

**FOUNDATIONS OF
MENTAL HEALTH COUNSELING**

Third Edition

FOUNDATIONS OF MENTAL HEALTH COUNSELING

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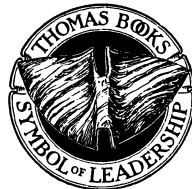
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The largest portion of her research and publishing has focused on intervention and prevention aspects of youth violence, peer-on-peer abuse, and adolescent suicide. Her scholarly work has also included wellness programming and counseling techniques. Her current research focus is on the psychophysiological influence and impact on peer abuse. She currently serves on the editorial board of two nationally recognized counseling journals, publishes, and does local, regional, and national trainings and workshops in her areas of expertise.

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Bob has served as a volunteer for the American Red Cross since 1982. He has served in more than seventy disasters, including the 9/11 terrorist attacks. Most of his assignments were as the lead person for the mental health function. He has assisted in the development of numerous ARC training materials.

Other professional activities include Associate Editor of the *Journal of Mental Health Counseling* (1993–96), Editor of a Special Issue of the *JMHC* (1995). He has presented throughout the country at state, regional, and national conferences, and has written many articles in professional publications. He is the co-editor of *Days in the Lives of Counselors* (2003), and co-editor of a book, in press, titled *On the Ground After 9/11: Mental Health Responses and Practical Knowledge Gained*.

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She is currently pursuing a Fulbright Scholarship to continue her work in Cyprus, another nation traumatized by conflict, starting 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 has just completed a comparative study of Northern Ireland and Cyprus which will be presented in Jerusalem in June 2005.

Laurie is certified in bereavement/thanatology and ARC Disaster Mental Health Services and 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 WTC terrorist attacks since that time.

Thomas Klee, Ph.D. is a licensed psychologist and Associate Professor in the Department of Professional Psychology at Chestnut Hill College in Philadelphia, PA. In 1986, Chestnut Hill College hired him to establish a master's program in counseling psychology, which grew and evolved into a clinical doctoral program. He teaches courses in ethics, personality theory, modern psychodynamic theory, and therapeutic processes. He is a member of the Colleague Assistance Program of the Pennsylvania Psychological Association and is a Past President of both the Community and Academic Divisions of that association. He has been principal investigator on numerous federal, state and foundation-funded research grants investigating early intervention and prevention of substance abuse addictions, and early intervention strategies with at-risk minority students in urban settings.

Currently, Dr. Klee conducts training workshops in ethics, practice building, and therapeutic processes. He developed an eight-stage training paradigm to help clinicians and students learn advanced therapeutic approaches to treating resistant clients, clients with personality disorders, and clients with chronic relationship problems. He maintains a private practice in Wynnewood, Pennsylvania, where he specializes in treating adults in need of individual psychotherapy, couples experiencing relationship problems, impaired professionals, therapists seeking out their own therapy, and people recovering from substance abuse addictions. He has also developed a national clientele as a life coach and parent coach.

Don C. Locke is Director of the Asheville Graduate Center and Director of the North Carolina State University doctoral program in Adult and Community College Education at the Asheville Graduate Center. Immediately prior to assuming his present position in July 1993, he was Professor and Head of the Department of Counselor Education at North Carolina State University in Raleigh. He has served as President of Chi Sigma Iota International and President of the Association for Counselor Education and Supervision. He was named Alumni Distinguished Graduate Professor at North Carolina State in 2003. He is the recipient of the Professional Development Award from the American Counseling Association (1996), and the Professional Recognition Award from the American Counseling Association Foundation (1998). He is the author or co-author of more than 80 publications, with a current focus on multicultural issues. His 1992 book, *Increasing Multicultural Understanding*, was a Sage Publications best seller, and the second edition was released in 1998. The second edition of *Psychological Techniques for Teachers* was published in 1995. His co-authored book, *Culture and Diversity Issues in Counseling* was published in 1996. He is co-editor of *The Handbook of Counseling*, published in 2001.

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Dr. Myers developed a model of curriculum resources for infusion of gerontological counseling into counselor education, and co-authored (with Dr. Tom Sweeney) the national competencies for training gerontological counselors. In addition to co-producing eight training videotapes in gerontological counseling and DCT, she has written and edited numerous publications, including 16 books and monographs, over 1,250 refereed journal articles, and was noted as being in the top one percent 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.

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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. He was a Professor in Counseling Psychology at Lehigh University for 17 years followed by 17 years in private practice. He served various leadership positions in local, state, and national counseling organizations as well as 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 spend their leisure time traveling.

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 a variety of general outpatient agencies. Linda 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 specializes in health psychology, family counseling, and improving client coping skills and self-awareness.

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Dr. Smith has a distinguished career in leadership positions having served as president of the American Mental Health Counselors Association and on numerous Committees of the American Counseling Association. He has received numerous awards including the prestigious Carl Perkins Award for outstanding service to the pro-

profession in the area of public policy. Most recently, he and two colleagues received the Experienced Researcher of the Year Award of the British Association for Counselling 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 over 20 national disasters. He is widely published on a variety of counseling-related topics.

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DEDICATION

The three of us would like to dedicate this book to all of the graduate students we have had the opportunity to teach and train. Their energy, excitement, and commitment to becoming the best counselors possible were the driving force for us as we put together the material for this latest edition. We also want to dedicate this work to all of the clients we have served. The wisdom, depth, and character of those we attempted to help often overshadowed what we were able to provide for them. Our clients have taught us to never stop learning or caring.

Dr. Palmo would like to dedicate his work on the latest edition to his wife Linda. She has been and continues to be the driving force in all aspects of his life. Her dedication and drive to be the best at everything she attempts has been the inspiration that keeps him moving forward.

Dr. Weikel would like to dedicate his work on this latest edition to his mother, Marie T. Weikel of Bucks County, Pennsylvania and the memory of his father, Ellsworth E. Weikel.

Dr. Borsos sends thanks to Becky, McB., and Jaci make three, the foundations of his mental health.

FOREWORD

Mental health counseling, as a distinct professional specialty, began some three decades ago and has provided leadership to the development of theory, practice and the professionalization of counseling throughout its history. Explicit in the evolution of mental health, counseling has been a commitment to clinical excellence, to adapting the specialty to emerging areas of need, and to the continuous improvement of training and credentialing of mental health counselors.

In many ways, this book, *Foundations of Mental Health Counseling*, in its several editions, has both chronicled and projected the importance of mental health counseling as the field has grown and matured professionally. This third edition of the book has continued to discuss the current status of the core elements and issues of mental health counseling (e.g., the role of theory in practice, assessment, mental health and aging, multicultural counseling, professional identity, credentialing and ethics, work settings, the variety of roles mental health counselors play as practitioners, consultants, and political activists).

In addition, however, the Third Edition has introduced new contexts in a world of uncertainty in which the need is great to apply the skills of mental health counseling. Specifically, discussions about the unique roles of mental health counselors in the recovery and treatment of victims of terrorism and in disasters is a significant addition to this edition. Although it is too early to know the extent to which mental health counselors have volunteered to go to South Asia to aid the survivors of the huge tsunami that caused catastrophic death and destruction in some 11 nations at the time this book was being completed, there is no doubt that there were mental health counselors present to deal with recovery, treatment, training of lay counselors, refugee resettlement and aid distribution. Such volunteerism in response to natural disasters—earthquakes, tornadoes, and hurricanes—is strongly embedded in the philosophical commitments of mental health counselors. The rise of terrorism as a worldwide phenomenon and the many victims of its application have given new importance to crisis counseling, the treatment of Post-Traumatic Stress Disorder, and grief and loss as mental health counseling foci.

The Third Edition of *Foundations of Mental Health Counseling* talks not only about the contexts and content of mental health counseling in a world of risk, change, trauma, and uncertainty, but also about emerging skills and processes which are adjuncts to the counseling process. Among these perspectives is the use of humor in counseling, a values-based approach to career counseling, and the importance of technological literacy and mental health counseling. In the latter case, it is difficult to understand the behavioral dynamics of some work adjustment and other personal problems without understanding the effects of technology on the changing organization, language, and content of work, leisure, and everyday routines. Aside from these effects of technology on behavior, however, there also are the utilities of technological applications within the counseling process itself. The use of computer-mediated systems to administer and interpret assessments, organize schedules of clients, assist in developing treatment protocols for clients, provide information on career options, engage in on-line counseling, participate in video and e-mail conferencing are only a few of the ways by which technology is now enriching and extending the counseling process.

As one reads through the content of *Foundations of Mental Health Counseling*, several other emphases of the book will become apparent. One of these is the result of several decades of political activism by mental health counselors in behalf of legislative support for their specialty. The efforts of the past 15 or 20 years to have mental health counselors be identified as “Fifth Core Providers,” eligible for third party payment to serve particular groups of clients in the same ways as clinical and counseling psychologists, clinical social workers and psychiatric nurses in private practice are eligible to do, has culminated in several pieces of federal legislation now giving mental health counselors such status. In parallel with such efforts, mental health counselors have led state-level efforts to be designated in each state as a Licensed Professional Counselor or similar term, with access to fees for service from third-party payees and recognition as a professional specialty competent to engage in independent practice with clients. Currently, all 50 states and the District of Columbia have such statutes in place.

The legislative and professional victories just cited, and others that could be noted, affirm the evolution of mental health counselors toward individual professional excellence and to the ultimate rewards that come from embracing the roles of mental health counselors as statespersons for their field. The substance provided by the Third Edition of the *Foundations of Mental Health Counseling* is a major contribution to those outcomes and a guide to the trends that will characterize mental health counseling in the future.

Edwin L. Herr
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PREFACE TO THE THIRD EDITION

The third edition of this book has been published approximately 30 years following the birth of the American Mental Health Counselors Association. During that thirty-year span, there have been numerous positive changes that have occurred in the field of mental health counseling. At the time of the publication of the previous edition in 1996, there were 41 states that had legislative recognition of counseling professionals. In 2005, all of the states and the District of Columbia have legislative recognition for counselors.

The first edition of this book highlighted the new “fifth core mental health provider,” the Mental Health Counselor. At the time of the first edition, MHCs were a comparative footnote in most counselor education programs. By the second edition, mental health counseling and AMHCA had become the driving force in pushing the profession of counseling to the forefront of mental health care. The newest edition celebrates the many accomplishments the profession has achieved over the past ten years. Professional recognition, licensure, and insurance reimbursement are all part of the changes that have occurred to counselors in a very short period of time.

This latest version of the book has been totally revised to accurately reflect the status of the field at this time. There are 12 new authors in this edition that have added tremendously to the depth and breadth of the book. We have compiled a very diverse array of chapters that include both practical as well as theoretical ideas and information. The new chapters include such topics as humor in counseling, theories into practice, and research as a counseling tool.

As a special note, in the third edition we have added two very important segments that reflect the changing times for counselors. First, a new section in the book highlights the role of counselors in dealing with disasters and terrorism. This section provides a clear example of the many ways counselors can be involved in the treatment of individuals, families, and groups who have been devastated by trauma. Second, a chapter has been provided to explore the place of technology within the counselor’s world. The expansion of

the technological world into the everyday functioning of the counselor has been exciting, overwhelming, and a little frightening. The new edition explores some of the issues we face in coming to terms with the technological world of the twenty-first century.

Finally, the editors want to thank all of the professional authors who contributed to our latest efforts. Through the efforts of these authors we have been able to develop a book that provides masters 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. Finally, as we have done with each of the editions of this book, we thank those professional men and women who have nurtured, guided, and pulled the field of professional counseling to the highest level possible. There are many professional counselors who have dedicated their careers to advancing counseling to the present status as the fifth core provider in the mental health care delivery system. This book is dedicated to all of them!

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**FOUNDATIONS OF
MENTAL HEALTH COUNSELING**

SECTION I

MENTAL HEALTH COUNSELING IN A HISTORICAL PERSPECTIVE

Chapter 1

MENTAL HEALTH COUNSELING: THE FIRST THIRTY YEARS AND BEYOND

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 very young discipline, and at the time of this writing almost three decades old. It is also a dynamic discipline, one within which there is still active debate about professional identity, role, function, and professional preparation. Furthermore, most of its practitioners believe that mental health counseling has a bright future and choose to focus most of their energies in that direction. When the history of mental health counseling is written in a more definitive fashion than is possible in 2005, 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 itself. While these three dominant tasks are not yet complete, it is impossible to know what will be needed in the next 30 years. Thus, the history of mental health counseling is still very much in the process of becoming.

However, mental health counseling did not emerge full-blown in 1976 with no previous history. A number of necessary 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