



COLLEGE COUNSELING & PSYCHOLOGICAL SERVICES KNOWLEDGE BASE:

Supported by the American College Counseling Association

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COLLEGE COUNSELING LITERATURE

PHASE 1: 1998-2008

PHASE 2: 2009-2013

PHASE 3: 2014-2017

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*

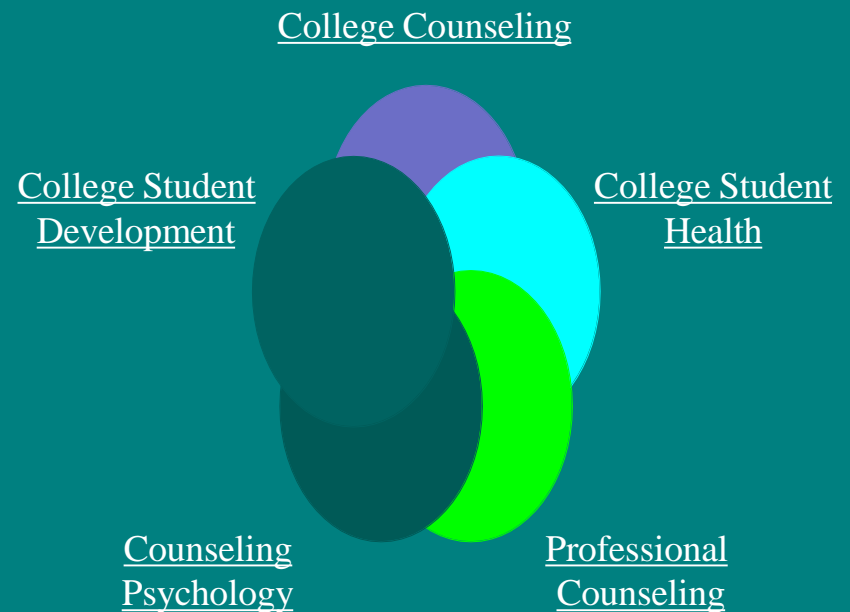


Image 1: Venn diagram depicting overlap of college counseling, college student development, college student health, counseling psychology, and professional counseling.

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(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)



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 3(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 83articles)
- 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)



References

Dungy, G. J. (2003). Organization and functions of student affairs. In S. R. Komives, D. B. Woodard, Jr., & Associates (Eds.). *Student services: A handbook for the profession, Fourth edition*. San Francisco, CA: Jossey-Bass.

