Chapter 1

What Counseling is and How it Works

To Be A Counselor:
• Making a Commitment
• Striving for Excellence
• Adopting a Neutral Posture
• Subjugating Personal Needs
• Coping with Discomfort
• Dealing With Ambiguity

Defining Counseling:
(broadly defined)
• Advise giving
• Encouragement
• Information giving
• Test interpretation
• Therapy

Counseling is an ambiguous activity because:
• Clients often don't know what their real problems are
• Clients problems don't have single right answers
• Clients sometimes don't really want to change

Practitioners have difficulty:
• Articulating what counseling is
• Conveying how counseling works
• Deciphering the vague presentations of clients

Computers in Counseling:
Alan Turning Test – A computer is intelligent only if it can carry on an intelligent conversation
Chapter 2

Foundations of Counseling:
Basics of History and Research

Counseling and Psychology (differences)

- Psychotherapy - Focuses more on psychopathology
- Counseling - More developmental model, sharing
- Distinctions between counselors and other allied mental health professionals have become less clear as counselors have begun to work with a wider variety of populations
- Counseling works toward prevention rather than remediation
- The focus of counseling is now less education and more therapeutic

Allied Mental Health Professional Groups:

Counselors

- Therapeutic interventions with relatively normal functioning clients who are experiencing:
  - Adjustment reactions
  - Developmental issues
  - Problems of daily living including:
    - Educational
    - Family
    - Personal
    - Esteem issues

Psychologists

- Diagnosis, treatment, and clinical management of persons with:
  - Psychological symptoms and other
  - Severe mental disturbances

Computers In Counseling

- School World (800-647-1200)
  schoolworld.com
- Educational Resource (800-624-2926)
  edresources.com
- Software Express (800-527-7638)
  swexpress.com
- New Egg (800-753-7877)
  egghead.com
- Student Software Guide (800-574-5901)
  journeyed.com
Allied Mental Health Professional Groups:

**Psychiatrists**

Medical management of patients with clinically significant psychological problems:

- Medication
- Hospitalization
- Therapy to restore normal functioning

**Social Workers**

Social casework and therapy to mediate relationships with social structures like:

- Schools
- Agencies
- Health care facilities

**Marriage/Family Counselor**

- Systemic approach to diagnosing and treating problems in a family context
- Extensive use of more active/directive interventions to realign family structures

Common goals for professional counselors are to help clients:

- Identify personal strengths and weaknesses
- Toward independence and autonomy
- Anticipate, plan and react constructively to developmental issues

Influences on the Development of Counseling:

1. Laboratory Psychology
   - Came from physiology and empirical research
   - Introspection:
     The preferred method of many 19th-century and early 20th-century psychologists, by which one examines one’s own conscious mental states and processes as they occur

2. Social Reform
   - Beers: “A Mind That Found Itself”
Influences on the Development of Counseling:

3. Individual Assessment
   - Binet / Simmon
   - WWI & WWII

Influences on the Development of Counseling:

4. Psychological Theories and Approaches
   - Psychoanalytical Approach (Freud)
   - Behaviorism - Overt behavior (Watson, Skinner)
   - Gestalt - here/now - responsibility (Perls)
   - Humanistic (Rogers)

Influences on the Development of Counseling:

5. Social Changes
   - History: counseling then & now

Influences on the Development of Counseling:

6. Vocational Guidance Movement
   - Frank Parson - 1908 (Industrialization)

Licensing And Regulation In Counseling -

- 1981 - ACA established the Council for the Accreditation of Counseling and Related Educational Programs (CACREP) to develop minimum standards for graduate programs at the master’s and doctoral level.

Settings for Counseling

Chapter 3

With specialties in:
- Mental Health
- School Counseling
- Student Personnel
- Community / Agency Counseling
- Marriage and Family
Settings for Counseling

Different Counseling Roles:

1. Individual Assessment
2. Individual Counseling
3. Family Counseling
4. Group Counseling
5. School Counseling
6. Consultation
7. Mediation
8. Administration
9. Supervision
10. Computer Technology
11. Research

Types of Counseling Settings:

1. Private Practice
2. Mental Health Agencies
3. Crisis Center
4. Public Schools (K-12)
5. College - Academic Counseling - Counseling Centers
6. Rehabilitation
7. Industrial (Employee Assistance)

Guidelines for Selecting a Counseling Specialty:

1. Assess personal strengths & weaknesses
2. Clarify values related to work
3. Visit as many different specialty settings as possible
4. Interview as many counselors in the field as possible
5. Maximize practicum & internship experience
6. Develop a future “orientation”

Students enter counseling preparation with:
- A limited view of the full scope of professional opportunities
- A predisposition toward a particular counseling work setting
- A clearly defined career path
- No earthly idea of which direction to go

It is generally advisable for most beginning counselors to focus on developing a flexible specialty.

Visiting different specialty settings is useful as an aid in selecting a specialty.

Practicum and Internship

- Selecting
  - Site
  - Population
  - Pass / Fail
  - IP (In Progress)
Chapter 4
The Therapeutic Relationship

Qualities of an Effective Counselor:

1. Characteristics -
   (genuine, sincere, trustworthy etc.)

2. The Common Sense Bias

3. Counselors Intellectual Ability:
   - Educational level
   - Nature / Nurture
   - Innate / Taught

Perception:
- Clients Perception of the Counselor
- Counselors Perception of the Client

Values:
- Clients Values
- Counselors Values
The Therapeutic Relationship

Creating a Relationship in the Initial Interview:
1. Establishing Rules
2. Planting Hope
3. Assuring Confidentiality
4. Assessing Expectations
5. Collecting Information
6. Identifying Problems
7.Beginning Intervention
8. First-Session Agenda Review

Counseling Skills
- Foundational Skills
  1. Listening
  2. Empathy
  3. Silence

Commonly-used Skills:
1. Questions
2. Self-disclosure
3. Modeling
4. Confrontation
5. Interpretation

Skills to Use Cautiously:
1. Encouragement
2. Self-esteem Building
3. Offering Alternatives
4. Information Giving
5. Advice Giving

The Counseling Environment:
- The Office Setting and Arrangement
- Nonverbal Behavior
  Counselors
  Clients

- Communication
  - Humor
Next Weekend

- Mid-Term Exam (Saturday)

LiveText Demographic Form
- CP 6600 Counseling Program Demographic Form Assignment
- CP 6600 Instructor’s Summary
Plus one of the following:
- Clinical Mental Health Counseling Disposition Development Plan
- Social Services Counseling Dispositions Development Plan