COLLEGE COUNSELING & PSYCHOLOGICAL SERVICES KNOWLEDGE BASE:

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COLLEGE COUNSELING LITERATURE

PHASE 1: 1998-2008
PHASE 2: 2009-2013
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.
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(F): 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)

- 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: Counseling interventions & outcomes

- **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)