

THEORY

Theory Essay (done from home between August 9th and August 16th. Due August 16th at 8:00am EST)

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. REBT
2. Relational-Cultural
3. Experiential

ETHICS

Ethic Essay (done from home between August 9th and August 16th. Due August 16th at 8:00am EST)

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

- a. Explain why it is a dilemma (e.g., present relevant codes 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.

P.J. has been working as a therapist in private practice for over 10 years in rather small town. The other closest therapist is over 30 miles away. P.J. often attends conferences and other professional gatherings where they are able to connect with other clinicians in private practice. However, they stopped attending these professional gatherings 2 years ago after their spouse died suddenly of cancer. Since then, they have been keeping busy by seeing more clients.

Three months ago, P.J. took on a new client, T.A., whose presenting concerns include “intense loneliness” and “difficulties connecting with others”. T.A. lost their mother 1 year ago to cancer and feels that it has been difficult to move on with life. P.J. feels identified with T.A. and “knows that [they] will do great work together”.

For the last three weeks, P.J. found it necessary to increase frequency of therapy to twice a week. When T.A. informed P.J. that they might not be able to pay for two sessions a week, P.J. responded: “no worries, I will only charge you for one session; we will work something out later”. Yesterday toward the end of session, P.J. invited T.A. out for dinner. T.A. was not necessarily comfortable with this invitation but accepted anyways.

P.J. is starting to question if they are spending too much time with T.A. and what this means for their professional relationship. P.J. is contemplating consulting with other clinicians but is not sure if that is necessary.

RESEARCH

(3 hours, closed book)

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

Xiong, Y., Prasath, P. R., Zhang, Q., & Jeon, L. (2022). A mindfulness-based well-being group for international students in higher education: A pilot study. *Journal of Counseling & Development, 100*(4), 374-385.

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 and working to dismantle Anti-Black racism. Drawing from the *Journal of Counseling Psychology*, *The Counseling Psychologist*, and the *American Psychologist* over this time span, discuss key insights we have gained in this area and important future directions for research and practice.
2. New research and advances have been made over the last two years regarding the importance of the therapeutic relationship for effective treatment. 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 this relationship so important and how it affects outcomes.