

Counseling Specialties in the US

Italy/US Bilateral, Florence, IT –

May 31st, 2008

Dr. Teresa Christensen, Ph.D., NCC, LPC, RPT-S

Associate Professor

Regis University

Denver, CO, USA

The Practice of Professional Counseling:



Application of mental health, psychological, or human development principles, through cognitive, affective, behavioral or systematic intervention strategies, that address wellness, personal growth, or career development, as well as pathology.

(<http://www.counseling.org/PressRoom/NewsReleases.aspx?AGuid=d41c4491-1df5-46a5-a06b-f104c02c8c5a>)

Professional Counseling Specialty:

Adopted by the ACA Governing Council, October 17-19, 1997

- **Narrowly focused, requiring advanced knowledge in the field of counseling**
- **Founded on premise that ALL Professional Counselors first meet general requirements**

Specialties Pertain to:

- **Population being served** – Age of client, level of functioning, cultural, and environmental.
- **Presenting problem & goal of the counseling relationship** – adjustment concerns, mental health issues (psychological disorders), rehabilitation, couples concerns, career and job related issues.
- **Setting in which counseling takes place** – schools, community agency, private practices, colleges/universities, career placement and advising centers, hospitals, detention centers, and churches.



Counseling Specialties

- College & Student Affairs counseling
- Community & Mental Health Counselors
- Counselor Education & Supervision
- Gerontological counseling
- Marital, couple, and family counseling/therapy
- Rehabilitation Counselors
- School counseling
- Substance Abuse and Addictions Counseling



National Organizations Related to Counseling

- **ACA** **American Counseling Association** www.counseling.org
- **ASCA** **American School Counselor Association** www.schoolcounselor.org
- **AAPC** **American Association of Pastoral Counselors** www.aapc.org
- **NACAC** **National Association for College Admissions Counselors** www.nacacnet.org
- **NAADAC** **National Association of Alcohol & Drug Abuse Counselors** www.naadac.org

Divisions of the American Counseling Association

- AACE Association for Assessment in Counseling and Education <http://aac.ncat.edu>
- AADA Association for Adult Development and Aging <http://www.aadaweb.org>
- ACC Association for Creativity in Counseling <http://www.aca-acc.org>
- ACCA American College Counseling Association
<http://www.collegecounseling.org>
- ACEG Association for Counselors & Educators in Government
www.dantes.doded.mil
- ACES Association for Counselor Education and Supervision <http://www.acesonline.net>
- AGLBIC Association for Gay, Lesbian, and Bisexual Issues in Counseling <http://www.aglbic.org>
- AMCD Association for Multicultural Counseling and Development www.counseling.org
- AMHCA American Mental Health Counselors Association <http://www.amhca.org>
- ARCA American Rehabilitation Counseling Association <http://www.arcaweb.org>
- ASERVIC Association for Spiritual, Ethical, & Religious Values in Counseling <http://www.aservic.org>
- ASGW Association for Specialists in Group Work <http://www.asgw.org>
- C-AHEAD Counseling Association for Humanistic Education and Development <http://www.c-ahead.com>
- CSJ Counselors for Social Justice www.counselorsforsocialjustice.org
- IAAOC International Association of Addiction and Offender Counselors <http://www.iaaoc.org>
- IAMFC International Association of Marriage and Family Counselors <http://www.iamfc.com>
- NCDA National Career Development Association <http://ncda.org>
- NECA National Employment Counseling Association www.employmentcounseling.org/neca

Counseling Credentialing Organizations

- **AASCB** **American Association of State Counseling Boards** www.aascb.org
- **NBCC** **National Board for Certified Counselors** www.nbcc.org
- **CACREP** **Council for Counseling & Related Ed. Programs** www.cacrep.org
- **CORE** **Council on Rehabilitation Education** www.core-rehab.org
- **CRCC** **Commission on Rehabilitation Certification** ww.crc certification.com