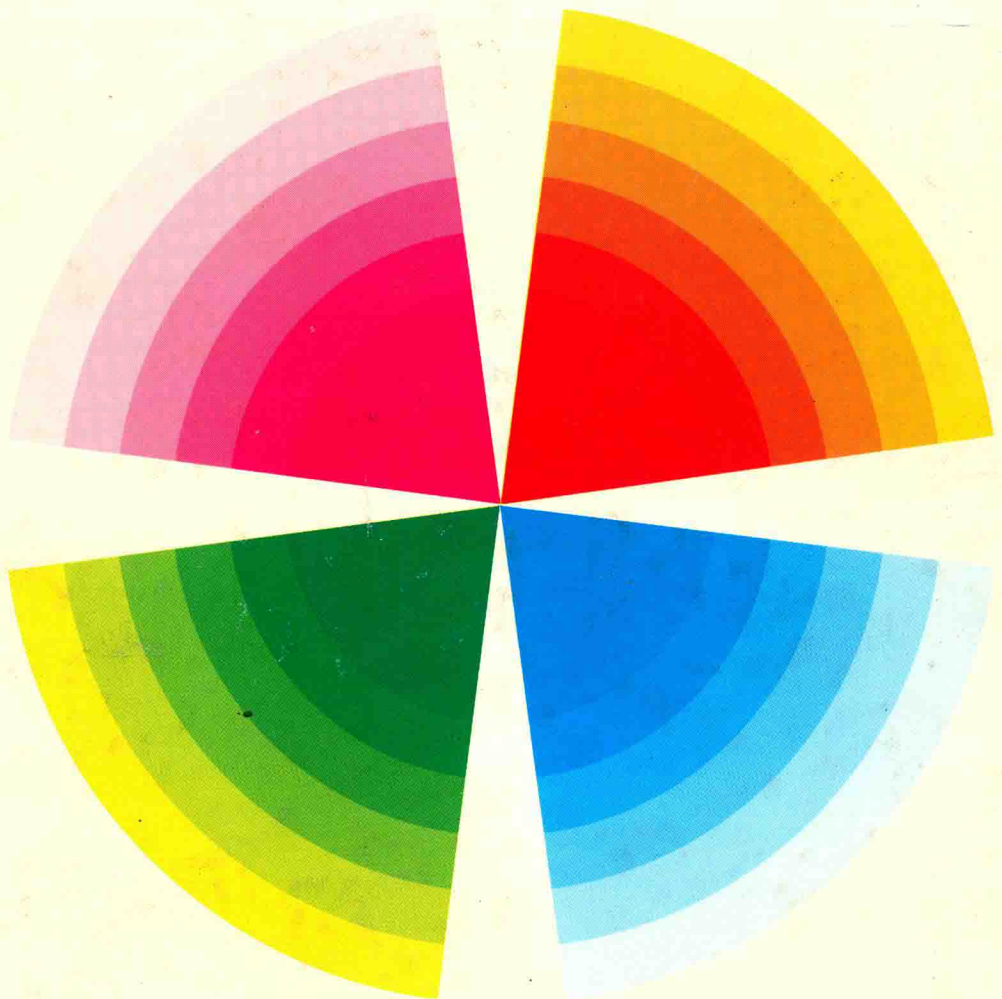


Robert L. Gibson/Marianne H. Mitchell

INTRODUCTION TO
COUNSELING
AND
GUIDANCE

Second Edition



INTRODUCTION TO
COUNSELING
AND **GUIDANCE**
SECOND EDITION

ROBERT L. GIBSON
MARIANNE H. MITCHELL
Indiana University

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To Our Parents—for a lifetime of guidance

Flora Lewis Gibson

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PREFACE

This book is primarily designed for use in introductory counseling and guidance courses and in related fields for those who seek a comprehensive overview of counseling services. The reader will find here a broad general discussion rather than the in-depth treatment that students majoring in counseling can anticipate later in their specialized preparatory courses.

The objectives of this book are to provide the reader an overview and general understanding of (a) historical perspectives and current activities of counselors, (b) the role and function of the counselors in a variety of settings, (c) techniques utilized by counselors, and (d) the organization of counseling programs.

Although counselors in both school and nonschool settings adhere basically to the same principles and practices, it is recognized, through special attention in Chapter 3 (schools) and Chapter 4 (community and agency), that counselors are functioning in a variety of settings. We therefore believe that those interested in counseling in both school and nonschool settings will find this book an appropriate introduction.

The initial chapters lead the reader from the historical background of the counseling movement through traditional and current activities. These activities are then translated into the counselor's role and function in both school and nonschool settings (Chapters 3 and 4). Chapter 5 focuses on the primary and distinguishing activity of counselors—individual counseling. Chapters 6 through 10 discuss other basic activities of counselors (assessment through standardized and nonstandardized techniques, career counseling, group counseling, and consultation). Chapter 11 discusses the current trends for increased counselor attention to prevention and wellness. The final chapters (12 and 13) deal with the developing and managing of counseling and guidance programs and their improvement through accountability, evaluation, and research.

As an introductory text, we have tried to write and revise this book in a relatively informal style in the hope that it may be readable and enjoyable as well as informative. Your comments, suggestions, and reactions will be most welcome.

Finally, we would like to acknowledge all of those who have contributed directly and indirectly to the undertaking and completion of this book. These include, of course, the helpful staff of the Macmillan Publishing Company, particularly our editor, Mr. Lloyd C. Chilton, and our production supervisor, Hurd Hutchins. We would also like to acknowledge the valuable comments of our anonymous reviewers, and we are extremely grateful to the many considerate authors and publishers who granted us permission to quote from their publications. It is also appropriate to acknowledge the many useful suggestions from our departmental colleagues at Indiana University and our fellow counselor educators who volunteered their time and comments for our guidance. We have also been appreciative of the critical comments of our graduate students (who undoubtedly had in mind the well-being of their counterparts of the future).

We are particularly thankful for the patient and persistent assistance of our graduate assistants, Ms. L. Lynn Krebs and Ms. Patricia J. Parrett. In conclusion, we would like to acknowledge our close friends and families, who have endured "the worst of times" and are now looking forward to "the best of times."

R. L. G.
M. H. M.

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CHAPTER 1

HISTORICAL PERSPECTIVES

Introduction: Counseling—A Response to Human Needs

Many of you have recently made a decision to prepare for careers as counselors; some of you may be considering such a decision; still others of you may be interested in the field of counseling because you are in or are preparing to enter various careers in which some introductory knowledge of this field may be helpful. In this process you probably asked yourself, Why have I selected this field or this career? Your friends and family may have asked similar questions of you. On occasion, you also may have even thought, Why do I have to work? Both are age-old questions that are vital to society and that have been discussed and researched extensively over the years.

Perhaps an equally important question but one that is not raised quite as frequently or researched as extensively is, Why do certain careers exist? What were the factors that led to their demand and creation? The answers to these questions are fairly obvious concerning such fields as medicine and law, for the need for and role of physicians and lawyers in society have been clearly and universally recognized since the earliest recordings of civilizations. Less clear to many, however, are the need for and role of less well-known occupations, such as ornithologists, demographers, and cytotechnologists. Although a popular understanding and acceptance of the need for and role of all careers are not necessary or expected, it would appear helpful to those studying the general areas encompassed by counseling to understand the nature of the societal needs to which counseling and counselors are responding and, in turn, to understand the nature of those responsibilities and responses.

It is therefore appropriate in an introduction to the field and profession of counseling to begin by examining some of the historical antecedents leading to the development of counseling programs and the professional careers they represent. This first chapter presents a brief historical review of these developments. You, the reader, may determine whether counseling and counselors are a response to human needs or just another fancy that will pass when the need is examined more closely and critically.

Our Heritage from the Past

It is quite possible that the historically earliest, although unconfirmed, occasion in which humankind went in search of a counselor was when Adam reaped the