



American Academy of Counseling Psychology

Fall 2004 Newsletter

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American Academy of Counseling Psychology Update



Pat Munley

The Academy's annual meeting was held in Honolulu Hawaii in July during the APA annual convention. During the meeting the American Academy of Counseling Psychology (AACoP) 2004 Awards were presented to **Dr. Kathleen Davis** and **Dr. Bruce Wampold**. Pictures and a write-up on each award recipient are presented in this issue of the newsletter. Congratulations to Kathy and Bruce on their outstanding contributions to counseling psychology.

AACoP continues to work to advance and support Board Certification in Counseling Psychology and maintains liaison functions with the different organizations involved in the advancement of counseling psychology, including The Society of Counseling Psychology and the Council of Counseling Psychology Training Programs. This fall the Academy is participating in preparing the renewal petition for the recognition of counseling psychology as a specialty to APA's Commission for the Recognition of Specialties and Proficiencies in Professional Psychology (CRSPPP). In 1995, APA designed and implemented a de jure process for the recognition of specialties in professional psychology when it established CRSPPP. Each APA-recognized specialty must be reviewed for renewal of recognition at a time recommended by CRSPPP. APA formally recognized counseling psychology through this process in 1999 and the renewal petition is due this December. Tom Skovholt will be representing ABCoP and I will be representing AACoP in working with representatives of Division 17 and CCPTP in preparing the renewal petition this

fall. A copy of the main sections of the original petition submitted for counseling psychology's recognition as a specialty has been sent to the AACoP listserv for comment and suggestions. Comments received will be brought forward and shared with the group working on the renewal petition.

AACoP continues to work closely with the American Board of Counseling Psychology (ABCoP) in support of the Board Certification process in Counseling Psychology. This includes providing a mentoring program for candidates preparing for the Board Certification Examination in counseling psychology, and offering CE for the oral examination in counseling psychology.

Steve Eichel, President-Elect of the Academy, has assumed responsibility for the Academy's web page. The new American Academy of Counseling Psychology's Web pages are now located at www.aacop.net. One of Steve's ideas for a new benefit for Fellows of the Academy is for the Academy to host Academy Fellow Professional Home Pages on www.aacop.net. We would like to provide this benefit at no additional charge to current dues paying Fellows of the Academy. The Home Page idea seems to have significant potential as a membership benefit within the current annual dues structure for the Academy. Other national organizations provide a comparable home page service at a significant additional cost, so I think Steve has an excellent benefit idea here for the Academy.

Check out the new Academy WebPages at www.aacop.net , along with an initial set of sample home pages and more detailed information on how to submit information for a personal professional home page. Academy Fellow Home Page URL addresses are of the form: www.aacop.net/firstname_lastname.htm This allows easy placement of URLs on business cards, brochures, and professional materials.

We are in the process of expanding the CE role of the Academy into the area of home study CE. This will require an additional approval from APA. **Robert Nelsen** of Gannon University, CE-Coordinator for the Academy, is developing an initial home study CE package in the area of ethics to submit to APA for approval to offer home study CE. We are especially interested in home study CE in the areas of ethics and multiculturalism, two important CE areas for candidates and Academy Fellows. Once APA approval to offer home study CE is received, we envision being able to offer at least one home study CE activity in the areas of ethics as a regular benefit of Academy membership, and anticipate offering additional home study CE activities at reduced costs to interested candidates and fellows.

We would like to continue to encourage the involvement of Academy Fellows in a number of activities that are important to the Academy and to supporting Board Certification in Counseling Psychology. These include mentoring new candidates, serving as work sample peer reviewers, serving on Academy committees, helping with continuing education activities to be sponsored for APA-CE credit, and service on the Academy Board. Please consider becoming involved in supporting Board Certification in Counseling Psychology.



American Academy of Counseling Psychology

AACoP 2004 Awards

The American Academy of Counseling Psychology 2004 Awards Presentation

The American Academy of Counseling Psychology met on July 28, 2004 in Honolulu, Hawaii, and presented "The Distinguished Service Award for Extraordinary National Leadership in Counseling Psychology" for 2004 to **Kathleen Davis** and the "W. James Cossé Award for Extraordinary Contributions to the Professional Practice of Counseling Psychology" for 2004 to **Bruce Wampold**.



Pictured from left to right: Chris Ovide, Tom Skovholt, Kathleen Davis, Bill Parham, Bruce Wampold, Pat Munley, Norma Simon, Sheryl Benton and Joe Talley.

**Distinguished Service Award
for Extraordinary National Leadership in
Counseling Psychology**



Dr. Kathleen Davis

At the APA annual convention in Honolulu in July, Dr. Kathleen Davis was presented with the 2004 American Academy of Counseling Psychology Distinguished Service Award for Extraordinary National Leadership in Counseling Psychology.

Throughout her career, Dr. Kathleen Davis has been an exemplary leader in counseling psychology. She is a Fellow of the American Psychological Association. She served as Chair of the Division 17 Program Committee; Chair of the Division 17 Education and Training Committee; Chair of the Division 17, Awards and Recognition Committee; and as Treasurer of Division 17. She also served as Board Member, then Treasurer and then Chair of the Council of Counseling Psychology Training Programs. She has been an APA Accreditation Site Visitor and a member of the APA Accreditation Committee Appeals panel. She has also served on the editorial boards of *The Counseling Psychologist* and the *Journal of Counseling Psychology*.

Dr. Davis served as President-Elect of Division 17 from 1993- 1994 and then as President of Division 17 from 1994-1995. This was a critical time in the development and maturing of counseling psychology with the reorganization of Division 17 taking place during the mid-1990s. Kathy served on the executive Board of Division 17 and participated in the retreat where the initial planning for the reorganization of Division 17 in the mid 1990's took place. The reorganization of the divisional structure, which established vice presidents for Diversity and Public Interest, Education & Training, Professional Practice & Scientific Affairs, and instituted sections and special interest groups, was intended to be more responsive to the perceived need for more effective participation in APA, to encourage and enhance more member involvement, and to facilitate greater responsiveness on

matters of concern to counseling psychologists. Not only was Dr. Davis involved in the initial planning for the reorganization of Division 17, but she also served as President –Elect and as President when the Divisional reorganization took place and had major responsibility for the successful implementation of the reorganization.

Dr. Davis's involvement in the professional education and training of counseling psychologists, her contributions in teaching and education, her leadership role for the Council of Counseling Psychology Training Programs, and her leadership of Division 17 during a critical time in the history of the Division and the history of Counseling Psychology, clearly reflect extraordinary national leadership in counseling psychology.

**W. James Cossé Award
for Extraordinary Contributions
to the Professional Practice of Counseling Psychology**



Dr. Bruce Wampold

Dr. Bruce Wampold was presented with the 2004 W. James Cossé Award for Extraordinary Contributions to the Professional Practice of Counseling Psychology.

Dr. Wampold received his Ph.D. from the Counseling Psychology Program at the University of California, Santa Barbara. He has been a Professor and Director of Training in the counseling programs at the University of California, Santa Barbara; University of Utah, and the University of Oregon. He is currently Professor in the Department of Counseling Psychology, School of Education, University of Wisconsin-Madison. He is also Director, Educational and Psychological Training Center, School of Education, University of Wisconsin-Madison. He is a Fellow of the American Psychological Association and is past Associate Editor of the *Journal of Counseling Psychology* and past Associate Editor of *Behavioral Assessment*. He is also Board Certified in Counseling Psychology by the American Board of Counseling Psychology of the American Board of Professional Psychology.

Bruce has achieved national prominence in his research and scholarship as a counseling psychologist. His primary research interest centers on understanding the pathways of therapeutic efficacy. He has published methodological and

substantive articles that help to understand how the research in counseling and psychotherapy converge on a contextual model of psychotherapy. In his meta-analysis work on counseling and psychotherapy, he and his colleagues have demonstrated that all psychotherapies produce generally equivalent outcomes and that the specific ingredients in treatments are not responsible for the benefits of these treatments. Dr. Wampold wrote *The Great Psychotherapy Debate: Models, Methods, and Findings*, which reviews the literature on psychotherapy and demonstrates that the current trend to conceptualize psychological treatments in a medical model, with empirically supported treatments and treatment manuals is scientifically unjustified. In this work, he discusses the implications of rejecting a medical model and returning to humanistic traditions of counseling psychology.

Dr. Wampold's outstanding research and scholarship in the area of counseling and psychotherapy, and his work in advancing understanding of the pathways of therapeutic efficacy, clearly reflect Extraordinary Contributions to the Professional Practice of Counseling Psychology.

Changes in Counseling Center Clients

A letter from Sherry A. Benton, Ph.D., ABPP

The past two years have proven to be interesting for me professionally. In February of 2003 an article I wrote with several colleagues was published in *Professional Psychology: Research and Practice*, "Changes in counseling center client problems across 13 years." In a nutshell, the results described significant and somewhat dramatic increases in the proportion of students seen with anxiety, depression, suicidal thoughts and intentions, personality disorders, and students who have been sexually assaulted.

I had expected the typical amount of attention to professional publications -- 12 people read it, you get a line on your vitae, and you never hear about it again. Instead, I was inundated with media people. I talked with everyone from *The New York Times*, to the *Journal of the American Medical Association* to *Glamour and People*. In addition, I seem to have become a frequent speaker at national conferences.

The questions people ask and the discussions generated by our results have been particularly interesting to me through this process. First of all, everyone asks why the increases are taking place. Really, we do not know why. All we can do is speculate, but we do know that many factors may be affecting college student mental health. First of all, students have changed over the past two decades, with increased proportions of women, people of color, non-traditional students, first-generation students, and foreign born. We are seeing more students with previously diagnosed and treated mental and emotional problems.

More students see college as a structured community with good resources for getting treatment. A number of shifts in the overall culture of colleges may also impact changes in college student mental health including: 1) increases in negative perfectionism where students believe they must be perfect or they are a failure; 2) decreasing social support and increasing isolation among students; 3) increasing perception among students of college as a competitive environment rather than a place for collaboration and cooperation; 4) increases in student hours spent every week working, doing internships, taking more credit hours, and engaging in more career-related activities.

Perhaps the more important question is "How are we responding?" University administrators point to pressures on budgets, external pressures toward accountability and demonstrating outcomes, and greater liability concerns as universities are held accountable after student suicides. This results in many drastic changes in counseling center work. As more students present with more serious psychopathology, there tends to be a much greater need to focus on mental health treatment rather than personal development issues. The observed increases demonstrate the need for greater prevention and early intervention strategies; however, as counseling centers provide wide scale prevention and intervention programming, we will likely generate further demand for service. It is unlikely that most universities will receive the additional staff and resources necessary to meet this increased demand. On the other hand, failure to provide adequate services may lead to legal liability. Many college and university mental health and counseling centers are attempting to meet these increasing needs with a variety of strategies. Here are just a few recent measures:

- University of Michigan: Conferences focused on issues involving college students such as those addressed by the National Depression Center; conferences focused on depression and college students
- Campus Care and Counseling Act, passed by both the US House and Senate as the Garrett L Smith Memorial Act
- Jed Foundation: More emphasis on screening and detection
- Ball State University, Kansas State University: Efforts to increase accessibility through on-line educational services
- MIT, Harvard: Campus wide task forces, reviewing mental health services on campus
- Baldwin-Wallace, University of Illinois: Alternative interventions such as the campus wide efforts to change perceptions of mental health problems

News from the American Board of Counseling Psychology

Tom Skovholt
President,
University of Minnesota

As a Board, we had a highlight weekend on April 31 and May 1 at UCLA.

On the 31st, we had a productive Counseling Board meeting. Three new board members were introduced: **Gisela Lin** of Texas A & M University, **Arnie Spokane** of Lehigh University and **Frank Budd** (who could not attend) of Charleston Air Force Base. They joined **Norma Simon**, retired from private practice in New York City, **Charme Davidson**, private practice in Minneapolis, **Jairo Fuertes** of Fordham University, **Bill Parham** of UCLA and myself. **Dave Welch** of the University of St. Thomas is co-chair of the exam.

Agenda items included: the movement of Central Office to Savanna; using the term Board Certified more than Diplomate because it is more easily understood by the larger community; starting a diversity committee, working more actively on a senior exam, enlarging the counseling website, expanding to include supervision consultation as an intervention area for the exam, and increasing the user friendly aspects of the application process.

The next day, May 1st,s we had the largest group ever assembled for a counseling exam. With Bill Parham as host, eighteen of us met at UCLA. We had Board members, six extra examiners and six candidates. It was a positive professional day.

Other Board news: We have an exam scheduled for Minneapolis on October 30th; the budget for the Board is limited and this has led to a reduction of Board meetings; we continue to receive candidates for the exam although the number is not as great as we would like; and the Board appreciates the efforts of the Academy and President Pat Munley.

Congratulations

Congratulations to the following individuals who have recently become Board Certified in Counseling Psychology by the American Board of Counseling Psychology (ABCOP) of the American Board of Professional Psychology (ABPP):

Dr. Jack Apsche, Norfolk, VA

Dr. David R. Arreola, HQ, USAFE/SGO

Dr. Jeff Eugene Brooks-Harris, Honolulu, HI

Dr. Robert W. Carter, College Station, TX

Dr. Daniel T. Gustafson, Madison, WI

Dr. James William Hannum, Champaign, IL

Dr. Pat Alford-Keating, Redondo Beach, CA

Dr. Barbara J. Palombi, Allendale, MI

Dr. Royace Ann Pye Shively, Provo, UT

Dr. Arnold R. Spokane, Bethlehem, PA

Dr. Lynwood C. Wheeler, Hattiesburg, MS

Profile: Robert Carter, Texas A&M University

Statement of Interest:

As a psychologist, I enjoy the practice of psychotherapy at the Texas A&M University Student Counseling Service where I work with college students. I am particularly interested in working with abuse survivors.

My approach is primarily existential and humanistic. In addition to enjoying therapy, I am committed to training and supervising psychology interns and practicum students. I am most energized by utilizing an experiential approach to training and supervision.

On a personal note, I have an eleven-year-old son, and energetic wife, and an active Seeing Eye dog who all do a good job of keeping me busy and mostly out of trouble.

Profile: Daniel Araoz, C.W. Post, Long Island University

Daniel became a Fellow of the *Society for Clinical and Experimental Hypnosis*, October 2003, and gave a keynote address to the same society on *We touch the soul of our patients with hypnosis* (available upon request, Daniel42330@aol.com). He recently celebrated 30 years as a full-time professor in the graduate counseling program, C. W. Post Campus, Long Island University, where he was also director of the Tactical Officers Education Program at West Point. An article on the levels of human sexuality, based on his presentation at the 2002 European Congress of Medical Hypnosis, was published in 2004 in Italian in the very first issue of *Hypnosis -Italian Journal of Clinical and Experimental Hypnosis. (Ipnosi_Rivista italiana di ipnosi clinica e sperimentale)*. And his book *Autoreingeniería para el Nuevo milenio* was just published by Ediciones Pasco in Buenos Aires. The original and larger work, *Reengineering yourself* went through a new publication by The Wellness Institute, Gretna, Louisiana, at the end of 2003.

In Memoriam

We are sad to inform you that **Albert S. Thompson** passed away in late March of this year. Al was President of Division 17 in 1963 and played a vital role in the organization of the Greyston Conference at Teachers College in 1964. His life story and contributions to counseling psychology are presented in a wonderful article by David Baker and Roger Myers "Albert S. Thompson: A Man of the World of Work" that appeared in the March 2001 issue of *The Counseling Psychologist*.