

The Development of the Counseling Profession in the United States



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Educational Requirements to become a Professional Counselor

- 12 years of school; graduate at age 18
- 4 years of college; any major; graduate at age 22
- 2 years of graduate school in counseling; master's degree earned; graduate at age 24
- 2 years of supervised experience required to become licensed by a state to practice counseling independently; completed at age 26

Types of Mental Health Professionals in the United States

- Professional Counselors; master's degree required
- Psychiatrists; medical degree required
- Psychologists; doctoral degree required
- Clinical Social Workers; master's degree required
- Psychiatric Nurses; master's degree in nursing required

History of the Development of the Counseling Profession

- Counseling psychology became a specialty within psychology in the 1920s.
- Psychologists declared that individuals must have a doctorate in the 1950s.
- The federal government began to provide vocational rehabilitation counselors to persons with disabilities in the 1950s.
- The American Counseling Association was established in 1952 and was then known as the American Personnel and Guidance Association.
- High schools began to hire school counselors in the late 1950s; Elementary and middle schools hired counselors in the 1970s.
- Master's degree programs in counseling first became widespread in the 1960s.
- The American Counseling Association adopted the first Code of Ethics in 1961.
- The first state law that licensed counselors was passed in Virginia in 1974.

The Unique Philosophy of the Counseling Profession

- The best perspective for assisting individuals in resolving their emotional and personal issues and problems is the wellness model of mental health.
- Most of the issues and problems individuals face in life are developmental in nature, and understanding the dynamics of human growth and development is essential to success as a helper.
- Prevention and early intervention are far superior to remediation in dealing with personal and emotional problems.
- The goal of counseling is to empower individuals to resolve their own problems independently of mental health professionals and to teach them to identify and resolve problems autonomously in the future.

A Toast to Our Italian Counselor Friends

