

**FOUNDATIONS OF MENTAL
HEALTH COUNSELING**

Fourth Edition

FOUNDATIONS OF MENTAL HEALTH COUNSELING

Edited by

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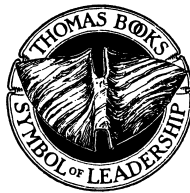
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To this end, Dr. Borsos teaches as an assistant professor in the Master’s Program in Clinical and Counseling Psychology at Chestnut Hill College. Here he finds great pleasure in bringing new counselors into the field through such courses as Counseling 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

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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.

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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

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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 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.

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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. 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.

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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

It 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.

HISTORICAL ANTECEDENTS

The beginnings of contemporary approaches to the treatment of mental and emotional disorders are usually traced to the late 18th century. Prior to that time, persons suffering from mental and emotional disorders were either confined in asylums with wretched conditions and no systematic treatment or lived as itinerant paupers, driven from town to town. Earlier still, mental illness had been viewed as a spiritual disorder resulting from demonic possession and curable only by exorcism or burning at the stake.

Moral Treatment

The event usually credited with bringing about a change in attitude toward mental illness was the appointment in 1793 of Philippe Pinel as director of the Bicetre, the largest mental hospital in Paris. The French Revolution was in full flower, and Pinel brought the principles of “liberty, equality, and fraternity” to his new task. One of his first acts was to release the inmates from their chains. To the surprise of his critics, Pinel’s reforms worked. He forbade corporal punishment and used physical restraint only when his patients presented a danger to themselves or others. He introduced his methods to the Salpetriere, a hospital for women, when he was made director there in 1795. Pinel later wrote an influential book on institutionalized treatment, in which he developed a system for classifying various disorders and advocated the use of occupational therapy as an adjunct to treatment. He kept detailed statistics on the patient populations in his charge, and his claims of cure rates resulting from his methods are impressive even by contemporary standards (Murray, 1983).

At about the same time, William Tuke, a Quaker, founded the York Retreat in England. Although this was in many respects a utopian community, the Retreat focused on providing a restful, orderly environment in which those suffering from emotional disorders could return to normal functioning.

During the first half of the 19th century in the United States, a number of reformers, most notably Dorothea Dix, were successful in founding private asylums and state hospitals operated on humane principles similar to those advanced by Pinel and Tuke. These highly structured environments emphasized the removal of distressed persons from their families or other accustomed settings, manual labor, regular religious devotions, and systematic educational programs aimed at redirecting thought patterns and teaching self-control. This combination of what would be known today as milieu therapy and psychoeducational programming represented a significant alternative to both the medical and custodial models of treatment. Crucial to the success of these institutions was the role of the attendants as models of appro-

priate behavior (Sprafkin, 1977).

Following the Civil War, however, there was a dramatic change in patterns of institutionalized care. The state asylums were required to accept a broader range of patients, including alcoholics, the criminally insane, and apparently deranged immigrant paupers. The generation of antebellum reformers had done an inadequate job of choosing and training their successors. Thus, as they retired or died, new hospital superintendents were installed who were unfamiliar with the humanitarian ideals of their predecessors. Levels of funding declined from both public and private sources. Furthermore, the medical model of treatment reasserted itself as medicine became a more organized discipline. As Sprafkin (1977) points out, these factors combined to seal the doom of moral treatment approximately 75 years after it began.

During the next half century, conditions related to the care of the institutionalized mentally ill declined steadily. For all intents, state hospitals and most of the private asylums were little more than warehouses for society's castoffs. Once committed, patients rarely emerged to reenter anything resembling a normal life. A significant and most fortunate exception to this pattern was Clifford W. Beers, who had spent much of his youth and early adulthood in a series of institutions. In 1908, Beers published *A Mind That Found Itself*, an autobiographical account of his experiences in mental hospitals. The heightened public interest created by his book led Beers to found the National Committee for Mental Hygiene in 1909. This organization acted as an advocate for the humane treatment of the mentally ill and was the forerunner of the present National Mental Health Association. These groups have had a powerful, positive impact on public policy related to mental health issues for the last century.

Clifford Beers' early efforts in the area of mental health reform occurred during the Progressive Era, a period of American history characterized by intense activity in a variety of social concerns. Progressive reformers directed their energies toward economic justice by the passage of antitrust legislation and toward improving the lot of the urban poor by the founding of settlement houses, among other activities. Beer's ideas fell on fertile ground during this period.

Vocational Guidance

Youth unemployment was a major problem at the turn of the 20th century. Frank Parsons, another Progressive reformer, focused his energies in this area, working first at the Bread Winners Institute, which was operated by a settlement house, and later founding the Boston Vocational Bureau. Parsons was one of the first to be aware of the tremendous change in occupational choices presented by rapid industrialization coupled with the social disloca-