

**FOUNDATIONS OF MENTAL  
HEALTH COUNSELING**



**Fourth Edition**

# **FOUNDATIONS OF MENTAL HEALTH COUNSELING**

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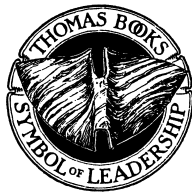
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**Dr. David P. Borsos** is a licensed psychologist in Pennsylvania. He has treated a wide variety of clinical cases in his 25-year career. These include the “normal” outpatient mood and anxiety disorders, as well as some intense work with addictions and acting-out psychotics staying in community living arrangements. His professional interests these days revolve around integrating the various theories of counseling into a more unified field and teaching others how to do effective therapy.

To this end, Dr. Borsos teaches as an assistant professor in the Master’s Program in Clinical and Counseling Psychology at Chestnut Hill College. Here he finds great pleasure in bringing new counselors into the field through such courses as Counseling Techniques, Theories, Psychopathology, Group Counseling, Supervision and other treatment-oriented courses. He also serves as the administrative coordinator for the program. Dr. Borsos looks forward to the day when all

counselors and therapists are equally effective and efficient and when going to counseling is as accepted by the public as getting a flu shot.

**Lisa A. Brenner, Ph.D.** is a Board Certified Rehabilitation Psychologist, an Associate Professor of Psychiatry, Neurology, and Physical Medicine and Rehabilitation at the University of Colorado Denver, School of Medicine, and Director of Education for the VA VISN 19 Mental Illness Research Education and Clinical Center (MIRECC). Dr. Brenner is also the Director of Training for the MIRECC Psychology Post-Doctoral Fellowship program. Her primary area of research interest is traumatic brain injury (TBI) and comorbid psychiatric disorders. Dr. Brenner serves as Member at Large on two national boards: APA Division 22 and the VA Psychology Training Council. She is a member of the Colorado Brain Injury Advisory Board and has consulted with the Colorado Department of Human Services to improve care for persons with TBI receiving treatment in the community mental health system. Dr. Brenner is also a member of the research team at Craig Hospital. She is the Principal Investigator (PI) on grants entitled *Use of a TBI Screen in a Veteran Mental Health Population: Prevalence, Validation and Psychiatric Outcomes* (Colorado Brain Injury Trust Fund, Office of Behavioral Health and Housing) and *Executive Dysfunction and Suicide in Psychiatric Outpatients and Inpatients* (VA Merit Review), and a Co-PI on *A Longitudinal Study of Deployment-Related Mild TBI: Incidence, Natural History, and Predictors of Recovery in Soldiers Returning from OIF/OEF* (Congressionally Directed Medical Research Programs - Intramural TBI Investigator-Initiated Research Award) and *Health and Wellness Intervention for Individuals with TBI* (National Institute on Disability and Rehabilitation Research). Dr. Brenner has numerous peer-reviewed publications and recently co-authored a book chapter entitled "Deployment-Acquired TBI and Suicidality: Risk and Assessment."

**JoLynn Carney, Ph.D.** is Associate Professor of Counselor Education in the Department of Counseling Education, Counseling Psychology, and Rehabilitation Services at the Pennsylvania State University. She is a Licensed Professional Clinical Counselor who has experience working in community mental health agencies, private practice, and schools. She has been a trustee on a number of boards of directors that service at-risk youth, has served on state-counseling boards, works closely with local school districts, and is a recipient of several service awards from various professional groups. Dr. Carney is the current President-Elect of Chi Sigma Iota International, is chapter faculty advisor, and has served as Regional Chapter Facilitator for the North Atlantic Region. Her research and publishing focus on intervention/prevention aspects of youth violence and adolescent suicide.

Her scholarly work also includes wellness programming and counselor-training techniques. A significant focus is on the psychophysiological influence of chronic bullying on youth. She currently serves on editorial boards of nationally recognized counseling journals, publishes, and runs local, regional, and national trainings/workshops in her areas of expertise.

**Stephen Feit, Ed.D., LCPC, NCC, ACS** is a Professor of Counseling and past Chair of the Counseling Department at Idaho State University. His areas of interest include Supervision, Professional Identity, and Doctoral Student Career Development. Professionally, he has been President of the Association for Counselor Education and Supervision, a division of the American Counseling Association (ACA). He also is a past Chair of the ACA Ethics Committee. He currently is serving as the Interim Dean of the Kasiska College of Health Professions at Idaho State University.

**Marc A. Grimmatt, Ph.D.** is an associate professor and coordinator for clinical mental health counseling in the counselor education program at North Carolina State University. He earned his doctorate in Counseling Psychology from the University of Georgia and is a Licensed Psychologist. Dr. Grimmatt completed a postdoctoral fellowship at the University of South Carolina Counseling and Human Development Center, where his training focused on culturally competent counseling, marriage and family therapy, substance abuse counseling, and sexual abuse counseling. He has more than 10 years of professional mental health experience working in different settings, including university counseling, community mental health, and substance abuse treatment centers, as well as in-home counseling services and private practice. Dr. Grimmatt's research focuses on multiculturalism, social justice, and the early career development of African American boys.

**Dr. Peter Gutierrez** is a clinical/research psychologist with the VA VISN 19's Mental Illness Research, Education, and Clinical Center and Associate Professor in the Department of Psychiatry at the University of Colorado Denver School of Medicine. A licensed psychologist in Colorado, he is an expert in adolescent and young adult suicide assessment, veteran suicide, and psychosocial interventions for suicidal veterans. He is the Principle Investigator on a grant-funded study investigating the impact of medication packaging changes on decreasing accidental and intentional overdoses in high-risk psychiatric patients. He is jointly directing a pending grant-funded military suicide research consortium. Dr. Gutierrez served on the U.S. Army Suicide Reduction and Prevention Research Strategic Planning

Workgroup, as the Soldier Identification and Case Management Expert Lead. He is a past President of the American Association of Suicidology and recipient of their Shneidman Award for outstanding research contributions in suicidology. He is co-author of the 2008 book *Adolescent Suicide: An Integrated Approach to the Assessment of Risk and Protective Factors*. Dr. Gutierrez is an associate editor of the premier journal in the field—*Suicide and Life-Threatening Behavior*, and he regularly reviews for numerous other journals. Previously, Dr. Gutierrez served on the Illinois Suicide Prevention Strategic Planning Task Force convened by the Illinois Department of Public Health. He ran the Adolescent Risk Project, a school-based suicide screening and assessment program at an urban high school for seven years.

**Laura K. Harrawood, Ph.D., LCPC, LMFT, NCC** has worked in numerous adjunct faculty positions while maintaining an active private practice. Her clinical work has focused on adult childhood survivors of abuse, mood disorders, grief and loss, as well as couple and family relational issues. Currently, she is Assistant Professor of Counseling at Idaho State University, where she teaches courses in the Mental Health Counseling program as well as the Marriage, Couple, and Family program. She is also active in the clinical supervision of Master's, Doctoral, and post-degree students. In addition, she is professionally involved in the Idaho Counseling Association and the Idaho Association for Counselor Education and Supervision.

**Laurie Shepherd Johnson** is Professor of Counseling and Director of the Graduate Programs in Counseling at Hofstra University in New York. Since 2001, she has also held the Sheelagh Murnaghan Visiting Professorship at Queens University in Belfast, Northern Ireland, where she has taught, consulted, and conducted research on systemic approaches to conflict resolution and reconciliation in this conflict traumatized society. Dr. Johnson also worked as a faculty associate for the United Nations University Institute on Conflict Resolution and Ethnicity studying ethnic conflict in war-torn states. As part of her research on dialogue and narrative approaches toward reconciliation and post-traumatic healing in conflict societies, she has been working most recently on a project with the Quaker Community in West Belfast that is aimed at promoting cross-community contacts between paramilitary families.

She pursued a Fulbright Scholarship to continue her work in Cyprus, another nation traumatized by conflict, starting in 2006. In summer 2004, she presented a workshop at the International Institute on Peace Education in Istanbul on "Creating Safe Places for Cross-Community Dialogue in Divided Societies" and she completed a comparative study of Northern Ireland and Cyprus, which was presented



in Jerusalem in June 2005.

Dr. Johnson is certified in bereavement/thanatology and ARC Disaster Mental Health Services. She worked in disaster mental health relief efforts at Ground Zero and has provided bereavement support to the families and children bereaved by the 9/11 World Trade Center terrorist attacks since that time.

**Don C. Locke** is Distinguished Professor Emeritus of Counselor Education at North Carolina State University. He retired in 2007 following a 42-year career in education. His counselor education career focused on multicultural counseling with special attention to African Americans. He published six books and more than 100 articles during his career. He currently enjoys retirement in the mountains of Western North Carolina.

**Dr. Susan C. McGroarty** is Assistant Professor of Psychology at Chestnut Hill College. She has a B.A. and Ph.D. from the University of Pennsylvania. Susan's scholarly interests include Post-Traumatic Stress Disorder, diversity, health psychology, and therapist well-being. She has considerable clinical expertise working with children, adolescents and adults in a private practice setting, and she has also conferred with community groups and organizations on issues related to post-traumatic stress and diversity. She serves on the Diversity Committee of NJPA. She is a licensed psychologist and is a member of APA, NJPA, AFTA, and SPSSI.

**Dr. Jane E. Myers** is Professor of Counselor Education at the University of North Carolina at Greensboro, a National Certified Counselor, a National Certified Gerontological Counselor, and a Licensed Professional Counselor. She is a Fellow of the American Counseling Association and a Charter Fellow of the Chi Sigma Iota Academy of Leaders for Excellence. She is a past President of the American Counseling Association and two of its divisions, the Association for Assessment in Counseling and the Association for Adult Development and Aging, for which she was founding President. Dr. Myers also served as Chair of the Council for Accreditation of Counseling and Related Educational Programs (CACREP) and was the second President of Chi Sigma Iota. In 2003, she was selected for inclusion in *Leaders and Legacies in Counseling*, a book that chronicles the contributions of the 25 individuals selected as among the most significant leaders in the counseling profession over the last century.

Dr. Myers developed a model and curriculum resources for the infusion of gerontological counseling into counselor education, co-authored the national competencies for training gerontological counselors, and co-produced eight training videotapes in gerontological

counseling. She has written and edited numerous publications, including 16 books and monographs, more than 125 refereed journal articles, and was noted twice, most recently in 2010, as being in the top 1% of contributors to the *Journal of Counseling & Development*, ACA's flagship journal. Her books include *Adult Children and Aging Parents*, *Empowerment for Later Life*, the co-authored *Handbook of Counseling, and Developmental Counseling and Therapy: Promoting Wellness Over the Lifespan*, co-authored with Allen and Mary Ivey and Tom Sweeney. She is co-author with Dr. Sweeney of one theoretical and two evidence-based models of wellness and assessment instruments based on these models.

**Dr. Spencer Niles** is Professor and Department Head for Counselor Education, Counseling Psychology, and Rehabilitation Services at the Pennsylvania State University. He is also Director of the Center for the Study of Career Development and Public Policy at Penn State. He also serves as Vice-President for International Development for Kuder, Inc. Dr. Niles is the recipient of the National Career Development Association's (NCDA) Eminent Career Award, a NCDA Fellow, an American Counseling Association (ACA) Fellow, ACA's David Brooks Distinguished Mentor Award, the ACA Extended Research Award, and the University of British Columbia Noted Scholar Award. He served as President for the National Career Development Association and Editor for *The Career Development Quarterly*. Currently, he is the Editor of the *Journal of Counseling & Development* and has authored or co-authored approximately 100 publications and delivered more than 100 presentations on career development theory and practice. He is an Honorary Member of the Japanese Career Development Association, Honorary Member of the Italian Association for Educational and Vocational Guidance, and a Lifetime Honorary Member of the Ohio Career Development Association.

**Dean W. Owen, Jr.** is currently a professor at Middle East Technical University in Ankara, Turkey, where he rejoined the faculty following a visiting professorship in 2007. He graduated from the University of Florida in 1977 with a Ph.D. in Counselor Education and holds undergraduate and graduate degrees in Psychology and Rehabilitation Counseling from the University of South Florida in Tampa. In 1977, he joined the graduate faculty of Morehead State University in Morehead, Kentucky where he served for 32 years before retiring and being granted emeritus status in June 2009. He is a licensed professional clinical counselor with more than 34 years of clinical experience. Educational and psychological testing has been one of his principle teaching areas throughout his career. Dr. Owen

has extensive foreign teaching experience and twice served as a member of the European Faculty of Boston University. He is an active member of the European Branch of the American Counseling Association. His career has included teaching assignments in Germany, Belgium, England, Spain, Costa Rica, and Turkey.

**Dr. Artis “Pete” Palmo** is a Licensed Professional Counselor and Licensed Psychologist. He is CEO of Bethlehem Counseling Associates, P.C., a group private practice serving children, adolescents, and adults. He completed graduate training in Counseling at West Virginia University in 1971. He was a Professor of Counseling Psychology at Lehigh University for 17 years, followed by 22 years in private practice. He served various leadership positions in local, state, and national counseling organizations, including President of the Lehigh Valley Psychological Association, President of the Pennsylvania Counseling Association, and served on the boards of the American Counseling Association and the North Atlantic Region of the ACA. In addition, he was an active member of the American Mental Health Counselors Association from the early stages of the organization’s development. He served on licensure committees for both Pennsylvania and nationally with ACA. Dr. Palmo has written numerous articles, chapters, and books on a variety of counseling topics. He enjoys writing, sports, and spending time with friends. Along with his wife, Linda, they have two grown children and four grandchildren. They spend their leisure time traveling and playing golf.

**Linda A. Palmo, Ed.D.** has been in private practice as a Counseling Psychologist since 1980. She completed her doctorate at Lehigh University in 1984. Her work experiences have included being an elementary school teacher and counselor, serving as a counselor for special needs students in the schools, counseling college students, serving as a psychologist for a general hospital and rehabilitation center, and working in a variety of general outpatient agencies. Dr. Palmo was one of the founders of Bethlehem Counseling Associates, P.C. in 1987. She has written articles and chapters on a variety of topics, including an emphasis on family dynamics. She has served as a lecturer at many local, state, and national meetings. She enjoys working with individuals, families, and couples, and she specializes in health psychology, family counseling, and improving client coping skills and self-awareness.

**Alishea Rowley** is a doctoral student in the counselor education program at North Carolina State University. She earned a Master’s degree in counselor education from the University of Central Florida with concentrations in school counseling. Ms. Rowley has more than four years of professional counseling experience in a variety of set-

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**Dr. Russell A. Sabella** is currently Professor of Counseling in the College of Education, Florida Gulf Coast University, and President of Sabella & Associates. His concentration of research, training, consultation, and publication includes individual and group counseling, counseling technology and tech-literacy, comprehensive school counseling programs, peer helper programs and training, sexual harassment risk reduction, solution-focused brief counseling/consultation, and solution-focused leadership and organizational development.

Dr. Sabella is author of numerous articles published in journals, magazines, and newsletters. He is co-author of two books entitled *Confronting Sexual Harassment: Learning Activities for Teens* (Educational Media, 1995) and *Counseling in the 21st Century: Using Technology to Improve Practice* (American Counseling Association, 2004). He is also author of the popular *SchoolCounselor.com: A Friendly and Practical Guide to the World Wide Web* (2nd edition; Educational Media, 2003); *GuardingKids.com A Practical Guide to Keeping Kids Out of High-Tech Trouble* (Educational Media Corporation, 2008); and well known for his Technology Boot Camp for Counselor workshops conducted throughout the country. Dr. Sabella is past President (2003–2004) of the American School Counselor Association.

He has trained and consulted with thousands of school counselors, educators, parents, and organizational leaders throughout the country.

**Mary B. Seay, Ph.D.** is currently a middle school counselor with the Allentown School District in Allentown, Pennsylvania. She previously taught in the Department of Psychology for Lehigh University, Muhlenberg College, DeSales University, and Kutztown University. While at Kutztown University, Dr. Seay also taught counseling courses for the Master's Degree programs. Dr. Seay has published in a number of psychology journals. She also has given numerous workshops, paper presentations, and research papers at local and national conferences. Dr. Seay is a member of several professional associations such as the Eastern Psychological Association and the American School Counseling Association.

**Thomas A. Seay, Ph.D.** is Professor Emeritus of Counseling at Kutztown University in Pennsylvania, after having taught there for more than 30 years. In addition, he is currently Professor and Director

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Dr. Seay is an Honored Board Member of the Asian Professional Counselling Association. In addition, he is a member of several other professional associations such as the American Counseling Association, Eastern Psychological Association, and the American Association for Marriage and Family Therapists.

**Laura R. Shannonhouse** is a doctoral student at the University of North Carolina at Greensboro and is a National Certified Counselor specializing in crisis intervention and disaster response. She has participated in culture-centered clinical outreach efforts within the United States (post-Katrina New Orleans and post-earthquake with Haitian communities in Florida), Southern Africa and Botswana (illness-related trauma), and Mexico (prolonged grief work). She has completed a two-year Gestalt Training program and volunteered at the Alachua County Crisis Center, both training and supervising other volunteers. Her experiences with disaster response naturally lend themselves to social justice concerns. Her interest and passion for advocacy and aging developed through her work with marginalized peoples and her desire to make a difference in some small way.

**Natalie F. Spencer, MEd, LPC, NCC** is a Counselor Education doctoral student at North Carolina State University. She earned her Master's Degree in School Counseling from The University of North Carolina at Chapel Hill, and she is a licensed professional counselor in the state of North Carolina. Ms. Spencer has more than five years of experience as a school counselor and therapist providing services to both children and adults. She has taught undergraduate and Master's-

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**Dr. Howard B. Smith** recently retired as Interim Dean and Professor Emeritus in the College of Education and Counseling at South Dakota State University in Brookings, South Dakota. He is a Nationally Certified Counselor, a Certified Clinical Mental Health Counselor, and a Licensed Professional Counselor in the state of Louisiana. He has private practice experience and has served as Department Head of the Counseling and Human Resource Department at South Dakota State University and the Educational Leadership and Counseling Department at the University of Louisiana–Monroe. Before going back to South Dakota, he was the Associate Executive Director for Professional Affairs at the American Counseling Association (ACA). While at ACA, he also taught as adjunct professor at George Mason University in Fairfax, Virginia.

Dr. Smith has a distinguished career in leadership positions, having served as President of the American Mental Health Counselors Association, and he has chaired numerous Committees of the American Counseling Association. He has received numerous awards, including the prestigious Carl Perkins Award for outstanding service to the profession in the area of public policy. More recently, he and two colleagues received the Experienced Researcher of the Year Award of the British Association for Counseling and Psychotherapy for their work on the American Counseling Association's Practice Research Network. He has extensive experience in the area of Disaster Mental Health and has volunteered for the American Red Cross in response to more than 20 national disasters. He is widely published on a variety of counseling-related topics.

**J. Michael Tyler, Ph.D.** is Dean of Research at Baker College, Center for Graduate Studies. His research interests and publications cover a number of topics, including technology; small-group behavior; gay, lesbian, bisexual, and transgender issues in counseling and business; and ethics. He has worked in various community mental health and human service settings and worked for ten years as a counselor educator and faculty member in a department of psychology. He is the co-author of *Using Technology to Improve Counseling Practice: A Primer for the 21st Century*, published by the American Counseling Association. Recently, he has become involved in the application of mental health and psychology issues in business settings. In addition, he is increasingly focusing his attention on issues of assessment in business and educational settings.

**David Van Doren, Ed.D., LPC, LPsy, CCMHC, MAC, NCC** is Associate Professor of Counselor Education at the University of Wisconsin–Whitewater. Dr. Van Doren received his Ed.D. in Counselor Education at the University of Maine in 1981. He has been a counselor educator in Wisconsin for almost three decades. Dr. Van Doren maintains a private practice, which has included working with perpetrators of abuse, as well as others impacted by trauma. He has presented nationally and regionally on childhood maltreatment, the treatment of trauma, and intimate partner violence. Dr. Van Doren is a member of the American Counseling Association, American Mental Health Counselors Association, American Psychological Association, Association for Counselor Education and Supervision, Association for Specialists in Group Work, and International Society for the Study of Trauma and Dissociation.

**Erika Wagner-Martin, MS** is a counselor who has experience with a wide range of issues, including intimate partner violence, sexual assault and sexual abuse, post-trauma symptoms, anxiety and mood disorders, career exploration, substance abuse, and women's issues. Her clinical interests also include gender identity and sexual orientation, self-empowerment, and family and intimate relationships. Ms. Wagner-Martin received her Master's Degree in Community Counseling at the University of Wisconsin–Whitewater and also holds the National Certified Counselor Credential. Her approach to counseling is holistic, and she is committed to working with clients to honor their needs and build on their strengths in order to live more functional, healthy, and meaningful lives.

**William J. Weikel, Ph.D.** is Professor Emeritus at Morehead State University in Kentucky. He currently resides in Cape Coral, Florida, where he maintains a part-time consulting practice. He also occasionally teaches as an adjunct professor at Florida Gulf Coast University in the graduate counseling program. Dr. Weikel is an LPCC and has held numerous national certifications. He is a past President of AMHCA and the Kentucky Counseling Association and a past Chair of the Southern Region of ACA. In addition, he has chaired numerous committees in his more than 35-year career for ACA, AMHCA, and KCA. He was the founding editor of the *AMHCA Journal (JMHCA)* in 1979 and also editor of the *AMHCA News (Advocate)*, *KCA Journal*, and *KCA News*. Dr. Weikel has authored or co-authored more than 50 professional articles, monographs, and books. When not involved in counseling activities, he is busy with his business, "Patriot Rare Coin and Currency," specializing in early U.S. coins and obsolete currency. He can be found at many national coin bourses as well as Florida shows.



**Hyung Joon Yoon, SPHR** is a Ph.D. candidate in Workforce Education and Development at Penn State. He is also an instructor at Penn State, and he teaches a career development course for students in Counselor Education and Workforce Education and Development. Mr. Yoon has developed and/or validated career assessment tools such as the Assessment of Human Agency (AHA) and the Career Flow Index (CFI). In addition, he has created self-actualization-oriented career development models, called Human Agency Based Individual Transformation (HABIT) and the Integrative Cognitive Information Processing (ICIP). He also has been involved in the development of the Hope Centered Career Development theory with Dr. Spencer Niles. He has presented his work at National Career Development Association (NCDA) and Academy of Human Resource Development (AHRD) conferences.



Dr. Palmo dedicates this edition to his wife, Linda, whose encouragement and support make these professional accomplishments possible. He also wants to dedicate this work to Dr. Harold “Doc” Whitmore, his mentor, and Mr. Jack Superka, his friend and colleague. Both of these men were outstanding professionals, committed friends, and wonderful sources of laughter. Although the two of them will not be able to understand this dedication, it is important for Dr. Palmo to honor their accomplishments and mourn the loss of their companionship.

Dr. Weikel dedicates his work on the latest edition of this book to AMHCA pioneers and friends for 35 years: Dr. Ed Beck, Dr. Bill Krieger, Dr. Pete Palmo, Dr. Gary Seiler, and Dr. Howard Smith, and to both Dr. David Brooks and Mr. Robert Rencken (deceased). Without these people and a handful more, there would be no book and no profession of mental health counseling. Dr. Weikel would also like to thank his wife, Vanessa, children, Bill and Amanda, and granddaughter, Kaitlyn, for their love and support.

Dr. Borsos dedicates his work to Ethan, his parents, and his grandparents. You know who you are.



## FOREWORD

The importance of mental health counseling has grown, as has the array of mental health issues that arise in an uncertain and a fragile world. As chronicled in this book, mental health counseling has evolved and matured across the four editions that have been published. Each edition has included new terrain that needs to be described and its treatment explained. Among the expanded content addressed to currently important topics in mental health counseling are those focused on the effects of terrorism and trauma and individual recovery and treatment. Each day, as more military personnel are committed by the United States and its allies to conflicts in Iraq and Afghanistan, as well as the uncertainty military and civilian populations experience in the non-violent but stressful and abusive relationships among nations, the need for more mental health counselors increases.

Regardless of the impact on mental health of the conflicts present among nations around the world, this book is not primarily about terrorism or trauma. It is also about the widening range of mental health issues that are now within the scope of treatments provided by mental health counselors. They include intimate partner violence, substance abuse, career counseling, mental health and aging, multiculturalism, and cultural conflict.

As suggested earlier, mental health counseling has evolved over the four editions of this book and, in doing so, has “come of age.” “Coming of age” means, as a central point, that mental health counselors have created, refined, and strengthened their professional identities. In doing so, they have differentiated themselves from other groups of mental health providers and focused on what they, as mental health counselors, can contribute to achieving mental health for those suffering from mental health problems.

The rise to professional maturity, to the “coming of age” as a profession, requires an understanding of the history of mental health counseling, the barriers it has surmounted as a profession, and the trends that have motivated its particular characteristics. More than half of the chapters in this book address the tools and constructs that undergird mental health counseling. They include the role of theory, assessment, research, ethics, and technolo-

gy, and the preparation of mental health counselors. Each of these chapters addresses what is different in each of these bodies of knowledge, as well as their integration to create the professional identity of mental health counselors. This identity is forged and reinforced in the work settings and the private practices in which mental health counselors are primarily employed.

*Foundations of Mental Health Counseling* (Fourth Edition) provides a comprehensive view of this important profession. The content of the book brings together multiple sources of knowledge: historical perspectives, conceptual models, the settings and clientele served by mental health counselors, the mental health issues that are dominant, the interventions used, and the professional identity and credentialing of mental health counselors. This information, while of major importance to mental health counselors, can also be useful to other mental health providers as they ponder the field and the ways in which they can collaborate with mental health counselors.

*Foundations of Mental Health Counseling* (Fourth Edition) is a unique book. It includes an excellent group of authors from a variety of settings to demonstrate the need for, the range, and the complexity of mental health counseling. Edited books rarely have a unified and an integrated structure. However, this book is an exception. It is well edited, the authors write well and with authority, and they do so from a number of important vantage points. The various chapters probe, with insight and relevance, major contemporary issues facing mental health counselors today.

Clearly, mental health counseling has “come of age.” Over the last 20 or so years, the profession has won important legislative and professional victories, including 50 state statutes providing licensure for professional counselors. The place of mental health counselors among mental health providers is secure, and all of the elements required to achieve professional identity and professional excellence are in place. Every mental health counselor will be enriched by this book’s analyses of the legacies of the past, the present, and the future. I endorse it without reservation.

EDWIN L. HERR  
Distinguished Profesor Emeritus  
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## PREFACE

**I**t has been 25 years since the original edition of *Foundations of Mental Health Counseling* was published. During that time, there have been countless positive changes in the field of mental health, including counselor licensure in all 50 states and the recognition of licensed professional counselors by managed care organizations and insurance companies. The field of professional counseling has developed and grown beyond the authors' expectations, becoming the true "fifth core mental health provider" as described in the First Edition of the book.

The First Edition highlighted the new mental health counselor, the Second Edition focused on the push to put the profession to the forefront of mental health care, and the Third Edition celebrated the profession's accomplishments. The Fourth Edition focuses on an in-depth examination of the field of mental health counseling, demonstrating the depth and breadth of professional counseling, from theory to practice issues, technology to humor in everyday practice, professional identity to diversity and multiculturalism, and much, much more.

Once again, the latest edition has been totally revised to reflect the status of professional counseling at this time. We have added 12 new authors in this Fourth Edition, all of whom have contributed to providing an up-to-date text for the student starting a career in professional counseling. Roughly 93% of the book has been rewritten and updated, providing the most comprehensive book on professional counseling anywhere.

As a special note, in the Fourth Edition, we have expanded the highly acclaimed section entitled "The Professional Counselor in a World of Uncertainty." We added a highlight section covering the stress faced by our military personnel and the role that mental health professionals can play in assisting the combat veterans to reintegrate back into the community. Also in this section, we added a chapter on "Trauma Counseling," an important aspect of professional counselors' role in their work with clients. There are improved and expanded chapters on career counseling, ethics, partner violence, multiculturalism, counselor preparation, and technology. The editors

have also expanded the final chapter of the book, “The Future of Professional Counseling,” to include a more comprehensive examination of what the future may bring to bear on the profession.

Finally, the editors want to thank all of the professional authors who contributed to our latest efforts. Through the hard work and dedication of these authors, we have been able to develop a book that provides Master’s- and Doctoral-level counseling students complete and accurate information regarding the field they have chosen to enter. We also thank the staff at Charles C Thomas for their input, patience, and guidance in the compilation of this book. As we have done with each of this book’s editions, we thank those professional men and women who have nurtured, guided, and pulled the field of professional counseling to the highest level possible. We dedicate this Fourth Edition to all of those professionals who offered and gave so much to the field of counseling and now face the end of their careers. The three of us have been privileged to work with many of the professionals (several are authors in this Fourth Edition) who brought the field of counseling from infancy to adulthood—we thank all of them!

A.J.P.  
A.J.W.  
D.P.B.

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**FOUNDATIONS OF MENTAL  
HEALTH COUNSELING**



## **Section I**

# **MENTAL HEALTH COUNSELING IN A HISTORICAL PERSPECTIVE**



# Chapter 1

## PROFESSIONAL COUNSELING COMES OF AGE: THE FIRST 35 YEARS

HOWARD B. SMITH AND WILLIAM J. WEIKEL

*In Memory of and with Appreciation to  
David K. Brooks, Jr.*

In an organized sense, mental health counseling is a young discipline. At the time of this writing, the profession is not quite age 35, but it remains a dynamic discipline, where there is still active debate about professional identity, role, function, and professional preparation. When the history of mental health counseling is written in a more definitive fashion than is possible in 2010, the past and present generation of activists and true believers may discover that their professional careers have paralleled most of the profession's significant milestones and that they have had a hand in shaping their own destinies and that of their profession. Practitioners in few other fields have been able to make this claim. These first 30+ years have been dominated by establishing an identity, credentials, and recognition for the profession. Although these three dominant tasks are not yet complete, it is impossible to know what will evolve in the next 35 years. Thus, the history of mental health counseling is still very much in the process of becoming.

Although the profession is rather young, mental health counseling did not emerge full blown in 1976 with no previous history. A number of antecedents led to the founding of the American Mental Health Counselors Association (AMHCA) in that year, and certainly there were many individuals who were practicing mental health counselors (MHCs) before they began to apply the title to themselves and their work. These antecedents do not form a traceable and purposeful historical path, but each may be considered an essential thread, without which the fabric of the profession would be less than whole.