Current Trends in Counseling

- For M.Phil Psychology , by Dr Najma Iqbal Malik

Current Trends in Counseling

Postmodern Trends (continued)

– Contextual/relational perspectives are emphasized.

– Goal setting and intervention comes after exploration of the client's story and narrative.

– The counseling relationship is collaborative.

– Research and evaluation are mostly qualitative.

Current Trends in Counseling

Counseling and the Internet

- – E-Mail: Helps counselors communicate with clients but also adds an element of risk regarding confidentiality.

- – Chat Rooms: Self-help groups can be conducted in this manner and clients can share information.

- – Web-Sites: Information can be disseminated to larger numbers of people.

Current Trends in Counseling

Counseling and the Internet (continued)

– Search Engines: Can help counselors and client's locate information on the internet.

– WebRings: These facilitate interdisciplinary communication between laypeople and professionals.

– Online Communities: Allow many internet users with similar interests to interact.

Current Trends in Counseling

Counseling and the Internet (continued)

– Scholarly Publications: Journals and newsletters can be accessed online to aid the counselor in his or her work.

– Education and Training: Colleges and Universities offer online classes and continuing education opportunities online.

Current Trends in Counseling

Ecosystemic Mental Health Counseling

- This approach enlarges the counseling process from the individual to the family and the larger sociocultural contexts that contain the individual.

- Utilizes storytelling and narrative.

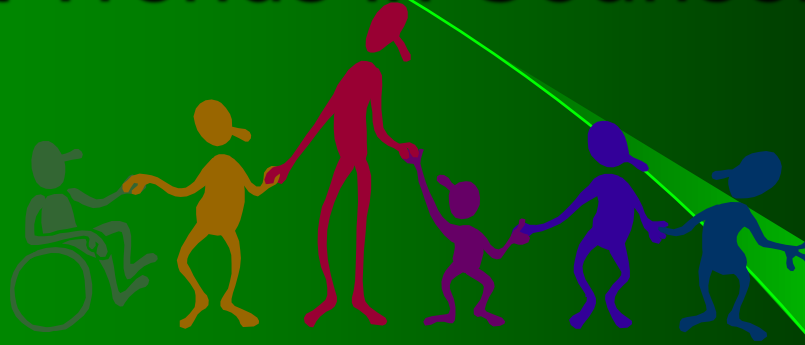- Explores the linguistic and language systems of the client.

Current Trends in Counseling

Postmodern Trends

–   Conceptualizes the self to include: interpersonal, systemic, and sociocultural forces.

–   Psychological problems are seen from a phenomenological perspective.

–   Process is emphasized over content.

Current Trends in Counseling

Diversity Issues

– Counselors and counselor education programs are working diligently to become more sensitive to cultural and diversity issues in counseling.

– Diversity includes but is not limited to: Culture, gender, individuals with disabilities, and spirituality.

– It has been recognized that many of the traditional therapies are based on research done with white, male, middle-class individuals and may not apply as well to diverse groups.

Current Trends in Counseling

Managed Care

– Provides cost control for mental health services.

– Establishes standards of care.

– Limits number of sessions and treatment options.

– Often overuses medication instead of therapy.

– There are a multitude of ethical pitfalls associated with managed care.

Current Trends in Counseling

Counselor Job Security

– Managed care and the fact that many states are cutting funding for mental health care mean that there are less doctoral positions available.

– The Master's level counselor is more employable in many cases.

– Funding has been cut to community based clinics, eliminating many counseling positions.

Current Trends in Counseling

Theoretical Trends

– Loyalties to particular schools are not as prevalent.

– The trend is toward eclecticism.

– Brief therapies are also increasing in use due to managed care.

Current Trends in Counseling

Social Justice/Client Advocacy

- Counselors who are advocates for the disenfranchised can benefit from being:

  - Assertive
  - Willing to take risks
  - Highly confident

- Most training programs do not train counselors to be advocates.