

## **THEORY**

**Theory (done from home between August 8<sup>th</sup> and August 15<sup>th</sup>. Due August 15<sup>th</sup> at 8:00am)**

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 from 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. Psychodynamic
2. Existential
3. Systems/Family

## ETHICS

### **Ethical Dilemma (done from home between August 8<sup>th</sup> and August 15<sup>th</sup>. Due August 15<sup>th</sup> at 8:00am)**

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.

Therapist A.J. has been working at a community agency for the past 10 years. A.J. is regarded by others as an excellent co-worker as he is relatable and reliable. A.J. prides himself in putting work first and never taking time off. He makes himself available “on call” beyond normal hours and, in his own words, “therapy is [his] passion, and [he] cannot stand the thought of not providing services to the community”. His performance lessened in the last 10 months after the death of his mother, whom he was very close to. He has stopped returning calls to clients and staff in a timely way and sometimes misses appointments without giving notice. He has been advised several times by his colleagues to take some time off to take care of his wellness, but he has not done so.

Last week he was assigned a new client, Ri: a 24-year-old Asian American, bisexual, transgender, nonbinary person who uses pronouns they and them. During the intake session, A.J. deadnames the client but quickly notices it and states, “I am so sorry for my mistake. I should be better at this. I love working with gay people. I even wrote a paper on gay affirmative therapy when I was in school about 12 years ago. I am just exhausted.” Ri looks down and says nothing.

During the psychosocial portion of the intake session, in assessing for the presence of suicidal ideation, the client denies ever experiencing suicidal ideation. A.J. pauses and says, “really? that is awesome! Specially because I believe that suicidal ideation is so common among gay people; if I am remembering correctly.” Pressed for time, A.J. continues through the rest of the intake process. Ri makes several comments about physical pain and states that they are concerned that they are becoming a burden to their family members because they are “so different than them”. A.J. simply states, “we can talk more about that in later sessions”.

After the intake session, A.J. cannot find the signed informed consent in Ri’s file and is not clear if he misplaced it or if Ri ever signed it. A.J. quickly moves on and states, “I will find it eventually”. When Ri does not show up to their second session, A.J. wonders if he should just terminate therapy with Ri. He is contemplating consulting with his colleagues at the agency.

## RESEARCH

**(3 hours, closed book)**

Write a review of the journal article referenced below, a copy of which is attached.

Miller, M. K., Finkel, J. P., Marcus, B. N., Burgin, E., Prosek, E. A., Crace, R. K., & Bravo, A. J., (2022). Efficacy of a university offered mindfulness training on perceived stress. *Journal of Counseling and Development, 100*, 278– 283. <https://doi.org/10.1002/jcad.12421>

In your answer, be sure to address each of the following:

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?
  - d. 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. There has been an increased interest over the last two years in understanding the concerns of international students and exploring how major ideas in counseling psychology apply to international populations. Drawing from the *Journal of Counseling Psychology*, *The Counseling Psychologist*, and the *American Psychologist* over this time span, discuss insights we have gained around these areas.
2. New research and advances have been made over the last two years into what makes psychotherapy effective for clients. 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 key insights we have learned about what makes a therapist and the therapeutic relationship effective.