COLLEGE COUNSELING & PSYCHOLOGICAL SERVICES KNOWLEDGE BASE:

Supported by the American College Counseling Association

Additional support for Phases 1 & 2 provided by the ACPA Educational Leadership Foundation

COLLEGE COUNSELING LITERATURE

PHASE 1: 1998-2008
PHASE 2: 2009-2013
PHASE 4: 2018-2020
De-Centralized College Counseling Knowledge-Base

- In *Student Services: A Handbook for the Profession*, Komives & colleagues (2003) make the case for the important role of counseling and mental health services on college and university campuses. Our data-base fills a professional development gap for college counseling professionals by doing the work of bringing together and disseminating knowledge found across several professional literatures.

- Phase 1 was a review of college counseling articles over 10 years: 1998-2008. Phase 1 reviewed over 200 articles in 10 different journals.

- Phase 2 was a review of college counseling articles over 4 years to bring up database up to date: 2009-2013. Phase 2 reviewed nearly 500 articles in 9 different journals.

- Phase 3 was a review of college counseling articles over 4 years to further update the database: 2014-2017. Phase 3 reviewed nearly 400 articles in 9 different journals.

- Phase 4 was a review of college counseling articles over 3 years up approximately the COVID-19 moment to bring the database up-to-date: 2018-2020. Phase 4 reviewed over 400 articles in 9 journals.
De-Centralized College Counseling Knowledge-Base: Journals Included in Our Data-Base

- College Counseling Literature
  - Journal of College Counseling
  - Journal of College Student Psychotherapy
- College Student Development Literature
  - College Student Journal
  - Journal of College Student Development
  - NASPA Journal/Journal of Student Affairs Research and Practice
- College Student Health Literature
  - Journal of American College Health
- Counseling Psychology Literature
  - Journal of Counseling Psychology
  - The Counseling Psychologist
- Professional Counseling Literature
  - Journal of Counseling & Development
  - Measurement & Evaluation in Counseling and Development

Image 1: Venn diagram depicting overlap of college counseling, college student development, college student health, counseling psychology, and professional counseling.
College counseling themes emerging from the College Counseling Literature:
*Journal of College Counseling (JCC)*
*Journal of College Student Psychotherapy (JCSP)*

Phase 1: 1998-2008

- **Theme 1: College counseling & mental health needs and presenting concerns**
  - *Divided into 12 specific sub-themes (see following pages)*

- **Theme 2: Specialized campus populations**
  - *Divided into 6 specific sub-themes (see following pages)*

- **Theme 3: Counseling interventions and outcomes**
  - *Divided into 8 specific sub-themes (see following pages)*

- **Theme 4: Professional issues and trends**
  - *Divided into 9 specific sub-themes (see following pages)*
Theme 1 emerging from the college counseling literature, Phase 1: College student counseling and mental health needs and presenting concerns

- **Sub-Theme 1(A):** Substance use (JCC 15, JCSP 7 articles)
- **Sub-Theme 1(B):** Eating disorders (JCC 10, JCSP 11 articles)
- **Sub-Theme 1(C):** Dating & relationship violence (JCC 11, JCSP 7 articles)
- **Sub-Theme 1(D):** College adjustment & academic success (JCC 13, JCSP 2 articles)
- **Sub-Theme 1(E):** Depression & suicide (JCC 6, JCSP 3 articles)
- **Sub-Theme 1(F):** Family of origin issues & influences (JCC 3, JCSP 4 articles)
- **Sub-Theme 1(G):** Maladaptive perfectionism (JCC 2, JCSP 5 articles)
- **Sub-Theme 1(H):** Learning disabilities & ADHD (JCC 5, JCSP 2 articles)
- **Sub-Theme 1(I):** Non-suicidal self-harm (JCC 5, JCSP 1 article)
- **Sub-Theme 1(J):** Other mental disorders (JCC 3, JCSP 4 articles)
- **Sub-Theme 1(K):** Wellness & psychological adjustment (JCC 3, JCSP 2 articles)
- **Sub-Theme 1(L):** Relationship distress (non-violent) (JCC 1, JCSP 3 articles)
Theme 2 emerging from the college counseling literature, Phase 1: Specialized campus populations

- **Sub-Theme 2(A): Gender & ethnicity** (JCC 23, JCSP 9 articles)
- **Sub-Theme 2(B): International students** (JCC 14, 4 articles)
- **Sub-Theme 2(C): Graduate students** (JCC 1, 13 articles)
- **Sub-Theme 2(D): GLBT students** (JCC 5, JCSP 3 articles)
- **Sub-Theme 2(E): Non-traditionally aged students** (JCC 5 articles, JCSP 0)
- **Sub-Theme 2(F): Student athletes** (JCC 3 articles, JCSP 0)
Theme 3 emerging from the college counseling literature, Phase 1: Counseling interventions and outcomes

- **Sub-Theme 3(A):** Individual counseling & psychotherapy: Various innovative practices & programs (JCC 16, 11 articles)
- **Sub-Theme 3(B):** Brief therapy (JCC 2 articles, JCSP 16 articles)
- **Sub-Theme 3(C):** Overlapping personal, career, and academic counseling (JCC 4, JCSP 6 articles)
- **Sub-Theme 3(D):** Evidence-based psychotherapy/Measuring counseling outcomes (JCC 4, JCSP 5 articles)
- **Sub-Theme 3(E):** Group counseling & psychotherapy: Various innovative practices and programs (JCC 1, JCSP 5 articles)
- **Sub-Theme 3(F):** Overlapping counseling & medication treatment (JCC 0, JCSP 6 articles)
- **Sub-Theme 3(G):** EMDR & trauma-cuing (JCC 1, JCSP 4 articles)
- **Sub-Theme 3(H):** Psychometric intake tools (JCC 2, JCSP 1 articles)
Theme 4 emerging from the college counseling literature, Phase 1: Professional issues and trends

- **Sub-Theme 4(A): Administration, policy, & strategic planning** (JCC 1, JCSP 14 articles)
- **Sub-Theme 4(B): Outreach, consultation, & campus culture** (JCC 11, JCSP 2 articles)
- **Sub-Theme 4(C): Training & supervision** (JCC 5, JCSP 6 articles)
- **Sub-Theme 4(D): Help-seeking, service utilization, & attrition** (JCC 5, JCSP 6 articles)
- **Sub-Theme 4(E): Emergency, crisis, & trauma responses** (JCC 2, JCSP 7 articles)
- **Sub-Theme 4(F): Managed care, session limits, & off-campus referrals** (JCC 0, JCSP 9 articles)
- **Sub-Theme 4(G): Professional associations & knowledge-base** (JCC 8, JCSP 1 article)
- **Sub-Theme 4(H): Psychiatric medication** (JCC 0, JCSP 7 articles)
- **Sub-Theme 4(I): Professional staff** (JCC 3, JCSP 0 articles)
College counseling themes emerging from the College Counseling Literature:
*Journal of College Counseling (JCC)*
*Journal of College Student Psychotherapy (JCSP)*

Phase 2: 2009-2013

- **Theme 1: College counseling & mental health needs and presenting concerns**
  - Divided into 14 specific sub-themes (see following pages)

- **Theme 2: Specialized campus populations**
  - Divided into 9 specific sub-themes (see following pages)

- **Theme 3: Counseling interventions and outcomes**
  - Divided into 9 specific sub-themes (see following pages)

- **Theme 4: Professional issues and trends**
  - Divided into 11 specific sub-themes (see following pages)
Theme 1 emerging from the college counseling literature, Phase 2: College student counseling and mental health needs and presenting concerns

- **Sub-Theme 1(A): Eating disorders & body image** (JCC 5, JCSP 4 articles)
- **Sub-Theme 1(B): Depression & suicide** (JCC 2, JCSP 4 articles)
- **Sub-Theme 1(C): Wellness, stress, & psychological adjustment** (JCC 2, JCSP 3 articles)
- **Sub-Theme 1(D): Relationship distress (non-violent)** (JCC 2, JCSP 2 articles)
- **Sub-Theme 1(E): Substance use** (JCC 2, JCSP 1 articles)
- **Sub-Theme 1(F): Family of origin issues & influences** (JCC 1, JCSP 2 articles)
- **Sub-Theme 1(G): Sleep disruption** (JCC 1, JCSP 2 articles)
- **Sub-Theme 1(H): Non-suicidal self-harm** (JCC 2, JCSP 1 articles)
- **Sub-Theme 1(I): Personality disorders & features** (JCC 3, JCSP 0 article)
- **Sub-Theme 1(J): ADHD & autism spectrum** (JCC 0, JCSP 2 articles)
- **Sub-Theme 1(K): Other mental disorders** (JCC 0, JCSP 2 articles)
- **Sub-Theme 1(L): College adjustment & academic success** (JCC 1, JCSP 0 articles)
Theme 1 emerging from the college counseling literature, Phase 2: College student counseling and mental health needs and presenting concerns, continued

- **Sub-Theme 1(M) Maladaptive perfectionism** (JCC 1, JCSP 0 articles)
- **Sub-Theme 1(N): Dating & relationship violence** (JCC 1, JCSP 0 articles)
Theme 2 emerging from the college counseling literature, Phase 2: Specialized campus populations

- **Sub-Theme 2(A): Gender & ethnicity** (JCC 12, JCSP 2 articles)
- **Sub-Theme 2(B): International students** (JCC 3, JCSP 2 articles)
- **Sub-Theme 2(C): GLBTQ students** (JCC 4, JCSP 0 articles)
- **Sub-Theme 2(D): Student athletes** (JCC 3, JCSP 0 articles)
- **Sub-Theme 2(E): Military/veteran students** (JCC 0, JCSP 0 articles)
- **Sub-Theme 2(F): Graduate students** (JCC 0, JCSP 2 articles)
- **Sub-Theme 2(G): First-generation students** (JCC 1, JCSP 0 articles)
- **Sub-Theme 2(H): Native American students** (JCC 1, JCSP 0 articles)
- **Sub-Theme 2(I): Non-traditionally aged students** (JCC 1, JCSP 0 articles)
Theme 3 emerging from the college counseling literature, Phase 2: Counseling interventions and outcomes

- **Sub-Theme 3(A): Individual counseling & psychotherapy:** Various innovative practices & programs (JCC 3, JCSP 4 articles)
- **Sub-Theme 3(B): Mindfulness & motivational interviewing** (JCC 5 articles, JCSP 1 articles)
- **Sub-Theme 3(C): Media- & technology-based counseling interventions** (JCC 2, JCSP 3 articles)
- **Sub-Theme 3(D): Psychometric intake tools** (JCC 3, JCSP 1 articles)
- **Sub-Theme 3(E): Overlapping career, academic, & personal counseling** (JCC 3, JCSP 0 articles)
- **Sub-Theme 3(F): Family therapy interventions** (JCC 0, JCSP 2 articles)
- **Sub-Theme 3(G): Group counseling & psychotherapy:** Various innovative practices & programs (JCC 0, JCSP 2 articles)
Theme 3 emerging from the college counseling literature, Phase 2: Counseling interventions and outcomes, continued

- Sub-Theme 3(H): Writing-task interventions (JCC 1, JCSP 1 articles)
- Sub-Theme 3(I): Multimodal approaches: Integrating individual & group counseling & medication (JCC 0 articles, JCSP 1 articles)
Theme 4 emerging from the college counseling literature, Phase 2: Professional issues and trends

- **Sub-Theme 4(A):** Outreach, consultation, & campus culture (JCC 2, JCSP 7 articles)
- **Sub-Theme 4(B):** Counseling center role, mission, services, & identity (JCC 1, JCSP 6 articles)
- **Sub-Theme 4(C):** Professional associations & knowledge-base (JCC 3, JCSP 3 articles)
- **Sub-Theme 4(D):** Training & supervision (JCC 3, JCSP 2 articles)
- **Sub-Theme 4(E):** Client severity, behavioral disturbances, psychiatric emergencies, & risk management (JCC 1, JCSP 5 articles)
- **Sub-Theme 4(F):** Professional staff (JCC 0, JCSP 5 articles)
- **Sub-Theme 4(G):** Clinical assessment & triage trends (JCC 2, JCSP 1 articles)
Theme 4 emerging from the college counseling literature, Phase 2: Professional issues and trends, *continued*

- **Sub-Theme 4(A):** Help-seeking, service utilization, & attrition (JCC 1, JCSP 2 articles)
- **Sub-Theme 4(B):** Mandated counseling (JCC 1, JCSP 1 articles)
- **Sub-Theme 4(C):** Legal issues (JCC 0, JCSP 1 articles)
- **Sub-Theme 4(D):** Session limit policies (JCC 0, JCSP 1 articles)
College counseling themes emerging from the College Counseling Literature:

*Journal of College Counseling (JCC)*

*Journal of College Student Psychotherapy (JCSP)*

**Phase 3: 2014-2017**

- **Theme 1:** College student counseling & mental health needs and presenting concerns
  - *Divided into 11 specific sub-themes (see following pages)*

- **Theme 2:** Counseling interventions & outcomes
  - *Divided into 10 specific sub-themes (see following pages)*

- **Theme 3:** Professional issues & trends
  - *Divided into 10 specific sub-themes (see following pages)*

- **Theme 4:** Specialized campus populations
  - *Divided into 9 specific sub-themes (see following pages)*
Theme 1 emerging from the college counseling literature, Phase 3: College student counseling and mental health needs and presenting concerns

- **Sub-Theme 1(A):** Wellness, stress, & psychological adjustment (JCC 8, JCSP 2 articles)
- **Sub-Theme 1(B):** Depression & suicide (JCC 4, JCSP 3 articles)
- **Sub-Theme 1(C):** Substance use (JCC 4, JCSP 3 articles)
- **Sub-Theme 1(D):** Various mental disorders: ADHD, Autism Spectrum, Eating Disorders, & Obsessive-Compulsive Disorder (JCC 3, JCSP 2 articles)
- **Sub-Theme 1(E):** Spiritual & religious issues & dynamics (JCC 4, JCSP articles)
- **Sub-Theme 1(F):** Family of origin issues & influences (JCC 2, JCSP 1 articles)
- **Sub-Theme 1(G):** Grief & bereavement (JCC 1, JCSP 1 articles)
- **Sub-Theme 1(H):** Non-suicidal self-injury (JCC 2, JCSP 0 articles)
- **Sub-Theme 1(I):** Past abuse, trauma, or victimization (JCC 2, JCSP 0 articles)
- **Sub-Theme 1(J):** Maladaptive perfectionism (JCC 0, JCSP 1 articles)
- **Sub-Theme 1(K):** Relationship distress (non-violent) (JCC 1, JCSP 0 articles)
Theme 2 emerging from the college counseling literature, Phase 3: Counseling interventions & outcomes

- **Sub-Theme 2(A): Individual counseling & psychotherapy: Various innovative practices & programs** (JCC 3, JCSP 5 articles)
- **Sub-Theme 2(B): Psychometric intake tools** (JCC 4, JCSP 1 articles)
- **Sub-Theme 2(C): Dialectical behavior therapy (DBT)** (JCC 1, JCSP 3 articles)
- **Sub-Theme 2(D): Group counseling & psychotherapy: Various innovative practices & programs** (JCC 2, JCSP 2 articles)
- **Sub-Theme 2(E): Outreach & prevention: Various innovative practices & programs** (JCC 1, JCSP 3 articles)
- **Sub-Theme 2(F): Sexual assault & trauma: Various innovative practices & programs** (JCC 1, JCSP 2 articles)
- **Sub-Theme 2(G): Substance use & recovery: Various innovative practices & programs** (JCC 0, JCSP 3 articles)
Theme 2 emerging from the college counseling literature, Phase 3: Counseling interventions and outcomes, continued

- **Sub-Theme 2(H): Emotional support animals** (JCC 1, JCSP 2 articles)
- **Sub-Theme 2(I): Diagnosis** (JCC 0 articles, JCSP 2 articles)
- **Sub-Theme 2(J): Mindfulness interventions** (JCC 0 articles, JCSP 2 articles)
Theme 3 emerging from the college counseling literature, Phase 3: Professional issues and trends

- **Sub-Theme 3(A):** Current college student mental health pressures: Counseling center role, mission, services & identity (JCC 1, JCSP 6 articles)
- **Sub-Theme 3(B):** Managing student demand for services (JCC 1, JCSP 6 articles)
- **Sub-Theme 3(C):** Professional staff (JCC 1, JCSP 3 articles)
- **Sub-Theme 3(D):** Social media: College counseling implications (JCC 2, JCSP 2 articles)
- **Sub-Theme 3(E):** Evidence-based outcomes assessment (JCC 1, JCSP 2 articles)
- **Sub-Theme 5(F):** Help-seeking, service utilization & attrition (JCC 1, JCSP 2 articles)
- **Sub-Theme 3(G):** Training & supervision (JCC 2, JCSP 1 articles)
- **Sub-Theme 3(H):** Community college counseling (JCC 1, JCSP 2 articles)
Theme 3 emerging from the college counseling literature, Phase 3: Professional issues and trends, *continued*

- **Sub-Theme 3(I):** Behavioral disturbances, threat assessment, & disability law (JCC 1, JCSP 1 articles)
- **Sub-Theme 3(J):** College student pathology trends over time (JCC 0, JCSP 1 articles)
- **Sub-Theme 3(K):** Professional associations & knowledge-base (JCC 1, JCSP 0 articles)
Theme 4 emerging from the college counseling literature, Phase 3: Specialized campus populations

- **Sub-Theme 4(A): Gender & ethnicity** (JCC 8, JCSP 3 articles)
- **Sub-Theme 4(B): International campuses** (JCC 0, JCSP 5 articles)
- **Sub-Theme 4(C): Graduate students** (JCC 2, JCSP 2 articles)
- **Sub-Theme 4(D): Academic majors & disciplines** (JCC 0, JCSP 2 articles)
- **Sub-Theme 4(E): First generation college students** (JCC 2, JCSP 0 articles)
- **Sub-Theme 4(F): GLBTQ students** (JCC 1, JCSP 1 articles)
- **Sub-Theme 4(G): Student athletes** (JCC 1, JCSP 1 articles)
- **Sub-Theme 4(H): Greek life** (JCC 0, JCSP 1 articles)
- **Sub-Theme 4(I): Military/veteran students** (JCC 1, JCSP 0 articles)
College counseling themes emerging from the College Counseling Literature: 
*Journal of College Counseling (JCC)*
*Journal of College Student Psychotherapy (JCSP)*

Phase 4: 2018-2020

- **Theme 1: College counseling & mental health needs and presenting concerns**
  - *Divided into 10 specific sub-themes (see following pages)*

- **Theme 2: Counseling interventions and outcomes**
  - *Divided into 9 specific sub-themes (see following pages)*

- **Theme 3: Professional issues and trends**
  - *Divided into 11 specific sub-themes (see following pages)*

- **Theme 4: Specialized campus populations**
  - *Divided into 10 specific sub-themes (see following pages)*
Theme 1 emerging from the college counseling literature, Phase 4: College student counseling and mental health needs and presenting concerns

- **Sub-Theme 1(A): Wellness, stress, & adjustment to college** (JCC 5, JCSP 3 articles)
- **Sub-Theme 1(B): Past abuse, trauma, or victimization** (JCC 2, JCSP 3 articles)
- **Sub-Theme 1(C): Various mental disorders** (JCC 2, JCSP 5 articles)
- **Sub-Theme 1(D): Substance use** (JCC 4, JCSP 1 articles)
- **Sub-Theme 1(E): Non-suicidal self-injury** (JCC 3, JCSP 2 articles)
- **Sub-Theme 1(F): Depression & suicide** (JCC 1, JCSP 3 articles)
- **Sub-Theme 1(G): Sexual assault** (JCC 2, JCSP 1 articles)
- **Sub-Theme 1(H): Spiritual & religious issues & influences** (JCC 1, JCSP 1 article)
- **Sub-Theme 1(I): Family of origin issues & influences** (JCC 0, JCSP 2 articles)
- **Sub-Theme 1(J): Grief & bereavement** (JCC 1, JCSP 2 articles)
Theme 2 emerging from the college counseling literature, Phase 4: Counseling interventions and outcomes

- Sub-Theme 2(A): Outreach & prevention: Various innovative practices & programs (JCC 0, JCSP 8 articles)
- Sub-Theme 2(B): Group counseling & psychotherapy: Various innovative practices & programs (JCC 3 articles, JCSP 83 articles)
- Sub-Theme 2(C): Individual counseling & psychotherapy: Various innovative practices & programs (JCC 3, JCSP 2 articles)
- Sub-Theme 2(D): Psychometric intake tools (JCC 3, JCSP 1 articles)
- Sub-Theme 2(E): Mindfulness interventions (JCC 1, JCSP 3 articles)
- Sub-Theme 2(F): Sexual assault & trauma: Various innovative practices & programs (JCC 2, JCSP 2 articles)
- Sub-Theme 2(G): Dialectical behavior therapy (DBT) (JCC 1, JCSP 1 article)
- Sub-Theme 3(H): Emotional support animals (JCC 0 articles, JCSP 1 article)
Theme 2 emerging from the college counseling literature, Phase 4: Counseling interventions and outcomes, *continued*

- **Sub-Theme 2(I): Substance use & recovery:** Various innovative practices & programs (JCC 0 articles, JCSP 1 article)
- **Sub-Theme 2(J): Career counseling:** Various innovative practices & programs (JCC 1 article, JCSP 0 articles)
Theme 3 emerging from the college counseling literature, Phase 4: Professional issues and trends

- Sub-Theme 3(A): Help-seeking, service utilization & attrition (JCC 0, JCSP 5 articles)
- Sub-Theme 3(B): Managing student demand for services (JCC 0, JCSP 3 articles)
- Sub-Theme 3(C): Training & supervision (JCC 2, JCSP 1 articles)
- Sub-Theme 3(D): College counseling organizational structure (JCC 0, JCSP 3 articles)
- Sub-Theme 3 (E) Service delivery changes/adaptations (JCC 2, JCSP 2 articles)
- Sub-Theme 5(F): Professional staff (JCC 0, JCSP 2 articles)
- Sub-Theme 3(G): Current college mental health pressures: Counseling center role, mission, services & identity (JCC 1, JCSP 1 article)
- Sub-Theme 3(H): College student pathology trends over time (JCC 0, JCSP 2 articles)
Theme 3 emerging from the college counseling literature, Phase 4: Professional issues and trends, *continued*

- Sub-Theme 3(I): Professional associations & knowledge-base (JCC 0, JCSP 2 articles)
- Sub-Theme 3(J): Clinical decision making (JCC 0, JCSP 1 article)
- Sub-Theme 3(K): Behavioral disturbances, threat assessment & disability law (JCC 0, JCSP 1 article)
Theme 4 emerging from the college counseling literature, Phase 4: Specialized campus populations

- **Sub-Theme 4(A): Gender & ethnicity** (JCC 16, JCSP 8 articles)
- **Sub-Theme 4(B): International campuses** (JCC 2, JCSP 5 articles)
- **Sub-Theme 4(C): Graduate students** (JCC 2 articles, JCSP 1 article)
- **Sub-Theme 4(D): Academic majors & disciplines** (JCC 2, JCSP 0 articles)
- **Sub-Theme 4(E): Student athletes** (JCC 0, JCSP 2 articles)
- **Sub-Theme 4(F): GLBTQ students** (JCC 2, JCSP 0 articles)
- **Sub-Theme 4(G): Military/veteran students** (JCC 1 article, JCSP 0 articles)
- **Sub-Theme 4(H): First generation college students** (JCC 0, JCSP 1 articles)
- **Sub-Theme 4(I): Students with chronic illnesses** (JCC 1, JCSP 0 articles)
- **Sub-Theme 4(J): Older/nontraditional students** (JCC 1, JCSP 0 articles)