

THEORY

Theory Essay (done from home between August 12th and August 19th. Due August 19th 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. Existential Therapy
2. Psychodynamic Therapy
3. Feminist Therapy

ETHICS

Ethic Essay (done from home between August 12th and August 19th. Due August 19th 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.

TK has been working as a therapist in private practice for over 15 years and their area of expertise is couples and family counseling. TK recently divorced their spouse and has expressed feeling depressed and lonely. Two months ago they started working with PO, who is coming to therapy to explore relationship concerns with their current partner. Specifically, PO is contemplating separating from their partner after 12 years of marriage but feels guilty and “needs help working through these feelings.”

After two months of working biweekly with PO, TK expressed “wanting to see [them] more often” because “it might be beneficial for both of [them]”. During the last visit, TK extended the therapy session by 20 minutes for no apparent reason. In addition, TK has started to text PO before every session “to make sure [they] are still coming”. TK usually do not text any of their clients.

They are starting to question if they should refer PO to another therapist. They have not discussed this with PO. Earlier this week, TK texted PO and told them to not come in for their weekly session “until further notice”. Although PO has tried to reach TK several times, they have ignored all calls and messages.

RESEARCH

(3 hours, closed book)

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

Erby, A. N., & Jones, C. T. (2024). A mixed methods study of Black/African American counselor wellness. *Journal of Counseling & Development, 102*(1), 96-106.

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 strengths of marginalized populations in the face of adversity. 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. Scale development is a common practice in counseling psychology. 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 best practices in scale development, offering and discussing concrete examples.