COUNSELING FOR WELLNESS
Theory, Research, and Practice

Edited by
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Thomas J. Sweeney

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To all who would like to live long and live well:
We hope that this book can help uncover the secrets to doing so.
Acknowledgments

Jane E. Myers and Thomas J. Sweeney
Editors

We might never have considered wellness as an integral part of professional counseling were it not for the early 20th-century pioneers of what was then guidance and counseling. Beginning with Arthur Jones’s Principles of Guidance in the 1930s right through to the present day, professional counselors have a heritage of and commitment to optimizing human development over the life span. Wellness, then, is not new per se. Our work simply extends and defines it more specifically through research and methods designed to help practitioners be more effective.

We also have current leaders in counseling to thank for their inspiration and encouragement. Professor Emeritus Dr. Melvin Witmer of Ohio University is foremost as our colleague and collaborator in the search for defining and explaining the elements of a first model and assessment of wellness suitable for use by practitioners and researchers alike. Pennsylvania State University’s Distinguished Professor Dr. Edwin L. Herr’s encouragement spurred us to conceptualize this work and see it to completion.

While not of the profession of counseling, we wish to acknowledge the leadership, inspiration, and example set by the Honorable Tommy Thompson, U.S. Secretary of Health and Human Services. There is no better spokesperson or advocate for a wellness approach to solving a broad range of problems in our society. His message is compelling in its substance and breadth.

The support of Dr. Robert Most of MindGarden, Inc. deserves special mention as one who believed that our first measure of wellness (the Wellness Evaluation of Lifestyle, or WEL Inventory) deserved to be available to others for use in research and practice.

Our students, workshop participants, and those who have taken and used our instruments and models over the years have our most sincere gratitude. Their feedback and encouragement have been invaluable. Several are among the authors of this book.

Of particular importance in furthering both wellness research and applications are the many scholars who, through their doctoral dissertations and related studies, helped to extend our knowledge of the meaning, scope, applications, and implications of a wellness philosophy. Those individuals, many of whom are authors for chapters in this book, included researchers...
Acknowledgments

from the University of North Carolina at Greensboro (Catherine Chang, Kathleen Connolly, Brian Dew, Caroline Booth, Carol Dice, Michael Garrett, Carman Gill, Holly Hartwig Moorhead, Gerald Hutchinson, Jayamala Madathil, Linda Makinson, Natasha Mitchell, Keith Mobley, Anne Powers, Andrea Dixon Rayle, Matthew Shurts, Stacey Sinclair, Shawn Spurgeon, and Suzanne Degges-White), Ohio University (Paul Granello, David Hermon, Fran Steigerwald, and Tom Vecchione), the University of New Orleans (Holly Tanigoshi), University of Florida (Stephanie Webster), the University of Arkansas (Wendy Enochs), and Haceteppe University in Ankara, Turkey (Turkan Dogan). At the time of this writing, additional studies are being conducted at the University of Technology, Sydney, Australia (Kerrie Wilson), The Nelson Mandela University in Port Elizabeth, South Africa (Sharon Amery), the University of Central Florida (Linda Roach and Linda Vanderbleek), San Jose State University (Kathryn Casey), Arizona State University (Tiffany Rice), the University of North Carolina at Greensboro (Mike Pisarchik and Derick Williams), and the University of Maryland (Dwayne Eugene Ham). These ongoing studies are among those that will further extend the knowledge base of wellness concepts and constructs.

For assistance in collecting data and literature for a review of wellness preparation in counselor education at institutions with honor society chapters of Chi Sigma Iota, Philip Clarke deserves special recognition. Likewise, for assistance with final editing of references, we want to thank Sweety Patel. Both are students at the University of North Carolina at Greensboro.

Finally, we wish to thank the reviewers for this work and their helpful insights and suggestions. In addition, Carolyn Baker of the American Counseling Association is especially deserving of mention for her thorough, timely, and incisive final editing and preparation of this book.
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Foreword

A. Scott McGowan
Editor, Journal of Counseling & Development

The therapeutic benefits of a counseling approach that encompasses wellness as a key, critical ingredient have been well documented and empirically researched throughout the years. I personally follow a developmental, wellness model in terms of my own counseling practice and counseling philosophy. As a counselor educator, I am reinforced in this perspective by my own Department of Counseling and Development at Long Island University, C.W. Post that follows a wellness/developmental model. As such, Myers and Sweeney’s Counseling for Wellness: Theory, Research, and Practice provides both the theoretical foundations and practical application for those of us who adhere to this point of view. The book will also open wide the doors of exploration for those seeking a fresh, cutting-edge counseling perspective and techniques that are theoretically sound, evidenced based, and practical in their application.

This book by Myers and Sweeney is divided into four parts. Part I: Wellness Theory and Measurement informs the reader in terms of the theoretical foundations of wellness and describes several wellness models, as well as providing both formal and informal approaches to assessing wellness. Part II: Wellness Research is both comprehensive and specific in terms of various populations (children, adults, etc.) and in terms of such variables as gender and sexual orientation, disabilities, and ethnicity. It concludes with an integrative chapter on wellness research by Earl J. Ginter, my predecessor as editor of the Journal of Counseling & Development. Part III: Wellness Applications in Counseling: Professional Practice moves through the stages of change and wellness and covers such topics as stress management and wellness interventions, spirituality in the counseling process, and habits and behavior change. Part IV: Wellness Applications in Counseling Settings and Counselor Education directly addresses practical implications for counseling in the major settings in which professional counselors work with clients and students, to wit: schools, community mental health agencies, colleges and universities, and business and industry. This section also covers wellness in counselor education and supervision.

In a National Public Radio address to the National Press Club (November 20, 2003), the Honorable Tommy G. Thompson, Secretary of the U.S.
Department of Health and Human Services, himself an avid advocate for wellness, addressed the high cost of health care and lamented the lack of prevention, which can lead to chronic diseases:

The recently passed Medicare law also moves our health care system from a focus on treating disease to a focus on preventing disease. Our doctors will not be satisfied just to keep people alive; they will also keep them well. From now on, we will measure success not by the absence of illness, but in the quality of life.

Professional counselors, of course, deal not only with clients who suffer from chronic illnesses, many of which are preventable or treatable, but also with clients who experience psychological, emotional, and spiritual stress, as well as healthy, balanced human beings who seek to obtain even more fulfilling lives. Following a wellness model, counselors can be instrumental in helping clients and students in assessing and creating a healthy lifestyle that is holistic and “quality-of-life” enhancing. This book leads the way to life span wellness through a “best practices” approach that rests on sound research. Professional counselors are in a unique position of challenging clients to introspectively and reflectively look at their lives and life choices, as well as their basic living habits and behaviors that need to be changed to achieve balance and wellness. One of the goals of the counselor is to enable clients to clearly define what they want and to question the effectiveness of their current lifestyle in achieving wellness, and then to change what needs to be changed.

The purpose of the book is to provide the knowledge and means for professional counselors to help individuals across the life span to answer these questions with specific, positive, life-enhancing declarations. It is clear that children need to learn as early as possible how to make healthy choices and develop lifelong habits in all aspects of their lives. No less important are older persons and the opportunities they have to change old habits and improve the quality of their lives. In short, wellness should be a priority for everyone.

Counseling for Wellness: Theory, Research, and Practice is a solid, innovative, and state-of-the-art addition to the scholarly base of the profession and a model “best practices” tool for practicing counselors in all areas, counselor educators, and graduate students who aspire to become effective and competent professional counselors. I believe that readers will find this book to be relevant, not only in their professional lives but in their own personal lives as well.
About the Editors

Jane E. Myers, PhD, LPC, NCC, is a professor of counselor education at the University of North Carolina at Greensboro. She earned her bachelor’s degree from the University of California, Berkeley, and her master’s educational specialist and doctorate in counselor education from the University of Florida in Gainesville. She is a Fellow of the Gerontological Society of America, the Association for Gerontology in Higher Education, and the National Rehabilitation Counseling Association, and a Charter Fellow of the Chi Sigma Iota Academy of Leaders for Excellence.

A past president of the American Counseling Association (ACA) 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). 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. She is twice recipient of the ACA Research Award in addition to ACA’s most prestigious award, the Gilbert and Kathleen Wrenn Caring Person Award. She has been nominated by students three times for the University of North Carolina Teaching Excellence Award.

Dr. Myers developed a model and curriculum resources for infusion of gerontological counseling into counselor education, and coauthored (with Dr. Sweeney) the national competencies for training gerontological counselors. They coproduced seven training videotapes to promote counselor competence in this specialty. She has written and edited numerous publications, including 16 books and monographs and over 120 refereed journal articles, and she was noted 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, Developmental Counseling and Therapy: Promoting Wellness Over the Lifespan (coauthored with Allen and Mary Bradford Ivey and Thomas J. Sweeney), and The Handbook of Counseling (coedited with Don C. Locke and Edwin L. Herr).

Thomas J. Sweeney, PhD, LPC, is a professor emeritus in counselor education in the College of Education at Ohio University in Athens, Ohio, and executive director of Chi Sigma Iota, International. He earned his bachelor’s degree in social studies from the University of Akron, his master’s degree in
school counseling from the University of Wisconsin–Madison, and his PhD in counselor education from The Ohio State University.

Dr. Sweeney’s scholarship, leadership, and service reflect a long and distinguished career. He has been national president of the Association of Counselor Educators and Supervisors (ACES) and president of ACA (formerly the American Personnel and Guidance Association, APGA). He served as the founding chair of CACREP and helped shepherd the Council to national acceptance and recognition among accrediting agencies. He wrote the ACA-adopted position on licensure that spearheaded ACA’s state-by-state efforts for counselor licensure and remains the foundation of licensure efforts nationally. He served as founding president of the International Association for Marriage and Family Counseling prior to its becoming a division of ACA, and he was an elected board member of the Association for Adult Development and Aging and the National Association for Career Development. He also was the founding president of Chi Sigma Iota (CSI) Counseling Academic and Professional Honor Society International and is a charter member of the CSI Academy of Leaders for Excellence.

He has received numerous awards for leadership and service, including two national awards each from ACA and ACES. He also has the distinction of two awards associated with his name. In addition to books, monographs, chapters in books, research reports, and articles, Dr. Sweeney has had both training videos and an award-winning telecourse, Coping With Kids, distributed worldwide and broadcast on state and regional television. His book on Adlerian Counseling is in its fourth edition. He was noted as being in the top 5% of contributors to the Journal of Counseling & Development and selected for inclusion in Leaders and Legacies in Counseling, a book that identified 25 people as among the most significant leaders in the counseling profession over the last century. His most recent book, Developmental Counseling and Therapy: Promoting Wellness Over the Lifespan, was coauthored with Allen and Mary Bradford Ivey and Jane E. Myers.

Drs. Myers and Sweeney are coauthors of one theoretical (with Melvin Witmer) and two evidence-based models of wellness and assessment instruments based on these models. They are advocates for wellness lifestyles for people of all ages across the life span, including their 10 grandchildren and 85-year-old uncle and his fiancé (also 85). They share a love of flying, gardening, boating, exercise, healthy eating, reading, quality time with family and friends, watching sunsets, and Princess, their lab/Australian Shepherd dog.
About the Contributors

L. DiAnne Borders, PhD, LPC, NCC, ACS, is a professor and chair of the Department of Counseling and Educational Development at the University of North Carolina at Greensboro. Coauthor of the Handbook of Counseling Supervision and its upcoming revision, she has published numerous conceptual and empirical works on supervision practice and supervisor training and has received several awards for her work. She also has written extensively on school counseling and adopted children and their families.

JoLynn V. Carney, PhD, PCC, is an associate professor of Counselor Education at Penn State University. She is the author of numerous articles on counseling, suicide, and prevention of youth violence. Her clinical work has included agency counseling and also work in the schools emphasizing creative and wellness-based approaches.

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Catherine Y. Chang, PhD, LPC, NCC, is an assistant professor at Georgia State University. Her research interests include multicultural issues in counselor education and supervision, Asian American and Korean American concerns, and multicultural issues in assessment. She is a recent recipient of the ACA Research Award.

Kathleen M. Connolly, PhD, LPC, is the founder of Acumeans, Inc., a professional counseling and organizational consulting practice in Charlotte, North Carolina. She is an adjunct instructor in the Department of Counseling, Special Education and Child Development at the University of North Carolina at Charlotte and a career counselor at Central Piedmont Community College.

Suzanne E. Degges-White, PhD, LPC, NCC, is an assistant professor at Purdue University Calumet. She has published empirical and conceptual works on wellness, adult development in women, and sexual identity formation. Her research interests include the transitions experienced by contemporary midlife women, the lesbian midlife experience, and women’s wellness throughout the life span. She has received a number of grants and awards for her research.
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**Earl J. Ginter**, PhD, LPC, LMFT, is a professor at the University of Georgia. He is a former editor of both the *Journal of Counseling & Development* and the *Journal of Mental Health Counseling*. His publications focus on issues that comprise the theoretical and practice base of counseling. His research and assessment interests pertain to the application of developmental-based approaches to working with individuals, couples, families, and groups.

**Paul F. Granello**, PhD, LPCC, is an associate professor at The Ohio State University. He is interested in researching the psychological and social mediators of individual wellness and has written several articles and presented numerous workshops in this area. Dr. Granello currently teaches a graduate-level counseling course on wellness and prevention. He has also written on psychotherapy outcome research, technology for counselors, and counseling at-risk children and adolescents.

**Danica G. Hays**, MS, NCC, is a doctoral student at Georgia State University. Her research interests include multicultural issues in counselor education and supervision with an emphasis on racial identity development and privilege and oppression issues, and multicultural competency assessment.

**Richard J. Hazler**, PhD, PCC, NCC, is an associate professor of Counselor Education and coordinator of Elementary School Counseling at Penn State University. He has published several books and numerous articles on the developmental nature of youth violence and humanistic approaches to counseling and counselor education.

**David A. Hermon**, PhD, LPC, is a professor of Counseling and coordinator of the College Student Affairs track at Marshall University. He has published on wellness, psychological well-being, and college student development. His research interests focus on the use of positive psychology and wellness strategies to promote community and student development in higher education.

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microskills approach to training and has authored or coauthored over 30 books and 200 articles and chapters, including *Developmental Counseling and Therapy: Promoting Wellness Over the Lifespan*, coauthored with Mary Bradford Ivey, Jane E. Myers, and Thomas J. Sweeney.

Mary Bradford Ivey, EdD, NCC, LMHC, is vice president of Microtraining Associates, an educational publishing firm, and on the board of directors of the National Institute for Multicultural Competence. Her school guidance program in Massachusetts was named one of the 10 best in the nation, and her multicultural work has brought her the ACA ‘Ohana Award. She has coauthored 10 books, several articles, and produced several videotapes, among them *Counseling Children, Counseling Latina/o Children*, and many microskill video demonstrations. Her most recent book is *Developmental Counseling and Therapy: Promoting Wellness Over the Lifespan*, coauthored with Allen E. Ivey, Jane E. Myers, and Thomas J. Sweeney.

Courtland C. Lee, PhD, is a professor and director of the Counselor Education Program at the University of Maryland, College Park. He is the author, editor, or coeditor of four books on multicultural counseling and has published numerous articles and book chapters on counseling across cultures. His primary research interest is the psychosocial development of African American males. He is a past president of the Association of Multicultural Counseling and Development, ACA, and Chi Sigma Iota.

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Center for Research on Women With Disabilities at Baylor College of Medicine. Her publications have focused on psychosocial and physical health, secondary conditions, health promotion, reproductive health care, sexuality, self-esteem, and violence against women with disabilities. As a person with a severe physical disability, she has been a pioneer and activist in the disability rights movement.

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About the Contributors

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