DEDICATION

This effort is dedicated to The One: the Giver of energy, passion, and understanding;
Who makes life worth living and endeavors worth pursuing and accomplishing;
the Teacher of love and forgiveness.

— B. T. E.
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**Subject Index**

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**Names Index**

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The ACA Encyclopedia of Counseling serves as a comprehensive yet easy-to-use resource for students, practitioners, educators, and researchers in the professional counseling disciplines. It includes more than 400 entries based on the Council for Accreditation of Counseling and Related Educational Programs’ (CACREP) eight core areas outlined in its 2009 Standards (see the CACREP Web site). Specifically, traditional and emerging issues in professional counseling disciplines have been selected and presented as entries based on the following CACREP core areas:

- **Professional Orientation and Ethical Practice.** Professional functioning topics that include history and philosophy of the counseling profession, counselor roles and responsibilities, ethical and legal concerns, professional advocacy, professional organizations, and professional credentialing
- **Social and Cultural Diversity.** Multicultural relationship concepts that include awareness, knowledge, and skills related to working in a diverse counseling relationship and increasing cultural self-awareness; historical and contemporary trends that characterize the United States as a pluralistic society; social activism in counseling settings, local schools, and communities as well as in larger social, political, and legal systems
- **Human Growth and Development.** An understanding of human processes and development in individual, familial, cultural, and community contexts, including the following topics: cognitive and personality development; the influence of crisis and trauma on human behavior; psychopathology, addictions, and situational factors that affect normal and abnormal behavior; and the facilitation of wellness models for human processes
- **Career Development.** Career and other life development topics that include career theories; career decision-making process; job placement and labor market information; career assessment; and the integration of career, leisure, family, and cultural roles in individuals’ lives
- **Helping Relationships.** The counseling process in a multicultural context, including topics such as the integration of the counseling philosophy in counseling goals, interviewing and counseling skills, differential responses for crisis and emergency situations with clients and communities, consultation, and counseling theories
- **Group Work.** Components of group process and outcome that are both theoretical and experiential and include topics such as group dynamics, group theories, group leadership skills, group methods, curative factors, and group member roles
- **Assessment.** An understanding of individual and group assessment and evaluation in a multicultural context that involves concepts such as history of assessment; assessment types and purposes; statistical concepts; validity and reliability; and social, ethical, and legal issues in assessment and evaluation
- **Research and Program Evaluation.** An overview of research methodological and statistical concepts, including program evaluation and needs assessment; qualitative, quantitative, single-case, and outcome designs; and professional, social, and cultural rationale for increasing research practice in professional counseling settings

The entries collectively provide substantial information about each of these areas to assist in the preparation and continued education of various CACREP professional counseling degree programs, including clinical mental health counseling; career counseling; school counseling, college counseling, and student development; addiction counseling; and marriage, couple, and family counseling. The ACA Encyclopedia of Counseling was created to fill a void in the professional counseling literature by offering a sole resource that presents and integrates material from the CACREP eight core areas for the reader in a scholarly yet understandable manner. The editors undertook the development of The ACA Encyclopedia of Counseling to offer the reader an optimal number of entries that adequately cover the core areas, provide foundational as well as recent literature about a particular topic, and include professional counseling examples in many entries to illustrate complex concepts. Although there are several documents and texts in the professional counseling literature that speak to these CACREP core areas individually, no document or text to date has provided information on as many professional counseling topics as this one. This book goes beyond simply defining counseling concepts to making the material come alive for readers and connecting the material to their practice, teaching, supervisory, and research endeavors.

The final list of entries for this book was selected from reviewing seminal documents and texts used in a variety of
professional counseling-degree programs, identifying keywords and themes among these sources in a rigorous manner, and undergoing several iterations of expanding and collapsing topics as necessary.

The Encyclopedia entries included in this book are presented in alphabetical order to make finding information quicker and more efficient. Each Encyclopedia entry contains essential information for a particular topic, with boldfaced terms indicating a topic to which the reader should attend. References to other entries in the Encyclopedia appear in many entries to direct the reader to other places in the text that a topic or subtopic is discussed in more detail. Furthermore, readers can investigate additional resources provided at the end of entries for more information about the counseling topic.

■Citing Encyclopedia Entries

Entries should be cited according to the style of the Publication Manual of the American Psychological Association, using the chapter in an edited book format and giving appropriate credit to the entry author or authors and listing the American Counseling Association as the book editor, such as:


Please note that the editors volunteered thousands of hours to accomplish the production of this work and received no remuneration in any form, nor was any scholarly credit sought. The editors considered this project a gift to the profession and sincerely hope that it fulfills the stated purpose of enhancing preservice and continuing education for professional counselors, students, supervisors, and counselor educators.

■Selection of Content Editors

The work of soliciting, revising, and finalizing more than 400 submissions from approximately 400 authors in less than 1 year requires hard work, team work, and connections. As the General Editor, I handpicked the content editors for their demonstrated competence, work ethic, collegial disposition, and professional connections in the counseling world. I have worked with each of these editors in the past, and each has demonstrated extraordinary competence, excellence, and professionalism. Each content editor donated several hundred hours and brought years of scholarly achievement and vital expertise to this project. The counseling profession owes them a deep debt of gratitude.

■Contributors to the Book

Individual contributors of entries to The ACA Encyclopedia of Counseling were either invited by editors or participated in an initial self-nomination process. Contributors were selected or approved in collaboration among area content editors and the General Editor. Contributors’ entries were submitted and processed through a tiered peer review, whereby a contributor submitted an entry to the relevant content editor or editors for a CACREP core area for an initial review. Subsequent communications with the Associate General Editor and General Editor resulted in multiple revisions of each entry. Ordinarily, contributions were reviewed by at least three peer reviewers and, at times, by as many as five peer reviewers. This approach to reviewing each entry allowed an optimal, thorough evaluation from multiple perspectives to ensure that an entry was addressing a particular topic in an accurate, relevant, and comprehensive manner.
ACKNOWLEDGMENTS

The editors thank Lacey Wallace and Katie Tasch, graduate assistants extraordinaire, for their tireless assistance with the coordination of numerous tasks involved in preparation of the original manuscript. All of the contributing authors are to be commended for lending their expertise in the various topical areas. Carolyn C. Baker of the American Counseling Association has been wonderfully responsive and supportive. Her production staff included Judith O. Johnson, Susan Wilmoth, Bonny E. Gaston, and Catherine A. Brumley.
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*About the Editors*
About the Editors

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Spencer G. Niles, PhD, is professor and department head for Counselor Education, Counseling Psychology, and Rehabilitation Services at The Pennsylvania State University. Previously, he served as professor and assistant dean of the Curry School of Education at The University of Virginia and as a senior career counselor at Penn State University Career Services. He is the recipient of the National Career Development Association’s (NCDA) Eminent Career Award (2007), the American Counseling Association’s (ACA) David Brooks Distinguished Mentor Award (2003), the ACA Extended Research Award (2004), and the University of British Columbia Noted Scholar Award (2001) and is an NCDA Fellow (2002) and an ACA Fellow (2007). Within NCDA, Dr. Niles has served in roles such as
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