

THEORY

Theory (done from home between August 10th and August 17th. Due August 17th)

Explain the key concepts and processes involved in healthy and unhealthy development and therapeutic change according to your preferred theoretical orientation. Discuss the adequacy of these key elements of development and change in addressing issues of diversity. Compare and contrast these elements of your theory with one other distinct theoretical orientation of the three provided below. Review research that supports four aspects of your preferred theory. Be sure that some of the research that you review addresses issues of diversity.

The 3 theoretical orientations from which you are to **choose one** to compare with your preferred theory are as follows:

1. Relational-Cultural
2. Family Systems
3. Integrative

ETHICS

Ethical Dilemma (done from home between August 10th and August 17th. Due August 17th)

For the ethical dilemma provided below, please do the following:

- a. Explain why it is a dilemma (e.g., present relevant code or principles that are in conflict),
- b. Present any relevant research literature that addresses both sides of the dilemma and offers recommended action, and
- c. Explain a cogent rationale and plan for the action you would take to address the dilemma.

You have been working at a community agency for the past 2 years. You just completed an intake session with a 70-year-old Latinx woman, Dulce. You are having a hard time understanding Dulce because she is not fluent in English and you do not speak Spanish. She was accompanied by her son, Eduardo, who speaks fluent English and was helpful during the intake given that you had some difficulty understanding Dulce. Eduardo stated that he wants to be involved with the counseling process by attending each counseling session and agreed to translate when needed during the sessions. The son did most of the talking during the intake session and interrupted his mother on several occasions when she attempted to speak. He stated that he is now the man of the house (Dulce's husband of 55 years [Ramón] died recently). Dulce shook her head in agreement at this statement and agreed to sign a consent allowing her son to be involved in her counseling.

During the middle of the psychosocial portion of the session, in the midst of your assessing for the presence of suicidal or homicidal ideations, Dulce began to shake her head in affirmation and stated, "Without Ramón around, life no is worth..." and then Eduardo jumped in and stated that his mother would never think about harming herself. You tried reengaging Dulce, but she would not meet your eyes and shook her head negatively in response to your question. Pressed for time, you continued through to the rest of the intake process. At the end of the session, Dulce thanked you for your help and gave you a small wrapped package, stating that it was a traditional piece of wooden craft from her country and was her way of saying "thank you." You accepted the gift and set up the following week's appointment.

Following the intake, you feel very frustrated with how the session unfolded; particularly with the fact that you don't know if Dulce is safe from harming herself and that Eduardo would not allow her to speak for herself. You think that you might try calling Dulce sometime next week to see how she is doing. You are also considering the use of an agency-approved interpreter for future sessions and informing Eduardo that you do not need him to attend any future counseling sessions. Finally, you strongly believe that Dulce's lack of assertiveness raised a red flag: given the success you had during your previous clinical experiences using assertiveness training with individuals who identify as women (particularly with middle-age White woman), you see this as a real possibility in your work with Dulce.

RESEARCH

(3 hours, closed book)

Ivers, N.N., Johnson, D.A., & Rogers, J.L. (2021). The Association Between Implicit Racial Bias and Mindfulness in Mental Health Practitioners. *Journal of Counseling and Development, 99*, 11-23.

Write a review of the above identified article, a copy of which is attached. In your review, be sure to address each of the following content areas and questions:

1. Theoretical Perspective
 - a. Describe and critique the author's conceptual framework
 - b. Comment on the need for this study and its importance
 - c. How effectively does the author tie the study to relevant theory and prior research?
 - d. Describe and evaluate the clarity and appropriateness of the research questions or hypotheses.
2. Research Design and Analysis
 - a. Critique the appropriateness and adequacy of the study's design in relation to the research questions or hypotheses.
 - b. Critique the adequacy of the study's sampling methods (e.g., choice of participants) and their implications for generalizability.
 - c. Critique the adequacy of the study's procedures and materials (e.g., interventions, interview protocols, data collection procedures)
 - d. Critique the appropriateness and quality (e.g., reliability, validity) of the measures used.
 - e. Critique the adequacy of the study's data analyses. For example: Have important statistical assumptions been met? Are the analyses appropriate for the study's design? Are the analyses appropriate for the data collected?
 - f. Critique the adequacy of the study's consideration of cultural differences and other issues of diversity.
3. Interpretation and Implications of Results
 - a. Critique the author's discussion of the methodological and/or conceptual limitations of the results.
 - b. How consistent are the author's conclusions with the reported results?
 - c. How well did the author relate the results to the study's theoretical base?

In your view, what is the significance of the study, and what are its primary implications for theory, practical application, and future research?

THEME

(6 hours, open book, internet access)

Thematic Review and Critical Analysis of Contemporary Counseling Psychology Literature

Select one of the following two topics that have been recurrent or current themes in the counseling psychology literature. Provide an integrative review and critical analysis of the literature relevant to the theme. Conclude your answer with directions for future development of theory and research in this area. Your answer should be no longer than ten pages, excluding references, with one-inch margins and 12-point, Times Roman font.

1. Multicultural counseling competence is a topic often examined both conceptually and empirically in articles over the last two years. Drawing from *Journal of Counseling Psychology*, *The Counseling Psychologist*, and the *American Psychologist* over this time span, discuss insights we have gained around this topic via research studies and conceptual papers.
2. New research and advances have been made in qualitative methodology. In this essay, draw on articles over the last two years in the *Journal of Counseling Psychology*, *The Counseling Psychologist*, and the *American Psychologist* to discuss how these advances have affected how we use qualitative methods to address research questions and share examples of articles that demonstrate these advances.