

Current trends in counseling essay

[Technology](#), [Development](#)



Arguably, counseling has met all the standard of a known profession in our modern world and due to its unique form; it has connected with our mental health discipline through constant emphasis. Counseling focuses on growth as well as emancipation over the itinerary of lifespan and particularly in particularly important stages of life like childhood, adolescence, adulthood, and older adulthood (Brown & Lent, 2008). Counselors specialize in helping and guiding couples, children, individual and families that are experiencing any shortcomings, thus, counseling focuses on development, preclusion, wellness and treatment to those seeking healthy life stage transition and productive life. Over the years, counseling has evolved, and it is associated with educational institutions thus accusation of the term ‘ guidance’ because counseling has involved other disciplines like law, ethics, education, sociology, philosophy and psychology making counseling a complex subject which even confuse counselors who are not updated with the art. In 2002, counseling celebrated 50 years under ACA (American Counseling Association) umbrella thus during the celebration, it was realized that counseling is ever changing, and thus emphasis of certain topics, issues and concern at the beginning of 21st century will certainly change. The new trends that were identified by ACA included: changing roles of women and men, poverty, trauma, innovation in media and technology, loneliness, social justice, promoting wellness thus this new trend captured the attention counselors as the new century began (Nassar-Mcmillan and Niles, 2011). One of the most notable trends in the current world is dealing with violence, trauma and crises. A conflict is part and parcel of current world and is defined as a scenario when one person perceives another to be interfering or

obstructing progress towards achieving a target (Nassar-Mcmillan & Niles, 2011). Therefore, violence arises when one or more parties tackle conflict in terms of win-lose schemes. Thus, acts of violence have been experienced in most parts of the world like the 9/11/2001 bombing of World Trade Center in New York city hence acts like these have forced counselors to formulate tactics and methodologies of dealing and responding to Trauma and tragedies that are associated with such violence. Therefore, new emphasis that is being used to respond to trauma involves practical approach like developing crisis plans and stratagems for working with different age group from kids to the elderly in order to offer psychological first aid and assist in the grieving and healing process. Another way of dealing with trauma and stress is through crisis counseling and long term counseling services because they have proven to help victims suffering from ASD (Acute Stress Disorder) and PTSD (Post Traumatic Stress Disorder) thus the therapy help them to have moral development and overcome intense fear, horror or helplessness that they faced (Ponterotto, 2001).

Another trend is greater emphasis on technology which has grown swiftly in counseling. Previously, technology was embraced in counseling to facilitate record keeping, word processing and manipulation of data. Currently, there is an increase in use of network based computer application in counseling which include BBSs (Listservs and bulleting board systems) which has become popular for posting message and encouraging dialogue amongst counselors. E-mails are constantly used in counselor to client interaction (Brown & Lent, 2008). Besides, social media like facebook and twitter. Online counseling through skype is also being embraced and favors clients that are

geographically isolated, physically disabled and those that are more prone to writing than speaking. Cybercounseling is also gaining popularity through web videos and skype thus, it is a phenomenon occurring worldwide hence different sessions can be delivered at the same time by streaming the videos wireless connectivity (Nassar-McMillan & Niles, 2011).

The other trend is promoting wellness and has grown tremendously in the counseling world. Wellness involves fundamental aspect in life, which include psychological, physical, emotional and intellectual, thus wellness enable our body, mind and spirit to be in the optimum state of health and well-being that all individuals are competent of achieving (Ponterotto, 2001). Wellness revolves around five life tasks: spiritually, self direction, work, friendship and love thus, counselors seek to encourage wellness as positive state of well being; hence, there is debate on the exact definition of wellness and how it is measured because it is hard to quantify causing ambiguity.

The other important trend changing trend is leadership in our society, which has caused a shift in the role of women and men thus forces counselors to develop their leadership and planning skills hence makes them competent in what they do. The leadership skills that CA has focused on include completing performance review, communicating compensation philosophies and being accountable for team camaraderie and productivity hence the above enable productivity as a leader and develop managerial skills (Ponterotto, 2001). Another key managerial skill is strategic planning, which involves envisioning the future and making preparation to meet anticipated needs thus ACA formed the 20/20 future counseling initiative in order to map the future of counseling by 2020.

In conclusion, counseling is a distinct profession, which is mainly concern with helping a person with psychological disorders, improving their wellness and development. Due to the changing world and new counseling trends like changing roles of women and men, poverty, trauma, innovations in media and technology, loneliness, social justice, promoting wellness, counseling has evolved and in the process improves victims' life (Brown and Lent, 2008).

References

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