Five (5) points per day will be taken for each late assignment. So don’t be late.** Pay close attention to when assignments are due and plan accordingly.

**Discussion Board posts** – Sixteen at 10 points each/ 160 points total

Each of your discussion board posts should be at least 250 words. Besides posting your own responses to each discussion board question, I want you to **reply to at least 1 other student**. When you respond to another’s post, the responses need to be at least 100 words long. Put some thought into these. Don’t respond with a generic, “That’s a good point. I agree with you.”

While some discussion board posts might ask you to give a response based on your own experiences, these posts are not the time to air your personal opinions. Use thoughts and ideas from the book to guide your discussion. “The author wrote \_\_\_\_ in chapter 3. This affects the way we approach counseling theories because…” Put some thought and effort into it.

**You may use ChatGPT or other AI tool to help with discussion boards. \*\*However, you MUST read back through and put the discussion in your own words.\*\*** Do not just copy and paste. It is obvious when a post is just a generic copy and paste. In Discussion Board prompts, I usually ask you specific questions about the chapter. MAKE SURE YOU ANSWER THESE QUESTIONS. Do not just create a generic post that vaguely addresses the topic. This is not what I’m looking for. I want these posts to get you to *think* about the topic for yourself, and *discuss* it with your classmates. ***See University Policies section of this syllabus for more details about citing and using AI for coursework.***

**Quizzes** – Six at 20 points each/ 120 points total

There will be 6 weekly quizzes. These will be over the specific chapters read that week.

**Exams** – Two at 140 points each/ 380 points total

Exam 1 will be in Week 4 and cover chapters 1-7.

Exam 2 will be in Week 8 and will cover chapters 8-15.

**\*\*Quizzes and Exams are open-book.** However, be advised that you will still need to actually read the textbook chapters. If you are not familiar with where to find certain topics within the textbook, you may run out of time trying to look for it. So you need to at least be familiar with the content of each chapter before you begin the quiz or exam.

**Final project** – 110 points

For your Final Project, you will pick one of the theories covered this term and create a 8-10 minute video showcasing that theory. You are to give a brief history, but also include what research and evidence have been collected. Give examples of how this theory is being used in present day counseling situations. (Be sure to cite any sources you use outside of the textbook***.***) ***Your specific theory and presentation idea must be submitted to Instructor Dillard via email by the end of Week 6.*** (For example, “I am going to do a short skit summarizing Adlerian Therapy.”) ***You do not have to wait for “approval” from me in an email response to start your project. You can start working on it at any time. The email is just to let me know you’re thinking about the project and know the direction you’re working towards.***

You will be graded on:

* Content (main ideas and terms of the theory are clearly expressed)
* Presentation (clear speech, good delivery, interesting presentation)
* Organization (presentation, chart or poster, is easy to follow; If using PowerPoint, slides are not crowded and are easy to read)
* Originality (creativity and uniqueness in presenting)

**Submit your final project as a video** **LINK** using VidGrid, or as an “unlisted” video on YouTube. (You will find VidGrid tutorials in Blackboard.) You can give a video presentation in front of the camera or a PowerPoint with your voice narrating. However you choose to do your presentation, be creative! Don’t just stand there and talk. Think about the bonus videos of each theory that we watched. Showing what you learned doesn’t have to be boring! If you enjoy art, use an art project to demonstrate. Recruit your friends and host a talk show or interview with the chosen theory’s founder. Parallel the main terms and ideas of the theory with a well-known fictional world. The ideas are endless! Have fun and show off what you have learned.

**You may use ChatGPT or other AI tool to help with creating your outline and/or wording of your presentation. \*\*However, you MUST read back through and put this verbal part of your presentation in your own words.\*\*** Do not just copy and paste. The whole point of this presentation is to show that you have learned more than just the surface level of this topic, and are able to explain it and express it in your own way. As Albert Einstein is said to have commented, “If you can’t explain it to a six-year-old [in a simple way], you don’t understand it yourself.”

***Your final project will be due by the end of Week 7.*** The rubric and submission folder for this project can be found in the Weekly Activities folder in Bb. I will email each student your rubric results and comments after grades are posted.

**Grade Scoring Breakdown**

Discussion Board 160 points 23%

Quizzes 120 points 18%

Exam 1 140 points 21%

Exam 2 140 points 21%

Final Project 110 points 17%

Totals 670 points 100%

**The University has a standard grade scale:**

A = 90-100, B = 80-89, C = 70-79, D = 60-69, F= below 60, W = Withdrawal, WP = withdrew passing, WF = withdrew failing, I = incomplete. An incomplete may be given within the last two weeks of a long term, within the last week of an 8-week session, or within the last two days of a microterm to a student who is passing, but has not completed a term paper, examination, or other required work for reasons beyond the student’s control. A grade of “incomplete” is changed if the work required is completed prior to the last day of the next long 16-week term or 8-week session, unless the instructor designates an earlier date for completion.  If the work is not completed by the appropriate date, the I is converted to an F.

**Student Grade Appeals**

**:** Students shall have protection through orderly procedures against prejudices or capricious academic evaluation. A student who believes that he or she has not been held to realistic academic standards, just evaluation procedures, or appropriate grading, may appeal the final grade given in the course by using the student grade appeal process described in the Academic Catalog. Appeals may not be made for advanced placement examinations or course bypass examinations. Appeals are limited to the final course grade, which may be upheld, raised, or lowered at any stage of the appeal process. Any recommendation to lower a course grade must be submitted through the Vice President of Academic Affairs to the Faculty Assembly Grade Appeals Committee for review and approval. The Faculty Assembly Grade Appeals Committee may instruct that the course grade be upheld, raised, or lowered to a more proper evaluation.

**Tentative Schedule**

Weekly Assignments will begin each Monday. They will be due by the next Sunday of that week at midnight. **Please note:** **Five (5) points per day will be taken for each late assignment. So don’t be late.** Pay close attention to when assignments are due and plan accordingly.

**Week 1**

* **Goals:**

1. Introduce yourself to the group.
2. Gain knowledge of major counseling terms and concepts.
3. Begin to explore your personal views of counseling.

* **Please complete the Required First Assignment in main menu folder at the top of your Bb course page \*\*FIRST.\*\***. This is so that WBU can get an accurate count of class attendance and participation. Please complete this assignment ***by Thursday, August 14th at the latest***. All other assignment deadlines are listed below.
* **Read** Chapter 1-2.
* **Finish** Week 1 Discussion Board posts by August 17th.
* **Finish Quiz 1** by August 17th.

**Week 2**

* **Goals:**

1. See WHAT is the right thing to do when it comes to ethics in counseling.
2. Practice HOW to do the right thing for a given situation.

* **Read** Chapter 3.
* **Finish** Week 2 Discussion Board posts by August 24th.
* **Finish Quiz 2** by August 24th.

**Week 3**

* **Goals:**

1. Introduce and discuss Psychoanalytic Therapy and the follow-up research that has been done.
2. Introduce and discuss Adlerian Therapy and the follow-up research that has been done.

* **Read** Chapters 4-5.
* **Finish** Week 3 Discussion Board posts by August 31st.
* **Finish Quiz 3** by August 31st.

**Week 4**

* **Goals:**

1. Introduce and discuss Existential Therapy and the follow-up research that has been done.
2. Introduce and discuss Person-Centered Therapy and the follow-up research that has been done.

* **Read** Chapters 6-7.
* **Finish** Week 4 Discussion Board posts by September 7th.
* **Finish Exam 1** by September 7th. This exam covers chapters 1-7.

**Week 5**

* **Goals:**

1. Introduce and discuss Gestalt Therapy and the follow-up research that has been done.
2. Introduce and discuss Behavioral Therapy and the follow-up research that has been done.

* **Read** Chapters 8-9.
* **Finish** Week 5 Discussion Board posts by September 14th.
* **Finish Quiz 4** by September 14th.

**Week 6**

* **Goals:**

1. Introduce and discuss Cognitive Behavioral Therapy and the follow-up research that has been done.
2. Introduce and discuss Choice/Reality Therapy and the follow-up research that has been done.

* **Read** Chapters 10-11.
* **Finish** Week 6 Discussion Board posts by September 21st.
* **Email** Instructor Dillard the theory of your choice for your final video presentation, and a summary of how you plan to present it, by September 21st.
* **Finish Quiz 5** by September 21st.

**Week 7**

* **Goals:**

1. Demonstrate knowledge and application of a specific theory through the final video presentation.
2. Illustrate the use of basic counseling techniques through final project.
3. Briefly review Feminist Therapy, Postmodern approaches, and Family Systems Therapy, and discuss the follow-up research that has been done.

* **Read** Chapters 12-14.
* **Finish** Week 7 Discussion Board posts by September 28th.
* **Finish Quiz 6** by September 28th.
* **Submit Final Project** by September 28th.

**Week 8**

* **Goals:**

1. Discuss how to integrate therapies into a holistic approach.
2. Explore personal views of counseling and application, and how they have changed since the beginning of this course.

* ***Please Note: Assignments are due on Saturday of this week due to end of term.***
* **Read** Chapter 15.
* **Finish** Week 8 Discussion Board posts by October 4th.
* **Finish Exam 2** by October 4th.
* **Submit** Instructor Evaluation by October 4th.
  + **There are 2 available methods for you to take course evaluations:**  
      
    1. Click on the link in your WBU email that has been sent to you from WBU's Research Mgmt department, and it will direct you to the survey. \*Unique link provided to each student\*

2. Log-in to your WBU Blackboard account and select "Surveys" from the pop-up box

that will appear upon login into the system.

**Additional Information**

If any changes are made to the syllabus during the term, I will let you know on the Announcements tab so that you can download the updated syllabus. While I don’t think it should happen often, I want to always communicate clearly with you about changes made to class assignments. This will set you up for success in this course. As always, please contact me if you have any questions. I am here to help!