

# Counseling Issues in the United States

James M. Benschhoff, Ph.D., NCC, ACS, LPC

University of North Carolina at Greensboro

Leslie F. Armeniox, Ph.D., ADTR, LPC

Coalition Director, *Get Healthy Guilford*

# Professional Identity

- Developmental, prevention-oriented, wellness perspective
- Way of thinking and understanding
- Interventions
- Professionalism
- Ethics and professional organizations
- Scientist-practitioner

# Theoretical Base

- Theories of individual and group development
- Helping theories/interventions
- Group development and process
- Assessment and Diagnosis
- Career development

# History of Counseling

- Roots in career work and student personnel work in higher education
- American Counseling Association created by 4 associations: career, counselor education and supervision, college student personnel, and school
- ACA now has 19 divisions representing counselors practicing in different settings or with training in counseling specialties

# Where Do Counselors Work?

- Community agencies
- Private practice
- Schools
- Colleges and universities
- Business and industry
- Rehabilitation
- Hospitals
- Other

# Community Counseling Issues

- Stress-related issues
- Behavioral and conduct problems
- Emotional, physical, sexual abuse/neglect
- Alcohol and other substance issues
- Some post-traumatic stress
- Grief and loss
- Parenting
- Relationship issues

From NMHCE Job Analysis

# Community Counseling Issues<sup>2</sup>

- Divorce/separation
- Suicidal issues
- Homicidal issues
- Substance abuse and addiction
- Domestic violence

From NMHCE Job Analysis

# Private Practice Counseling Issues

- Children & Adolescents
  - Behavior and conduct issues
  - Divorce and stepfamily issues
  - ADHD and Learning Differences
  - Depression
  - Other
    - Eating Disorders
    - Self-harm behaviors
    - Substance abuse

# Private Practice Issues<sup>2</sup>

- Adults
  - Anxiety
  - Depression
  - PTSD & Acute Stress Disorder
  - Eating Disorders and Associated Obesity
  - Family issues
  - Career and work stress
  - Other

# Family Issues

- Divorce
- Abuse
- Relocation
- Trauma
- Grief and Loss
- Substance abuse and addiction

# College Counseling Issues

- Career planning and counseling (resumes, job seeking and interviewing skills, career assessment, counseling)
- **Many of the same issues as community**
- Rape, date rape, dating violence
- Relationship and intimacy issues
- Academic and social stressors

# College Counseling Issues<sup>2</sup>

- Transition and adjustment to college
- Mood disorders
- Anxiety disorders
- Eating disorders
- Substance use/abuse issues
- Sexuality issues
- Grief & loss

# College Counseling Issues<sup>3</sup>

- Identity development
- Family dysfunction issues
- Values clarification
- Older (adult) student concerns
- Diversity issues
- Crisis counseling and disaster mental health response

# Areas of specialization

- Substance abuse
- Children, adolescents, adults
- Couple and family counseling
- Gerontological counseling
- Trauma
- Domestic violence & rape crisis
- Genetic counseling
- Other specialties

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# School Counseling Issues

- Behavioral and conduct issues
- Family issues (separation, divorce, job loss, abuse)
- Grief & loss
- Gangs
- Dropouts (school retention)
- Teen pregnancy
- Substance abuse

# School Counseling Issues<sup>2</sup>

- School violence and weapons
- Cultural & language differences
- Testing and pressure to perform
- Career and college planning
- Academic skills (e.g., study skills)
- Social skills, friendships
- Bullying (including online)

# Summary

- Preparation of counselors
- Variety of counseling settings
- Variety of issues
  - Predictable
  - Unpredictable
- Special programs and approaches