### SAMUEL T. GLADDING

# THE COUNSELING DICTIONARY FOURTH EDITION

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AMERICAN COUNSELING ASSOCIATION 6101 Stevenson Avenue • Suite 600 • Alexandria, VA 22304 www.counseling.org

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# DEDICATION

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To my graduate students in counseling at Fairfield University, the University of Alabama at Birmingham, and Wake Forest University, who have taught me to be precise and concise with my words and inspired me to be a better counselor.

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*Note.* Every effort has been made to provide accurate and current online information in this book. However, the Internet and information posted on it are constantly changing, and it is inevitable that some of the Internet addresses listed in this textbook will change.

### PREFACE

Behind every book there is a story. This dictionary is no exception. The story is simple. Some years ago, one of my students asked me whether I could give her a concise definition of a word often used in counseling. I thought I could provide a definition, but I told her I would consult the glossary of a leading book in the field to make sure the definition was concise. To my surprise, that book did not have a glossary. "No problem," I thought. "I'll go to another leading book in the field." However, that book had a glossary but did not include the word for which I was looking. "Well, surely another major book in the field will have what I want," I thought. I was wrong again!

Not known to give up easily, I decided I would find a dictionary of counseling terms. Surely, going to an authoritative source would solve my problem and save me time. Well, I was incorrect once more. I found a lot of dictionaries for a number of professions, but when it came to counseling, I could locate only three. One had been published in the 1960s, one in the early 1980s, and the most recent one (from the 1990s) contained fewer than 300 terms and not the one I wanted. Wow! The task that I expected would be simple had turned out to be anything but that.

Thus, the idea of my writing a dictionary of counseling was born. The purpose of this book is threefold. First, it is aimed at students and new professionals who are entering or have entered the profession of counseling and wish to better learn the language that goes with it. Second, this dictionary is intended to serve professors and practicing counselors as a quick reference source to commonly used counseling terms and historical contributors to the field. Third, the dictionary is meant to be a resource for the public to help laypersons discern what counselors and other helping professionals mean when they use specific words or refer to someone who influenced the development of counseling.

It is my hope that you will both enjoy as well as benefit from this reference. If so, your frustration in finding concise descriptors of counseling terms may be alleviated. More important, your understanding of counseling and related mental health fields may be enhanced.

### New to This Edition

A total of 342 new terms have been added to this edition of *The Counseling Dictionary*, thus providing basic information on almost 4,000 words and abbreviations often used

or referred to in the profession of counseling. Moreover, new examples have been provided to help you as a reader better understand the definitions given. Many words that are defined in the dictionary are *italicized* when included in the definition of another term. Thus, if you do not understand an italicized word in a definition, it is easy to find an explanation of that word within the confines of the text. This dictionary also contains updated URLs of organizations and associations that can enrich your understanding in selected areas of counseling.

Another new feature of this edition is that more names of prominent professionals who have influenced the development of counseling have been added. They are found in Appendix A. Many of the names in this appendix are of historical figures who influenced counseling and other helping professions, but other names are of contemporary counselors who have made and are still making contributions to the field. Because of the political sensitivity involved with being included in or excluded from a work of this nature, I have purposefully tried to limit the number of my contemporaries listed here. Thus, with a few exceptions, no one still living who is referred to in these pages is younger than 60 years of age, and a great many of them are retired or are historical.

Another feature of this edition of *The Counseling Dictionary*, found in Appendix B, is an updated, brief version of major events in the development of counseling since the turn of the 20th century. More recent events, such as those that have occurred since 2010, have been added. A final new feature of this book is the inclusion of an expanded and updated list of self-help organizations in the United States in Appendix C. Often professionals wish to make referrals or to find information about such groups. It is sometimes difficult to locate self-help associations, even through an Internet search. The list in this dictionary does not include all self-help groups in the United States because there are dozens of them. However, this appendix gives a representative sample of self-help groups from A (Adult Children of Alcoholics World Service Organization) to W (Workaholics Anonymous).

Overall, this fourth edition of *The Counseling Dictionary* is the most thorough yet. It should be useful to both students in and new graduates of counseling programs as well as more experienced professionals. It is apolitical and attempts only to supply information on and related to the profession of counseling. This brief volume will be enough for many readers. However, if it is not, resources such as *The ACA Encyclopedia of Counseling* (American Counseling Association, 2009 World Service Organization) can provide more information.

## ACKNOWLEDGMENTS

I n writing this dictionary, I am indebted to my teachers, colleagues, students, and clients, both past and present. They are too numerous to name individually. However, some have been especially helpful in recent years. Anita Hughes, my administrative assistant when I was in the Provost Office at Wake Forest University, read the initial drafts of this text and offered invaluable input and suggestions. Also providing me with excellent preliminary feedback were my colleagues in the Department of Counseling at Wake Forest University—especially Donna Henderson and Pamela Karr—and my graduate students, Mike Ryan, Paige Bentley, Dan Barnhart, Anne McMullan, and Katie Anne Burt. Outside reviewers for this dictionary included Scott E. Gillig, Barry University; Jerry A. Mobley, Fort Valley State University; Jeannette Seaberry, University of Nebraska, Omaha; H. Lori Schnieders, Vanderbilt University; and Stephen R. Wester, University of Wisconsin, Milwaukee.

I am also indebted to my wife, Claire, and our children, Ben, Nate, and Tim. They made many interesting and constructive comments about this text, and they allowed me to use our home computer in between their community correspondence, schoolwork assignments, instant messaging, e-mails, and blogging activities. Finally, I appreciate the fine professionals at Pearson with whom I was associated for the first three editions of this work, especially Meredith Fossell and Kevin Davis, and my current editor at the American Counseling Association, Carolyn Baker. All have been wonderful to work with. Who could ask for more?

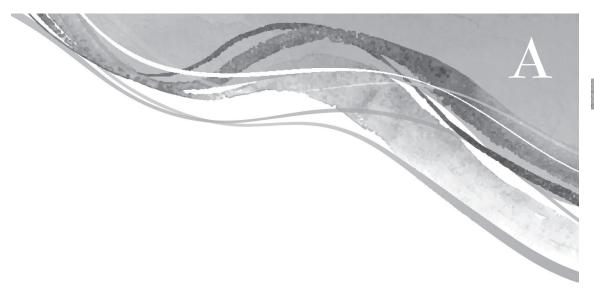
## ABOUT THE AUTHOR

SAMUEL T. GLADDING, PhD, is a professor in and the former chair of the Department of Counseling at Wake Forest University in Winston-Salem, North Carolina, where he has also served as the associate provost and assistant to the president. He has been a practicing counselor in both public and private agencies. His leadership in the field of counseling includes service as president of the American Counseling Association, the Association for Counselor Education and Supervision, the Association for Specialists in Group Work, and Chi Sigma Iota Counseling Academic and Professional Honor Society International.

Dr. Gladding is the former editor of the Journal for Specialists in Group Work and the author of more than 40 books and 100 professional refereed publications. In 1999, he was cited as being in the top 1% of contributors to the Journal of Counseling & Development from 1978 to 1993. Some of his most recent books include Counseling: A Comprehensive Profession (8th ed.), Groups: A Counseling Specialty (7th ed.), Family Therapy: History, Theory, and Process (6th ed.), The Creative Arts in Counseling (5th ed.), Clinical Mental Health Counseling in Community and Agency Settings (5th ed., with Deborah W. Newsome), and Becoming a Counselor: The Light, the Bright, and the Serious (2nd ed.).

Dr. Gladding's previous academic appointments have been at the University of Alabama at Birmingham and Fairfield University. He also worked as director of children's services in a mental health center and in a private practice counseling group. He received his degrees from Wake Forest University (BA, MEd), Yale University (MAR), and the University of North Carolina–Greensboro (PhD). He is a national certified counselor, a certified clinical mental health counselor, and a licensed professional counselor (North Carolina). Dr. Gladding served as a member of the North Carolina Board of Licensed Professional Counselors and a trustee as well as chair of the American Counseling Association Foundation. He is also a Fellow in the Association for Specialists in Group Work and the American Counseling Association.

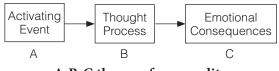
Dr. Gladding is married to the former Claire Tillson and the father of three children—Ben, Nate, and Tim. Outside of counseling, he enjoys swimming, poetry, history, and humor.



- **20/20:** A Vision for the Future of Counseling Also known as 20/20. In an attempt to unify the profession of *counseling*, 29 out of 30 counseling associations came together to advance the profession. They agreed on seven unifying principles on which counseling is founded and a concise definition of what counseling is. See *counseling*.
- **a priori questions** Questions raised before an *evaluation.*
- AA See Alcoholics Anonymous.
- **AACC** See American Association of Christian Counselors.
- **AACD** See American Association for Counseling and Development.
- AADA See Association for Adult Development and Aging.
- **AAMFT** See American Association for Marriage and Family Therapy.
- AAPC See American Association of Pastoral Counselors.
- **AARC** See Association for Assessment and Research in Counseling.
- AARP Formerly known as the American Association of Retired Persons, AARP is a leading advocacy group for people ages 50 and older. AARP seeks to influence social and political activities that affect the aging and aged. Its address is 601 E Street NW, Washington, DC 20049 (www.aarp.org).
- **AASCB** See American Association of State Counseling Boards.
- **AASECT** See American Association of Sexuality Educators, Counselors and Therapists.
- AAT See animal-assisted therapy.
- AATA See American Art Therapy Association.
- **AB research design** A simple time series *experimental research* design method in which a *baseline* (A)

is established before an *intervention* strategy (B) is introduced.

- **ABAB research design** A more complex and involved *experimental research* design than an AB simple time series *experiment*. In this *method*, a *baseline* (A) is established, followed by an *intervention* (B), which is then discontinued after a time, followed by a second baseline (A) and intervention (B). The ABAB research design is used to confirm that the *treatment* intervention (B) really had an effect on the baseline *behavior*.
- abandonment 1. The act of leaving a child alone, which is considered a form of *child abuse*. 2. When a *counselor* terminates a *client* without informing the client of this fact.
- **A-B-C theory of personality** Albert Ellis's *rational emotive behavior therapy (REBT) method* of conceptualizing the origin of human *feelings* and their resulting *behaviors*. In this model, A stands for an *activating* event or experience, B stands for a person's *thought*(s) or belief(s) about A, and C represents feeling(s) or *emotion*(s) resulting from the thought(s) in B. In this model, the thinking/ belief aspect around an event is crucial in regard to the effective *outcome*. For example, if a person thinks he or she will be rejected when asking another person for a date, he or she may avoid asking the other person out.



A-B-C theory of personality

A-B-C-D-E-F paradigm Albert Ellis's rational emotive behavior therapy (REBT) method of correcting illogical or irrational thinking and promoting and maintaining change. In this model, the A, B, and C are the same as in the A-B-C theory of personality. D is the counselor disputing any irrational thoughts or beliefs of the client. E refers to the presumed consequences (or effects) of the counselor's interventions, that is, the client gaining a different perception of an event. F represents new feelings the client has in regard to the event or situation in A. To change a negative or nonproductive feeling, individuals need to think differently, such as in either a neutral or positive way. For example, if an individual thinks that going to the dentist is horrible, he or she may be encouraged to think of the experience as just a checkup or as a preventive measure to avoid greater pain later from a toothache. See also rational emotive behavior therapy (REBT).

- **ABCT** See Association for Behavioral and Cognitive Therapies.
- **ABCX model of a crisis** An event or situation (A) becomes a crisis depending on the resources (B) and perception (C) of an individual or family and the degree of stress (X), from low to high, generated by the event or situation. An event that is perceived as relatively minor by one individual, such as an independently wealthy person losing his or her job, may be perceived as a crisis by someone else without many skills or financial resources.
- **ability** A natural tendency to do something well, such as carry out tasks in daily life (e.g., dress or feed oneself), work at a job/attend school, or be physically mobile.
- **ability test** A *test* that measures the extent to which a person is presently functioning in a particular area, such as math. An ability test provides an estimate of what the person is capable of performing in regard to a certain task.
- **ableism** A type of discrimination that excludes people who are disabled in any way (e.g., have mental, emotional, behavioral, or physical disabilities).

**ABN** See advance beneficiary notice.

**abnormal** Functioning that is divergent or *maladaptive* from what is considered normal among a *population*, especially if the *behavior* is persistent. Abnormal is a culturally sensitive concept because what is considered appropriate in one society may not be seen as such in another. For example, looking people in the eye when speaking to them may be considered essential in some societies and inappropriate in others.

- **abreaction** A *psychoanalysis* term for the therapeutic relieving of painful or distressing *emotion* by a *client* through calling into awareness experiences or material that has been repressed. For example, a male client may feel relief after talking to the *counselor* about sexual fantasies he had about his sister when they were both adolescents.
- **absolutism** A term in Jean Piaget's *stages* of *moral development* for the concern that children, beginning at approximately age 5 years, have about right and wrong and the *rules* of life. At this stage, children have absolute faith in the rules their parents have given them (e.g., "Never talk to a stranger").
- **abstract 1.** A brief formal summary at the beginning of a *research* study or theoretical paper. **2.** The ability to understand symbolic concepts.
- **abstract reasoning** The ability to manipulate thoughts that include dealing with *situations* that have not yet occurred, to use logical thought *processes*, and to develop symbolic meaning. For example, abstract reasoning has developed when persons can imagine what will happen if they make certain *choices* in life, such as following particular career paths.
- **absurdity** A statement that is half truthful and even silly if followed to its conclusion (e.g., "I'll simply fall apart if my son acts that way again"). *Counselors* sometimes work with individuals and families by using absurdities and exaggerating *client* statements to help them recognize realities. The use of absurdities is a favorite *method* of many *rational emotive behavior therapy (REBT)* therapists.
- **abuse 1.** All forms of *maltreatment* or improper *behavior* of one person or group by another (or on oneself), whether physical, sexual, behavioral, cognitive, economic, or emotional. **2.** The misuse of *substances*, such as alcohol or drugs, to the detriment of a person's physical, mental, spiritual, and moral health and well-being.
- ACA See American Counseling Association.

#### ACAC See Association for Child and Adolescent Counseling.

ACA Code of Ethics The American Counseling Association (ACA) has a Code of Ethics that each member of the association is expected to follow. The first Code was initiated by Donald Super in 1961. Since that time, the Code has been revised six times: in 1974, 1981, 1988, 1995, 2005, and 2014. The Code has nine main sections: The Counseling Relationship; Confidentiality and Privacy; Professional Responsibility; Relationships With Other Professionals; Evaluation, Assessment, and Interpretation; Supervision, Training, and Teaching; Research and Publication; Distance Counseling, Technology, and Social Media; and Resolving Ethical Issues. See code of ethics.

- ACA Competencies These documents contain information on advocacy in a number of *counseling* areas. See the full list at www.counseling. org/knowledge-center/competencies. See also *Advocacy Competencies*.
- academic enablers In schools, interpersonal skills, motivation, engagement, and study skills that can improve or hinder academic success.
- ACAF See American Counseling Association Foundation. ACC See Association for Creativity in Counseling.
- ACCA See American College Counseling Association. accent When the last few words of a client's statement are highlighted by a counselor to give them emphasis. For example, if a client says, "The situation I'm in now is driving me crazy," the counselor

might reply, "Driving you crazy?"

- acceptance 1. Also known as unconditional positive regard. A deep and genuine caring for the client as a person; a prizing of the person just for being. Carl Rogers stated that acceptance is one of the three necessary and sufficient conditions for change. The other two are congruence (genuineness) and empathy. 2. A simple acknowledgment by the counselor of the client's previous statement with a response such as "Yes" or "Uh-huh" that encourages the client to continue. See also minimal encouragers. 3. The act of acknowledging what is happening in a counseling session as opposed to evaluating it. 4. The final stage in Elisabeth Kübler-Ross's five stages of grief. This stage is one of peace, almost devoid of feeling.
- accommodation 1. The ability of a person or group to modify cultural ways to fit in better with a new *environment* or another group. 2. The *process* in which a *counselor* joins with a *client* to achieve a therapeutic alliance based on the nature of the client. To accommodate, counselors make personal adjustments, such as modifying their speech patterns or *behaviors*. 3. Jean Piaget's term for the way in which children alter their *thinking* when new experiences cannot be incorporated through assimilation into their intellectual *framework* (e.g., when a child realizes that not all women are his or her mother). The opposite of *assimilation*.
- **accountability** Documenting effectiveness through the use of measured means such as *outcome research* or *feedback*. To be responsible to their *clients* and the *profession, counselors* must be able to document that the procedures and *methods* they use are effective, such as informing clients that the *treatment* being used has been found to be effective in 80% of similar kinds of cases.

- accreditation An approval *process*, usually involving an academic program of study, in which members of an outside agency authorized by a *profession*, such as *counseling*, inspect and certify that program training standards as well as *practicum* and *internship* site requirements are being met at or above a minimum level. In counseling, approved programs of study are accredited by the *Council for Accreditation of Counseling and Related Educational Programs (CACREP)*.
- acculturation 1. The ways in which people learn the customs, beliefs, *behaviors*, and traditions of a *culture*. 2. The degree to which individuals from *minority* cultures identify with or conform to the attitudes, *lifestyles*, and *values* of the *majority culture*. For example, a member of a minority culture may act, dress, and speak like persons from the majority culture in an attempt to fit in.
  3. Cultural adaptation that occurs as a result of contact between multiple cultures.
- acculturation stress The psychological, somatic, and social difficulties that may accompany the acculturation process by a member of a minority group.
- ACEG See Association for Counselors and Educators in Government.
- **ACES** See Association for Counselor Education and Supervision.
- **ACGPA** See American Council of Guidance and Personnel Associations.
- achievement The degree of success, accomplishment, attainment, or competence of a person in a particular area. For example, an individual may *score* at the 90th percentile on a *standardized test*.
- achievement test An instrument that measures an individual's degree of competence or *learning* in regard to a given *subject* or skill (e.g., the *National Counselor Examination [NCE]*).
- acid An abbreviated form of *lysergic acid diethylamide* (LSD).

ACoAs See adult children of alcoholics.

ACPA See American College Personnel Association.

- acquired culture Learned habits picked up from others outside one's own *culture*, such as shaking hands instead of bowing when greeting someone.
- acquired immune deficiency syndrome (AIDS) The most advanced phase of the *human immunodeficiency virus (HIV)*. AIDS breaks down the body's immunization *system* and is fatal. Both HIV infection and AIDS are considered to be chronic illnesses and are managed with both pharmaceutical therapies (pharmacy *drugs*) and complementary (alternative) therapies. See also *human immunodeficiency virus (HIV)*.

**acrophobia** An exaggerated fear of being in high places or being up in the air.

#### ACT See American College Testing.

- acting as if An *Adlerian counseling technique* in which *clients* are instructed to act as if they were the people they want to be, the ideal people they envision. For example, a person may act as if he or she is brave even if scared.
- acting out 1. A *psychoanalytic* term for the direct or indirect *enactment* of *unconscious* tensions or wishes by a *client* in the form of disruptive or irrational *behaviors*. For example, a person may take a step backward every time he or she approaches a door. 2. A term for the disruptive and inappropriate behavior(s) of children, such as running around a classroom when other children are seated as requested.
- action 1. When a *client* translates *insights* gained in *counseling* into a *change* in *behavior*. For example, a client may come to realize that he or she can obtain more of what he or she desires in life by using the *assertiveness skills* learned in counseling.
  2. Slang for the act of gambling or placing a bet.
- action bias The tendency by a *client* to become mired in a *problem situation* because of a preference for reaction and following rather than action and initiation. For example, instead of telling someone before the fact that he or she is upset with the way he or she is usually treated, the person may wait until he or she has been treated that way again and then complain.
- **action exercises** Sensory awareness *methods* or *guided imagery* used in the *warm-up* phase of a group session or a *psychodrama* to help members discover common themes within the group as well as focus more on individual concerns.
- action phase 1. When *clients* in *counseling* put *insights* into action. 2. The second part of a *psy-chodrama process* that involves the *enactment* of a *protagonist's* concerns. For example, the protagonist may tell someone how he or she feels about him or her rather than bottling up the *emotion*.
- action research *Experience-near research* and that focuses on resolving practical, relevant *problems* that *counselors* routinely encounter, such as evaluating the effects of a psychoeducational program or *treatment* on *clients*. This type of research may not be as tightly controlled or as easily generalized as other types of research.
- **action stage** The *working stage* of individual, group, or family *counseling* in which *clients* focus on changing their *behaviors*. For example, clients may work on asking for what they want instead of being passive.

- **action therapy** A term for *treatment* procedures that are based on direct alterations of *behavior*, such as *behavior modification*.
- **active imagination** A Jungian *technique* of analysis in which individuals actively focus on experiences or images, such as in dreams or fantasies, and report *changes* in these images or experiences as they concentrate on them.
- active listening Attending to verbal and nonverbal aspects of a *client's* communication without judging or evaluating to encourage *trust*, client *self-disclosure*, and *exploration* within the *counseling relationship*. Hearing what is being implied as well as what is explicitly stated. For example, when a client says, "It's not the same for me anymore," he or she may be implying that he or she is discouraged.
- **active mastery** A concept from the *microcounseling supervision model (MSM)* that is defined as the ability to produce specific and intentional results from chosen *counseling* skills.
- **activity 1.** Movement or *behavior*, including mental *processes*, on the part of a person. **2.** In *transactional analysis (TA)*, a way of structuring time that deals with external reality (e.g., *work*).
- **activity group guidance** (AGG) *Group guidance* that involves activities that are developmental in nature, for example, *learning* proper etiquette. AGG typically includes coordinated *guidance* topics.
- **activity theory of aging** The idea that adults who are older should remain as involved in life-satisfying activities as long as they desire. The opposite of the *disengagement theory of aging*.
- **actors** Also known as *auxiliary i*ndividuals who play the parts of important people or objects in a *psychodrama* play. With prompting from the *protagonist*, actors play the protagonist's *double*, an *antagonist*, or even a piece of furniture. In the same psychodrama, an actor can play more than one part, such as the protagonist's best friend and worst enemy.
- actualizing tendency An innate tendency or *motivation* in human beings toward growth and the fulfilling of their potential—an important concept in the *person-centered counseling* theory of Carl Rogers and in *humanistic* approaches to *counseling*. See also *self-actualization*.
- **acute** The relatively rapid or sudden onset of a condition, such as a *school phobia*, that is generally of brief duration (i.e., less than 6 months).

**ADA** See Americans With Disabilities Act. **adaptation** See adaptive behavior.

- adaptive behavior Also known as *adaptation* and *adjustment*. A *response* intended to deal positively with *changes* in one's *environment*, for example, working harder instead of complaining at certain times of the day when the workload picks up.
- **adaptive child** A term in *transactional analysis* (*TA*) *theory* for the part of the *child ego state* that learns to adapt to the expectations of others (e.g., being courteous to adults) to gain acceptance and approval.
- **adaptive coping strategies** Key factors in education and prevention, such as exercise, sleep, meditation, anticipation, and social support.

ADD See attention-deficit disorder.

- addiction Psychological or physiological dependence on a *substance* (e.g., *alcohol*, tobacco, *cocaine*) or preoccupation with an activity (e.g., gambling, sex) in order to function. Addiction is characterized by increased *tolerance* of the *drug* or *behavior* and *withdrawal symptoms* when the substance or activity is unavailable. Behavior moves from normal to addictive when it both produces pleasure and reduces negative moods and includes two key features: (a) Individuals are unable to control, cut back, or stop the behavior (i.e., they are compulsive in their actions and out of control) and (b) individuals continue to use the behavior despite substantial negative consequences.
- addiction counseling *Counseling* that focuses on working with *clients* who have *addictions*.
- adding cognitive constructions The verbal component of structural family therapy consisting of advice, information, pragmatic fictions, and paradox.
- **additive responses** Empathetic *verbal responses counselors* give that add to a *client's* understanding of a *situation* (e.g., "and that frustrates you"). Additive responses clarify *thoughts* and *feelings* as well as provide a fresh perspective on meaning.
- ADDRESSING A multicultural model in *counseling* created by Pamela Hays. The letters of the model stand for the following factors: Age and generational influences, Developmental disabilities, Disabilities acquired later in life, Religion (and/ or spirituality), Ethnicity (may include race), Social status (or social class), Sexual orientation, Indigenous heritage, National origin, and Gender (and gender socialization).
- **adequate yearly progress (AYP)** A provision in the *No Child Left Behind Act* that mandates that children make adequate academic progress on specific tests.

ADHD See attention-deficit/hyperactivity disorder.

- Adjective Checklist A pencil-and-paper *personality test* generally used with adults. The test contains 300 adjectives and measures 37 dimensions of *personality*. It is not timed but usually takes from 15 to 20 minutes to complete.
- **adjourning** Also known as *mourning* and *termination*. The final *stage* in *group development*, when *counseling* comes to an end.
- **adjustment** The degree of harmony between people and their *environments*, for example, being able to speak the predominant language spoken. Successful adjustment results in *adaptive behavior*; unsuccessful adjustment results in behavior that is *maladaptive*.
- adjustment disorders A Diagnostic and Statistical Manual of Mental Disorders (DSM) category of diagnosis for people who are responding to either negative stressors (e.g., divorce) or positive stressors (e.g., marriage). Appropriate modifiers, such as "with depressed mood" or "with anxiety," must accompany the diagnosis. Impairment of persons under this category should have occurred within 3 months of the stressor(s). The diagnosis itself, which is considered among the mildest in the DSM classification, is time limited and must be changed after 6 months. Most individuals appropriately diagnosed with adjustment disorders respond well to counseling.
- **adjustment test** A *personality test* that measures the ability of a person to function well in society and achieve personal *needs*.
- Adlerian counseling An approach to *counseling* devised by Alfred Adler. It includes an emphasis on the family *constellation* (especially *birth order*), *fictions* (subjective *evaluations* of oneself or the environment), and an analysis of a *client's lifestyle*. *Treatment* involves both the promotion of *insight* and reeducation with accompanying behavioral *changes*. See also *individual psychology*.
- **administrative model** A model of providing student activities in which professionals in college administration (e.g., admissions, *records*, food, health, financial aid) are put in charge of offering services.
- **administrative (regulatory) law** Specialized regulations passed by authorized government agencies that pertain to certain specialty areas, such as the *profession* of *counseling*.
- **adolescence** A term originated by G. Stanley Hall at the beginning of the 20th century for the age span between *childhood* and *adulthood* beginning at *puberty*. Adolescence is characterized as a period of transitions, a time of unevenness and *paradoxes* marked by physical, emotional, moral,



and intellectual *change*. The basic challenge of adolescence according to Erik Erikson is to develop a *self-identity*. Failure to do so leads to *role confusion* and an *identity crisis*.

Adolescent Family Life Act (AFLA) The first federal program devoted exclusively to addressing concerns about adolescent pregnancy. AFLA programs promote abstinence as a *primary prevention*.

ADTA See American Dance Therapy Association.

- adult children of alcoholics (ACoAs) Adults who, as children, spent part or all of their *childhood* in a stressful *family environment* in which one or more *caregivers* abused *alcohol*. Many ACoAs have special issues to resolve through *counseling*, such as establishing *trust* and establishing a clear *identity*. Many ACoAs suffer from similar emotional disorders, including *depression*, *anxiety*, low *self-esteem*, and *anger*.
- **adult ego state** A term in *transactional analysis* (*TA*) for the *objective* part of the *personality* that functions rationally in a planned and organized way. The *adult ego state* receives and *processes* materials from the *parent ego state* and the *child ego state* as well as the *environment* and makes decisions based on available information.
- adulthood A developmental stage of life of being fully grown. Adulthood encompasses physical, mental, social, and emotional factors. Adulthood encompasses a wide range of ages, from 18 years and older. It is usually broken down into early, middle, and late periods. According to Erik Erikson, the challenge of young adulthood is to achieve intimacy (i.e., a sharing of self in a close relationship with others). A failure to do so leads to isolation. The challenge of middle adulthood is to become generative (i.e., to create and become productive through one's career, family, or leisure time). A failure to achieve generativity leads to stagnation. Finally, according to Erikson, the task of late adulthood is to achieve a sense of integrity (i.e., an acceptance of life in all its multiple dimensions). A failure to do so leads to despair.
- **advance beneficiary notice (ABN)** A written notice that a physician must give a *Medicare patient* before materials or services are provided.
- advanced empathy A process in which the counselor gets at feelings and meanings in the client's life that are hidden or beyond the immediate awareness of the client. Advanced empathy goes beyond what has been stated to what is implied. Sometimes advanced empathy is expressed in the identification of and/or linking of themes in the client's life, such as anxiety. See also primary empathy.

- **adverse** Unfavorable, unfortunate, negative, or harmful.
- **advice** A suggestion or recommendation (e.g., "I think you should take the *job* and move").
- advice giving Instructing or providing someone with information or recommendations about what to do in a particular situation. Advice giving was one of the main techniques of E. G. Williamson and his directive counseling approach of the 1930s. Advice giving was challenged as a technique by Carl Rogers because of its tendency to promote *client dependency* and interfere with the client's growth. Advice is used sparingly in most counseling approaches today. It is used mainly in crisis situations in which it either prevents clients from engaging in destructive acts or gives clients something beneficial to do when they are not able to generate constructive plans of action because of being overwhelmed by trauma. Advice giving, if not used judiciously, prevents clients from struggling with their own thoughts, feelings, and behaviors.
- **advocacy** Organized actions that support or espouse a cause or person(s), such as lobbying, writing, petitioning, speaking, or politicking. Advocacy occurs on many levels (e.g., local, state, national). *Counselors* advocate for the welfare of their *clients* and the *profession* of *counseling*. *Outreach*, *empowerment*, *social justice*, and *social action* are all terms associated with advocacy.
- Advocacy Competencies This document (https:// www.counseling.org/docs/default-source/competencies/advocacy\_competencies.pdf?sfvrsn=9) contains information on advocacy in a number of *counseling* areas, including client/student empowerment, community collaboration, systems advocacy, public information, and social/ political advocacy.
- advocacy counseling *Counseling* that includes *out*reach, empowerment, and social action.
- Advocates for Youth A national organization that champions efforts to help young people make informed and responsible decisions about their reproductive and sexual health (www. advocatesforyouth.org).
- **affect** Pertaining to *emotion*, *feeling*, *mood*, or a person's overt emotional state. Affect is a primary emphasis of some *counseling* approaches.
- **affect blocks** Rollo May and Irvin Yalom's term for places where a *client* gets emotionally stuck, for example, not being able to get over his or her anger. Affect blocks are like roadblocks in the journey of life.

A

- **affect disorder** Also known as *mood disorder*. A *disorder* associated with inappropriate expression of *emotion* (e.g., *depression*).
- **affectional orientation** An alternative term for sexual or romantic orientation. The reason this alternative term is used is that sexual orientation is but one part of a larger dynamic. See *sexual orientation*.

affective experiencing Ways of feeling.

- **affective-oriented counseling** Theories in *counseling*, such as *gestalt therapy*, that focus on making an impact on *clients' emotions* to bring about *change*. The *objective* is to arouse, handle, and/or modify emotional *responses* in clients.
- **affiliation** A positive emotional *relationship* with someone (e.g., smiling and talking) but without attachment.
- **affirmation** When a *counselor* affirms the correctness of information or encourages a *client's* efforts at self-determination. For example, the counselor might state, "That's helpful new information" or "You seem to be gaining more control."

AFLA See Adolescent Family Life Act.

**African Americans** People in the United States whose ancestors came from Africa. African Americans constituted approximately 13.3% of the total *population* of the United States in 2015.

AFTA See American Family Therapy Academy.

**aftercare** Any *follow-up* or continued care services given to *clients* after their release from *counseling*. For example, individuals released from *mental health* facilities are often seen in aftercare groups periodically.

age The number of years a person has been alive.

- **age discrimination** The unfair *treatment* of individuals based on their age.
- **age norms** *Scores* or *values* on *tests* that represent the typical or average *performance* of individuals at certain chronological ages, for example, age 12 years.
- **age of majority** The age when a young person is considered to be an adult. The age of majority depends on state laws and is usually between 18 and 21 years.
- **ageism** A form of prejudice exhibited when people are categorized and judged on the basis of their chronological age.

AGG See activity group guidance.

- **aggression** Any *behavior*—verbal, physical, or relational—directed at an individual or group with the intention of causing harm.
- **aging** A biological and psychological *phenomenon* composed of physiological *changes* as well as a mental *process* of considering oneself older. See also *gerontology*.

- **aging family** A family in which the head or heads of the household is age 65 years or older.
- **agoraphobia** An exaggerated and irrational fear of being in an unfamiliar place or of leaving one's home.

AGPA See American Group Psychotherapy Association. aha reaction A sudden insight into one's situation

or *environment*; it may be accompanied by the exclamation "Aha!"

AHC See Association for Humanistic Counseling.

**AHEAD** See Association for Humanistic Education and Development.

ahistorical counseling *Theories* or *techniques* of *counseling* that focus on the present and not the past.AIDS See *acquired immune deficiency syndrome*.

**airtime** The opportunity and amount of time given to speak and express one's concerns during a *group*.

- Al-Anon A voluntary *mutual-help group* organization founded in 1951. It is composed of relatives of alcohol abusers who meet regularly to discuss common *problems*. The Al-Anon World Service Office is located at 1600 Corporate Landing Parkway, Virginia Beach, VA 23454 (www.alanon.alateen.org).
- Alateen A similar program to *Al-Anon* but for younger people, usually ages 12 to 19 years.
- Albert Ellis Institute Formerly known as the Institute for Rational Living and later the *Institute for Rational Emotive Behavior Therapy*. A not-for-profit educational organization founded in 1959 to promote *rational emotive behavior therapy (REBT)*. The institute is located at 145 East 32nd Street, New York, NY 10016 (212-535-0822; www.albertellis.org).
- **alcohol** Also known as ethyl alcohol (ethanol). A clear liquid with a bitter taste that acts as a *depressant*, to which someone can become physically addicted. Alcohol is the most widely used *drug* in the United States. When abused, it can detrimentally affect almost every organ in the body. *Withdrawal symptoms* are often severe. See also *alcoholism*, *delirium tremens*.
- Alcoholics Anonymous (AA) An organization that helps alcohol abusers gain and maintain control of their lives by remaining sober. Established in the late 1930s, there is a dependence within the AA program on a higher power outside oneself. Much of the work of AA is carried out in *self-help groups*. AA's address is PO Box 459, Grand Central Station, New York, NY 10163 (212-870-3400; www.aa.org). See also *self-help group*.
- **alcoholism** The chronic abuse of and compulsive increased use and *tolerance* of *alcohol*. Alcoholism is considered a progressive disease in which the *client* becomes physically and psychologically dependent on drinking alcohol.



- **alexia** The loss of ability to understand written words and/or sentences.
- **ALGBTIC** See Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling.
- ALGBTIC Competencies for Counseling LGBQIQA This document (www.counseling. org/docs/default-source/competencies/algbtic-competencies-for-counseling-lgbqiqa. pdf?sfvrsn=14) contains competencies for working with lesbian, gay, bisexual, queer, intersex, questioning, and ally (LGBQIQA) individuals, groups, and communities.
- ALGBTIC Competencies for Counseling Transgender Clients This document (www.counseling.org/docs/default-source/competencies/ algbtic\_competencies.pdf?sfvrsn=12) contains suggested competencies for use in *counseling* with *transgender* clients.
- **alienation** *Feelings* of being estranged or cut off from a *group*; a term often used to describe the separation of persons from their cultural groups.
- **alignments** The ways in which *family* members join together or oppose one another in carrying out a family activity; for example, siblings may band together against their parents.
- **alloplastic approach** *Adjustment* to a culturally different *environment* through confronting obstacles in the environment and changing them. The opposite of the *autoplastic approach*.
- **all-or-nothing thinking** A type of *cognitive distortion* characterized by assuming that things are absolutely perfect or absolutely terrible.
- **alone time** An intentional practice in which *counselors* devote periods in their lives to silence, solitude, and reflectivity to improve self-awareness, renew *self-care*, and practice gratitude.

alpha error See Type I error.

- **alter ego** A *psychodrama* term for another version of oneself, usually the opposite of oneself.
- **alternate form** A different but comparable form of a *standardized test*, such as an *achievement test* or *aptitude test*. If a person is tested twice, the second test can consist of the alternate form of the first test.
- alternative hypothesis A possible *outcome* in *research* not covered by the *null hypothesis*.
- **alternative narratives** A *process* in *narrative therapy* of exploring strengths, special abilities, and aspirations to construct a positive story with good *outcomes* rather than a *problem*-saturated story.
- **altruism** Selflessness; concern for and dedication to the well-being of others (the opposite of egoism).

- **Alzheimer's disease** An organic mental disease, occurring mostly in older people, characterized by disorientation, forgetfulness, confusion, and *mood* swings.
- **ambivalence** When an individual experiences two opposite *feelings* at the same time, for example, wanting help and being afraid to ask for it.
- **AMCD** See Association for Multicultural Counseling and Development.
- American Art Therapy Association (AATA) The primary association promoting the visual arts therapies in the United States. AATA is located at 1202 Allanson Road, Mundelein, IL 60060 (847-949-6064; www.arttherapy.org). See also *art therapy*.
- American Association for Counseling and Development (AACD) The name of the *American Counseling Association (ACA)* from 1984 to 1992.
- American Association for Marriage and Family Therapy (AAMFT) The oldest and largest association for couples and *family counseling* in the United States, established in 1942. AAMFT is located at 112 South Alfred Street, Alexandria, VA 22314-3061 (703-838-9808; www.aamft.org).
- American Association of Christian Counselors (AACC) An interdisciplinary association of professional helpers, religious leaders, and lay counselors committed to integrating biblical truth with practical *counseling* principles. AACC's address is PO Box 739, Forest, VA 24551 (800-526-8673; www.aacc.net).
- American Association of Pastoral Counselors (AAPC) An association that represents and sets professional standards for pastoral *counselors* and *pastoral counseling* centers in the United States. Founded in 1963, AAPC is nonsectarian in nature and practice. AAPC is located at 9504-A Lee Highway, Fairfax, VA 22031-2303 (703-385-6967; www.aapc.org).

American Association of Retired Persons See AARP.

- American Association of Sexuality Educators, Counselors and Therapists (AASECT) A multidisciplinary organization dedicated to informing the public about and promoting healthy expressions of human sexuality and setting standards for *counseling* professionals who treat sexual dysfunction. AASECT's address is PO Box 1960, Ashland, VA 23005-1960 (804-752-0026; www.aasect.org).
- American Association of State Counseling Boards (AASCB) An association of state *counseling* boards whose members meet regularly to coordinate efforts at uniformity and discuss issues pertaining to the regulation of counseling (www. aascb.org).