

Snazzlefrag's

Fundamentals of Counseling DSST Study Notes

Contact: <http://www.degreeforum.net/members/snazzlefrag.html>

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Davis (1898): Detroit High School. Vocational counseling.
Binet Scales (1905): First standardized IQ test. (revised by Lewis in 1916).
Parsons (1908) Boston Vocational Bureau.
Beers (1908): Novel: "A Mind That Found Itself". Psychosis. Self-healing. Recovery.
National Committee For Mental Hygiene (1909): Beers. Free MH Clinics in US.
Legislative reform.
National Vocational Guidance Association (1913): Formal recognition of voc couns (ie, Parsons).
Stanford-Binet (1916): Lewis revised Binet Scales for US pop. Translate from French, adapted, added.
Smith-Hughes Act (1917): Funding for vocational schools (agricultural).
Vocational Rehab Act (1918): Required voc guidance for all states (VETERANS).
American Personnel Guidance Association (1951): Merger of three major voc orgs. Now = ACA (1983).
American Association for Counseling and Development (1983): New name for APGA (1951).
American Counseling Association (1991): Newest name for APGS (1951).
Division 17 of APA: "Counseling Psychology".
American Mental Health Counselors Association.
National Career Development Center.
Association for Multicultural Counseling and Development.

Roles & Functions: Client is #1 Priority. Genuineness. Empathy. Respect. Concreteness.

Counselor = Role Model for their clients. (look critically at own life, make changes)

Cognition (thinking). **Affect** (feeling). **Behavior** (actions).

Consulting Process: Pre-entry, Contract, Define Problem, Select Intervention, Eval & Termination.

5 Goals of Counseling:

Facilitate Behavior Change (function in society).

Enhance Coping Skills (help to deal with problems as they arise).

Promote Decision-making (develop problem-solving skills, trust own judgment).

Improve Relationships: (meaningful social interaction).

Facilitate Clients' Potential (best person they can be).

Buckley-Pell Amendment: FERPA(1974), defined required record-keeping in public schools. Conf v Public.

Council for the Accreditation and Related Educational Programs (CACREP):

8 core areas of study, 100 hours personal therapy, 600 hours supervised counseling.

National Board of Certified Counselors (1982): Distinguish between licenses & certified couns.

1) MA/PhD 2) 2yr Supervised Experience 3) Completed Counselor Certification Exam.

Career Counseling: Identify/evaluate education, occupation, Aptitude tests, Interest Inventory tests.

Differential Aptitude Test (DAT), General Aptitude Test Battery (GATB).

Strong-Campbell Interest Inventory (SCII), Occupational Interests Inventory (OII).

School Counseling: Guidance Counselor. Vocational Prep, College, Social Issues, Support.

Substance Abuse Counseling: prevent or correct abuse, coping skills, behavior change.

Rehabilitation Counseling: Disabilities (mental or physical) Prisoners, Treatment facilities.

Mental Health Counseling: Hospitals, clinics, diagnose/treat disorders.

Theories:

Adlerian: Collaborative. Split from Psychodynamic (client creates themselves, not creation of early experiences)

Individual begins to form their personality from 1-6yrs. **Choices, responsibility,** not unconscious.

Individual can BECOME whatever they want to be.

Understand behavior from subjective/personal perspective of the client.

Behavior Therapy: Based on experimental psych/observational learning. Action Oriented. Pavlov, Skinner.

Social Learning Theory (Bandura): Study of covert behaviors (physiological, cognitive, feelings).

Importance of thoughts and images on psychological functioning.

Triad of interactions (environment, personal factors, behaviors).

Observation of 3=learning.

Systematic Desensitization: Gradual introduction of feared stimulus. (positive, relaxed atmosphere).

Flooding: Prolonged/Sudden exposure to a feared stimulus. Realise feared event doesn't happen.

In Vivo Desensitization: Actual exposure to a feared event or situation (real world).

Client-centered: Rogers. Unconditional Positive Regard. **Self-actualization.**

Cognitive-Behavioral: Based on REBT. Full acceptance & tolerance. **Integrated Approach.**

Trust is essential to dispute irrational/illogical thoughts/patterns.

Homework: Make lists, identify patterns etc. Change mental language.

Change thinking to become congruent with how they WANT to act.

Cognitive Therapy (CT): Beck. **Collaborative. Short-term.** Emphasises role of thinking on actions & behaviors.

Dissects role of thoughts in our actions. **Automatic Thoughts** and beliefs lead to distress.

Cognitive Schemas: How we view the world, set of beliefs about people, events, and our environment.

Keep logs, track feelings to identify patterns.

Set Clear/Concrete/Specific goals > create plan to change thoughts = change behaviors, distorted thoughts.

Eclecticism: Integrate all 3 levels of human experience: Cognition (thinking), Feelings (affect), Behavior (actions).

Common Factors Approach: Find similarities in different theories. Develop a CORE counseling model.

Technical Eclecticism: Evaluate different approaches, choose correct set of approaches. "Bag of Tricks".

Theoretical Integration: Borrow ideas from different theories to synthesize a NEW theory.

Gestalt: Whole Person. Complex dynamic of experiences and behaviors. **Group** settings (often)=conflict res skills.

[Fritz/Perls/Kempler] Patient's experience of reality (phenom), individual responsibility (existential).

Bring together past experiences to develop present circumstances enabling growth & development.

Humanistic/Existential: Focus=attitude (**affect**) to life. Shift attitude/Shift behavior. Rogers. Kierkegaard/Nietzsche.

Requires client to "Be in the World" **Umwelt** (bio), **Mitwelt** (rels), **Eigenwelt** (inner world)

Authenticity is goal. Discover purpose/meanin in life, work toward achieving goals. **Educator**

Psychodynamic: Neutral Stance. Unconscious, underlying thoughts/feelings. Past events. Freud/Jung/Ackerman.

Transference (client projects roles onto counselor. Eg, Father/mother/sibling/abuser, etc.)

Id (pleasure), Ego (reality), Superego (morality).

Defense Mechanisms: Ego's attempt to maintain control.

Repression: Suppression of too painful thoughts, feelings, emotions, memories.

Denial: Conscious manifestation of repression (usually aware of it).

Reaction Formation: Converting impulses into their opposites (love/hate, anger/concern)

Sublimation: Channeling unacceptable impulses into more acceptibel outlets.

Phenomenological: Try to understand client's **subjective reality**. What motivates their behavior.

Rational Emotive Behavior Therapy (REBT): How client INTERPRETS events/situations=psych problems.

Albert Ellis: Psychoanalysis often makes worse not better.

Uses Adler's 'goals & values' concept to create **Self-statements** to guide new

behavior.

ABC Theory: Activating Event, Belief, Consequence/Reaction. A doesn't cause C. B does.

Self-Blame (ideals): Core of most psych disorders. Shoulds & Musts = failure, self-loathing.

Combines cognitive (thinking) and behavioral (action) approaches. **Integrated Approach.**

REBT is the source of today's **Cognitive Behavioral Therapy.**

Reality Therapy: Born w/ **5 genetically encoded needs:** Survival, Love, Power, Freedom, Fun. **Responsibility.**

Based on CHOICE. Reward for good choices is satisfied needs. Focus on **Right Choices.**

Dr. Phil "Is that choice working for you?"

Alcoholics Anonymous, Narcotic Anonymous.

Systems Therapy: Within context of **FAMILY.** Interrelated people, dependencies, responses, learned behaviors.

Individual may carry symptoms for the entire family. Father is stressed but son has ulcers.

Determinism: Personality and behavior are set at a very early age. Fatalistic.

Family Therapy: (also see Systems) Systemic/MFT. Bradshaw/Bowen (Systems Theory) Satir(experiential/comm)

Family = interactive unit, one part of a larger system. Relational. **Short Term.** Resolution.

Group Therapy: Moreno. Personal change. Development of each group member. Work together. 3+ =group.

Encounter Groups (Sensitivity Group): Normal. New Age. Intimate, Self-awareness, Potential. Retreats.

T-Groups: Training to be better group members. Examines "role" of individual in group setting.

Guidance Groups (20+): Structured/Topic/Couns Led. Educational, vocational, social issues.

Counseling Groups (5-10): Unstructured/Individual/Sharing. Safe environment.

Therapy Groups (WWII): Severe Psych. Lengthy sessions.

Homosexual: 10-20% of population. Hetero > Bi > Homo = Continuum. AIDS=1981

1) ID Confusion 2) ID Comparison 3) ID Tolerance 4) ID Acceptance 5) ID Pride 6) ID Synthesis.

Explore normalcy and self-actualization, not seek to find a cure.

Intra-Psychic: Individual is to blame for their behavior and reactions to situations. Not external factors.

Logotherapy (Frankel): Search for meaning in life with clients who are in extreme despair, tragedy, terminal.

Reframe attitudes and beliefs. "Was there anything positive in that experience?"

Non-verbal Communication: Unconscious. Context is important.

Timing/Body/Voice/Environment.

Attending Behaviors: Essential nonverbal behavior for counselors to display. Attentive/Interested.

Social & Cultural Foundations:

Multicultural Counseling & Therapy (MCT): Integrative approach/combines techniques. **Person-centered.**

Afro-centric: Holistic, interdependent, collective survival, elder respect, harmony, co-operation.

Euro-centric: Divides world into knowable parts, controlled emotions, self-actualization, independence.

Career Development: Half of average adult life is spent at work. Health, happiness, satisfaction. SIGI, DISCOVER.

4 Types of Career Counseling:

Type I: Career Decision: Professional goals, aptitude testing, education requirements.

Type II: Decision-making Skills: Give client tools to make ANY decision rather than just ONE.

Type III: Process of Choices: Tools to adapt career as circumstances change.

Type IV: Self-actualization: Finding career that you love to do and that fulfills your goals.

Trait-factor Theory (earliest): Analyzing personal differences. Patterns reveal most suitable work for each person.

Myers-Briggs Type Indicator (MBTI). Perceiving (sensing/intuition) & Judging (thinking/feeling).

Structural Theories (personality differences): Minuchin, Roe, Holland.

Roe: Parent-child relationship = difference b/n people & b/n members of various occupa.

Based on Maslow's Hierarchy of Needs.

1) Emotional Concentration: Overprotective or overdemanding environment.

2) Avoidance of the Child: Neglecting or rejecting environment. Good job=praise/recog.

3) Acceptance of the Child: Casual or loving environment.

Holland: Typology of the individual + **Typology** of work environment = job success/failure.

6 Typologies: Realistic, investigative, artistic, social, enterprising, conventional.

Holland Code: 12,000 careers categorized by the 6 Typologies (personality types).

Development Theories: Long-term approach to occupational choice. Expression of **Self-concept.**

Each career decision alters the path, directs later options, and eliminates other options.

Decision-making: Latest trend in Dev Theory. Multiply value of choice by probability of reach goal.

Developmental Counseling & Therapy (DCT):

Holistic. Co-construction/Collaborative (client-counselor). Adapts Piaget. Multiple

perspectives.

Assessment/treatment that recognizes people change over time and in different situations. Sphere/Continuum.

Adaptation of Piaget's Child Development Theory. Adults re-create the 4 levels as they encounter life.

DCT, however, sees each stage as equally important...not a successive process. Must ID the stage.

Piaget's levels renamed "**orientations**": Each requires diff frame of reference. Sum of all = whole person.

No one true self. As we change, so does our sense of self. Change can be from personal growth or env factors.

Postmodern Thought: "Narrative Possibility" (anything is possible). Self is constantly changing/evolving.

Piaget: Accomodation (receiving info), Assimilation (perceiving info). Balance of both = positive development.

Sensorimotor (Elemental): Express emotions via behavior/physical. Cry/sad, smile/happy, DENIAL too.

Therapeutic Style: Environmental Structuring: Set firm but gentle parameters. Safe environment.

Concrete (Situational): Can recount facts/details of an event, but won't/can't acknowledge why/feelings.

Therapeutic Style: Coaching: Foster predictability & trust, outline thoughts > structure them.

Formal (Reflective): Can talk freely about feelings and recognize patterns.

Self-knowledge. No changes.

Therapeutic Style: Consultative: Counselor facilitates reflection but does not influence the process.

Est. 25-40% of Americans don't get to formal stage of cognitive development.

Post-formal (Dialectic): Can integrate personal reflection & multiple perspectives. Reframe emotions.

Therapeutic Style: Collaborative: Work w/ client to ID maladaptive behavior, brainstorm ideas.

Sad when a loved ones dies, but happy that the person is no longer suffering.

AIDS: 800k existing. 40k new cases per yr. 524K deaths since 1981.

Anxiety: 19.1 million Americans aged 18-54, or about 13.3%, have an anxiety disorder. DSM-IV-TR (1994. Rev. 2000): APA-1952. Next=2010. Multiaxial. No treatment or cause is listed.

Axis I: Major mental disorders, developmental disorders and learning disabilities.
1xx.xx

Depression, anxiety disorders, bipolar disorder, ADHD, and schizophrenia

Axis II: Underlying pervasive or personality conditions, as well as mental retardation.
2xx.xx

Borderline pers dis, schizotypal pers dis, antisocial pers dis, mild mental

retardation.

Axis III: Any non-psychiatric medical condition ("somatic"). 3xx.xx

Body Dysmorphic Disorder, Pain Disorder, Hypochondriasis.

Axis IV: Social functioning and impact of symptoms. 4xx.xx

Axis V: Global Assessment of Functioning (on a scale from 100 to 0). 5xx.xx

Domestic Violence: 95% are female. 2/3 female victims related or knew attacker. Most common cause of inj to wom.

Every 9secs. 50% women murdered by spouse/acquaintance. 25-30% Adol Rels are abusive. 60% of marriages.

Elder Abuse: Increasing. 1/4 not reported. Est. 2m incidents in 1988.

Households: Trad (husb wks) 7%, DINC 13%, DI w/ kids 16% (most common marriage), Other 64%.

Mental Health:

20% of children are estimated to have mental disorders with at least mild functional impairment.

In 1yr, 22-23% US adults (44m - 1/4) have diagnosable mental disorders.

22.1% US adults (1/5) suffer from a diagnosable mental illness.

3.2% US adults reported experiencing psychological distress during the past 30 days.

Minorities: 50% of kids <5. Ethnic Minorities = 25% US Pop (50% by 2050).

Rape: 50% of all rapes b/n 14-17yrs.