

## About ACA and Counseling

The mission of the American Counseling Association (ACA) is to enhance the quality of life in society by promoting the development of professional counselors, advancing the counseling profession, and using the profession and practice of counseling to promote respect for human dignity and diversity.

As the world's largest association representing professional counselors in various practice settings, ACA stands ready to serve more than 56,000 members with the resources they need to make a difference. From webinars, publications, and journals to conference sessions and legislative action alerts, ACA is where counseling professionals turn for powerful, credible content and support.

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## 5 Things to Know About Counselors and Counseling

1. Professional counselors have a master's or doctoral degree in counseling.
2. Professional counselors abide by ACA's Code of Ethics:  
<http://www.counseling.org/docs/ethics/2014-aca-code-of-ethics.pdf?sfvrsn=4>
3. Professional counselors can diagnose and/or treat mental health disorders.
4. Professional counseling is a therapeutic relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals.
5. Common specialties within professional counseling include mental health counseling, school counseling, career counseling, addictions counseling, and couples and family counseling.

## Facts and Figures about Mental Health and Professional Counseling

- The U.S. Department of Health & Human Services publishes statistics on mental health in America here: <https://www.mentalhealth.gov/>
- The Bureau of Labor Statistics publishes employment statistics on mental health counselors here: <https://www.bls.gov/ooh/community-and-social-service/mental-health-counselors-and-marriage-and-family-therapists.htm> School and career counselors: <https://www.bls.gov/ooh/community-and-social-service/school-and-career-counselors.htm>
- ACA publishes state-by-state counts of mental health professionals here: <https://www.counseling.org/knowledge-center/licensure-requirements/mhp-stats>