

Use of psychological testing in counseling marriage and family therapy

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Cohen, Swerdlik and Sturnam define psychology testing as devices or measurement procedures designed to determine and measure psychological concepts and variables. Psychological tests are important in the entire field of psychology and human behavior including counseling, family therapy, and marriage.

In counseling, a counselor may use psychological testing in interviewing clients to understand hidden yet crucial information that can aid in the effective treatment of the given client. Testing can also help a counselor observe behaviors of a client and assist in devising of techniques to absolve imminent challenges or problems faced. In family therapy, therapists can use psychological tests to administer questionnaires to the members of the troubled family. In addition, a therapist can use psychological tests to explore interests and attitudes of each family member usually through direct interaction and identify dysfunctional elements resulting instability in the family (Cohen, Swerdlik & Sturnam, 2013).

Marriage counselors can also make use of psychology tests in executing their functions. Counselors can use the test to determine the values of the individual partners by simply observing behaviors of the partners during an interaction.