



# War in Ukraine:

## Counseling and Mental Health Resources

### ACA – Continuing Education (CE) Resources

#### ABCs of Trauma

**Offers 1 CE hour.** This CE discusses the pertinent facts pertaining to trauma and trauma-informed counseling in the United States. The CE describes the sources of trauma and responses and covers various assessments and treatment strategies.

#### Children and Trauma

**Offers 1 CE hour.** This CE presents an overview of childhood trauma. Examples of trauma, its impact and symptomology in children, and types of treatment and key factors for clinicians are discussed.

#### Choosing Assessment Instruments for PTSD Screening and Outcome Research Effect-Size Results

**Offers 1 CE hour.** This CE presents a meta-analysis for the treatment of posttraumatic stress disorder (PTSD) to compare six instruments' usefulness in measuring counseling treatment outcomes.

#### Counseling Refugees: Addressing Trauma, Stress, and Resilience

**Offers 1 CE hour.** This CE educates counselors about the unique concerns and strengths of refugees, explains useful models for understanding trauma and related mental health concerns among refugees and provides appropriate interventions that are grounded in ecosystemic and multicultural-social justice counseling frameworks.

#### Dissociation and Trauma Spectrum

**Offers 1 CE hour.** This CE defines trauma, dissociation, and the relationship between the two. The presenter discusses the causes and symptoms of dissociation and offers suggestions on how to work with it in counseling.

#### For Shame! The Neglected Emotion in PTSD

**Offers 1 CE hour.** This CE describes the development of shame, focuses on the crucial role that shame plays in PTSD, and concludes with demonstrations of how counselor immediacies can use experiences of shame in the session as opportunities to promote client self-empathy and enhance shame resilience.

#### Healing the Brave New World: Resolving Trauma Issues

**Offers 1 CE hour.** This CE explores how clinicians can utilize social media to invoke healing from trauma and resolve grief in clients from the millennial generation.

#### The Use of Relational-Cultural Theory in Counseling Clients

**Offers 1 CE hour.** This CE presents an overview of traumatic stress disorders and relational-cultural theory (RCT), as well as the ways in which RCT can inform trauma conceptualization and treatment approaches with victims.

#### Trauma Competency: An Active Ingredients Approach to Treating PTSD

**Offers 1 CE hour.** Meta-analytic studies have extracted four common elements among effective posttraumatic stress disorder (PTSD) treatments: cognitive restructuring and psychoeducation, a deliberate and continually improving therapeutic relationship, relaxation and self-regulation, and exposure via narrative of traumatic experiences. This CE presents a clinical treatment structure catalyzing these active ingredients into discrete therapeutic tasks that counselors can focus on to maximize treatment effectiveness.

#### Trauma Informed Care Across the Lifespan for LGBTQI+ Individuals

**Offers 1 CE hour.** This CE explores challenges facing LGBTQI+ clients and introduces how trauma informed care strategies can support clients and avoid retraumatization. Strategies for helping to position LGBTQI+ clients for progress in counseling and potentially for post traumatic growth are explored.

#### Multicultural Counseling with Immigrant and Refugee Communities

**Offers 1 CE hour.** This CE provides counselors with an understanding of the motivation behind the decision to leave one's home and the relationship between acculturative stress and quality of life as key to understanding the counseling needs of the immigrant and refugee population.

#### Affirmative Intakes: Creating Intentional, Inclusive Forms to Retain Diverse Clients

**Offers 1 CE hour.** This CE identifies the presenters' research findings about how clinicians ask for cultural identities on intake paperwork. The presenters identify common issues, the implicit messages clients may receive from initial paperwork, and practical solutions for making the intake paperwork more inclusive, accurate and affirmative with the aim of attracting and retaining undeserved client populations.

#### Human Trafficking

**Offers 1 CE hour.** This CE provides an overview of this social justice problem, its impact on victims, and the necessary support to assist individuals in their movement toward survivors and thrivers. The warning signs, screening methods, appropriate counseling approaches, and resources for this population are discussed. Those taking this CE will learn how counselors can be social justice advocates against the trafficking of people.

## ACA Books on Crisis, Trauma, and Disaster Mental Health Counseling

### [Introduction to Crisis and Trauma Counseling](#)

*Edited by Thelma Duffey and Shane Haberstroh.* Readers will gain vital skills as they learn real-life approaches to crisis work with diverse populations in a variety of settings, including individuals, families, communities, students, military personnel, violence survivors, and clients who are suicidal. The authors provide strength-based, trauma-informed applications of cognitive behavioral therapy, behavioral therapy, neurofeedback, mindfulness, and creative practices.

### [Disaster Mental Health Counseling: A Guide to Preparing and Responding, 4th Edition](#)

*Edited by Jane M. Webber and J. Barry Mascari.* This text provides current research and skill-building information on Disaster Mental Health Counseling for counselors, educators, students, and mental health responders in agencies, schools, universities, and private practice. Effective clinical interventions with survivors in the immediate, intermediate, and long-term aftermath of traumatic events are detailed.

## ACA Journal Articles on Refugees, Migration, Trauma

**Blount, A. J., & Acquaye, H. E. (2018).** Promoting wellness in refugee populations. *Journal of Counseling & Development, 96*(4), 461–472. <https://doi.org/10.1002/jcad.12227>

This article addresses risk factors to refugee wellness within the invisible self model of wellness and highlights current wellness trends and the importance of a prevention-based treatment paradigm for helpers working with refugee populations.

**Cigrand, D. L., Fawcett, M., Miyakuni, R., Arredondo, P., & Onderak, G. (2022).** A phenomenological study of perseverance and resilience through the migration journey. *Journal of Counseling & Development, 100*(2), 157–170. <https://onlinelibrary.wiley.com/doi/10.1002/jcad.12413>

This article analyzes the pre-migration, migration, and post-migration experiences of 15 Latinx and Asian immigrants and describes their perceived counseling needs at each stage of their journey. Implications for counselors are identified.

**Goodman, R. D., Vesely, C. K., Letiecq, B., & Cleaveland, C. L. (2017).** Trauma and resilience among refugee and undocumented immigrant women. *Journal of Counseling & Development, 95*(3), 309–321. <https://doi.org/10.1002/jcad.12145>

In this article, the authors used a phenomenological approach to explore refugee and undocumented immigrant women's

experiences of trauma and stress and the ways in which they develop to cope with these experiences.

**Roysircar, G. (2004).** Child survivor of war: A case study. *Journal of Multicultural Counseling and Development, 32*(3), 168–179. <https://doi.org/10.1002/j.2161-1912.2004.tb00369.x>

This article examines the history of a Bosnian survivor of war living in the U.S. and analyzes clinical issues related to acculturative stress, posttraumatic stress disorder, and identity. Suggested treatments are identified.

**Tarvydas, V. M., Levers, L. L., & Teahen, P. R. (2017).** Ethical guidelines for mass trauma and complex humanitarian emergencies. *Journal of Counseling & Development, 95*(3), 260–268. <https://doi.org/10.1002/jcad.12140>

This article explores issues related to trauma, especially mass trauma and complex humanitarian emergencies, through the lens of ethical counseling guidelines. Recommendations regarding ethical guidelines for counseling practice, clinical involvement, and training are offered.

## ACA Resources – General

### [Licensure & Certification – State Professional Counselor Licensure Boards](#)

This resource identifies the address and contact information for the State Professional Counselor Licensure Boards in all 50 states.

### [Ethics Consultation Services](#)

ACA is pleased to help members with inquiries on ethical practice. This service is not designed to function as a real-time hotline. Inquiries are prioritized. ACA standard is to respond within three business days of receipt.

### [ACA - Gun Violence Trauma: Resources for Counselors and Consumers](#)

To help all professional counselors in the important work of trauma counseling, ACA offers an array of free resources available to the general public and nonmember mental health professionals, as well as resources for ACA members only.

### [ACA – Trauma and Disaster Mental Health](#)

Resources are identified to serve as a base for developing responses to disaster situations.

### [International Institute of Postgraduate Education](#)

This institute offers a Postgraduate Program Psychological Counseling, education based on U.S. Standards of Counseling Education and Clinical Practice, and a program accredited by the Ministry of Education and Science of Ukraine. It is included in the International Register of Counselor Education Programs. This is a resource for those wanting to learn about the training for the counseling profession in Ukraine.