

Instructor's Resource Manual
and Test Bank
For
Counseling: A Comprehensive Profession
Eighth Edition

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CHAPTER 1

PERSONAL AND PROFESSIONAL ASPECTS OF COUNSELING

CHAPTER OVERVIEW

This chapter focuses on the personal and professional qualities associated with effective counselors. It emphasizes that some individuals make better counselors than others because of their temperament, experiences, knowledge, and skills. The importance of self-examination and growth is emphasized along with professional development. Academic standards for becoming a professional counselor and credentialing also are discussed. Systems in counseling are described including the development/wellness approach and the medical/pathology model. Finally, the importance of engaging in professional counseling-related activities is highlighted particularly continuing education, supervision, advocacy and communication through portfolios.

KEY TERMS, CONCEPTS, AND PEOPLE

20/20: A Vision for the Future of Counseling

accredited counselor education program

advocacy

Association for Counselor Education and Supervision (ACES)

attribution

burnout

certification

certified mental health counselor (CCMHC)

cognitive complexity

compassion fatigue

compensatory model

Council for Accreditation of Counseling and Related Educational Programs (CACREP)

continuing education units (CEUs)

credentialing

counseling

desire for power

Developmental Counseling and Therapy (DCT)

developmental/wellness approach

Diagnostic and Statistical Manual (DSM)

dispositional

eclectic counseling

emotional distress

empathy

energy

enlightenment model

flexibility

generalist human services workers

goodwill

guidance

Health Insurance Portability and Accountability Act (HIPAA)

inpatient settings

inspection

CHAPTER 1 - PERSONAL AND PROFESSIONAL ASPECTS OF COUNSELING

Definition of counseling:

- Grew out of the progressive guidance movement of the early 1900s with an emphasis on prevention and purposefulness.
- From 20/20: A Vision for the Future of Counseling, counseling is “a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals.”
 - Emphasizes wellness, personal growth, career, education, and empowerment concerns
 - Is conducted with persons individually, in groups, and in families
 - Is diverse and multicultural
 - Is a dynamic process

The effectiveness of a counselor and of counseling depends on numerous variables including:

- The personality and background of the counselor,
- Formal education of the counselor, and
- The ability of the counselor to engage in professional counseling-related activities such as continuing education, supervision, advocacy, and the building of a portfolio.

The Personality and Background of the Counselor

Negative Motivators for Becoming a Counselor

- Not everyone is cut out to be a counselor. Inappropriate reasons for entering counseling include:
 - Emotional distress – unresolved emotional traumas
 - Vicarious coping – living life through your clients or others rather than having meaningful relationships yourself
 - Loneliness and isolation – seeking friendships through counseling others
 - A desire for power – seeking to control others who feel powerless in their own lives
 - A need for love – individuals who are self-absorbed and believe problems are resolved through love and tenderness alone: They think they can give these to the client.
 - Vicarious rebellion – unresolved anger; acting out their own thoughts and feelings through their clients’ defiant behaviors

Personal Qualities of an Effective Counselor

- Curiosity and inquisitiveness
- Ability to listen
- Comfort with conversation
- Empathy and understanding