



Second Edition

Foundations of Couples, Marriage, and Family Counseling

EDITED BY
DAVID CAPUZZI
MARK D. STAUFFER

WILEY

FOUNDATIONS OF COUPLES, MARRIAGE, AND FAMILY COUNSELING

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Edited by

David Capuzzi, Ph.D., LPC, NCC

Walden University, Minneapolis, MN

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Preface

Whether you are entering the field of couples, marriage, and family counseling or are a counselor who wants to be better prepared for working with couples and families, this text provides a foundational basis. *Foundations of Couples, Marriage, and Family Counseling* addresses real-life clinical concerns while providing the necessary information to keep up to date with trends in the profession and also evolving standards of professional organizations, accrediting bodies, and licensure boards. Counselors in school, mental health, rehabilitation, hospital, private practice, and a variety of other settings must be thoroughly prepared to support couples and families in their quest to be healthy, functional, and unimpaired. As the counseling profession has matured, more and more emphasis has been placed on the importance of preparing counselors to work holistically and synthesize knowledge domains from mental health, developmental, and systemic perspectives.

This textbook draws on the specialized knowledge of the authors of each contributed chapter. It is written for use in graduate level preparation programs for counselors and students enrolled in upper division undergraduate courses. Requirements of the Council for the Accreditation of Counseling and Related Educational Programs (CACREP) and other certification associations have led many university programs in counselor education to require or recommend a foundations course in couples, marriage, and family counseling for all students regardless of specialization (e.g., school, mental health, rehabilitation, career, student personnel).

Although the text addresses the history, theory, and research related to couples, marriage, and family counseling, at least half of the emphasis in the book is placed on techniques and skills needed by the practitioner. In addition, topics connected with diversity issues, concrete reference to assessment tools, research, filial play therapy, sexuality and gender issues, addictions, violence, abuse, and trauma, and divorce and other loss issues are examples of topics that make the book engaging and of high interest to the readership. Writers experienced in couples, marriage, and family counseling were asked to contribute to the text so that the reader is provided with not only theory and research, but also, with applications so pertinent to the role of the practicing, licensed, counselor. This book also reflects the view of the editors that counselors must be prepared in a comprehensive and holistic manner since couples and family issues are so often the reason clients seek the assistance of a professional counselor.

The book is unique in both format and content. The contributed chapters format provides state-of-the-art information by experts who are nationally recognized for their expertise, research, and publications related to couples, marriage, and family counseling. The content provides readers with areas not always addressed in introductory texts. Both the format and content enhance the readability and interest for the reader and should engage and motivate graduate students in counseling and aligned professions as well as those enrolled in upper division undergraduate courses.

The book is designed for students who are taking a preliminary course and presents a comprehensive overview of the foundations for couples, marriage, and family counseling, the skills and techniques needed, and special issues in couples, marriage, and family counseling. We, as editors, know that one text cannot adequately address all the factors that comprise the complex and holistic aspects of assisting clients who seek the assistance of a counselor. We have however attempted to provide our readers with a broad perspective based on current professional literature and the rapidly changing world we live in at this juncture of the new millennium. The following overview highlights the major features of the text.

OVERVIEW

With few exceptions, each chapter contains case studies that illustrate the practical applications of the concepts presented. Most chapters refer the reader to URL sites containing information that supplements the information already presented and are helpful to students. Professors may want to make use of the power points developed for each of the chapters as well as the instructor's manual that can be used to develop quizzes and exams on the book's content and provides ideas for individual and small group class assignments.

The text is divided into the following four parts: Essential Knowledge and Skills; Theories: History, Concepts, and Techniques; Couples Work; and Special Issues.

Part 1, Essential Knowledge and Skills (Chapters 1–5), begins with information on variations in family systems and family life cycles and provides the reader with the contextual background needed to assimilate subsequent chapters. Chapters focused on using community genograms to position culture and context in family therapy, diversity and intercultural work, assessment of families and family systems, and legal, ethical, and professional issues are included in this first section of the book.

Part 2, Theories: History, Concepts, and Techniques (Chapters 6–11), presents information about psychodynamic, experiential and humanistic, Bowenian, structural, strategic, and systemic and behavioral approaches and applications to actual cases and case studies. All these chapters provide overviews and introduce readers to the skills and techniques that can be used in the actual counseling process.

Part 3, Couples Work (Chapters 12–14), presents information relative to key issues and interventions in couples counseling, sexuality and gender in couples counseling, and counseling couples using life cycle and narrative therapy lenses. These chapters highlight information that has relevance and application to diverse contexts.

Part 4, Special Issues (Chapters 15–19), discusses filial play therapy and other issues related to parenting, addictions and family therapy, violence, abuse, and trauma in family therapy, divorce and other loss issues in family therapy, and climate change and the role of the family counselor.

In addition to the updated content in each chapter, this second edition has a newly written chapter on assessment and a brand-new chapter on the topic of climate change and helping families mitigate, adapt, and transition during disruption.

Every attempt has been made by the editors and contributors to provide the reader with current information in each of the nineteen areas of focus. It is our hope that the second edition of *Foundations of Couples, Marriage, and Family Counseling* will provide the beginning student counselor with the basics needed for follow-up courses and supervised practice in the arena of couples and family work with clients.

Acknowledgments

We would like to thank the 45 authors who contributed their expertise, knowledge, and experience to the development of this textbook. Publications occur within the context of the authors' lives and family. We would like to thank our families and the families of the authors who provided the freedom and encouragement to make this endeavor possible. Special thanks to those authors who contributed while also dealing with matters of life and death. Our appreciation is also directed to members of the Wiley Publishing team for their encouragement and assistance with copyediting and, ultimately, the publication of this second edition.

Meet the Editors

David Capuzzi, PhD, NCC, LPC, is a counselor educator and a senior core faculty in community mental health counseling at Walden University and professor emeritus at Portland State University. Previously, he served as an affiliate professor in the Department of Counselor Education, Counseling Psychology, and Rehabilitation Services at Pennsylvania State University and scholar in residence in counselor education at Johns Hopkins University. He is past president of the American Counseling Association (ACA), formerly the American Association for Counseling and Development, and past chair of both the ACA Foundation and the ACA Insurance Trust.

From 1980 to 1984, Dr. Capuzzi was editor of *The School Counselor*. He has authored several textbook chapters and monographs on the topic of preventing adolescent suicide and is coeditor and author with Dr. Larry Golden of *Helping Families Help Children: Family Interventions With School Related Problems* (1986) and *Preventing Adolescent Suicide* (1988). He coauthored and edited with Douglas R. Gross *Youth at Risk: A Prevention Resource for Counselors, Teachers, and Parents* (1989, 1996, 2000, 2004, 2008, 2014, and 2019); *Introduction to the Counseling Profession* (1991, 1995, 1997, 2001, 2005, 2009, 2013, 2017); *Introduction to Group Work* (1992, 1998, 2002, 2006, 2010); and *Counseling and Psychotherapy: Theories and Interventions* (1995, 1999, 2003, 2007, 2011).

In addition to *Foundations of Addictions Counseling* (2008, 2012, 2016, 2020) and *Foundations of Group Counseling* (2019) published by Pearson with Dr. Stauffer, he and Dr. Stauffer have published *Career Counseling: Foundations, Perspectives, and Applications* (2006, 2012, 2019), *Foundations of Couples, Marriage and Family Counseling* (2015, 2021), *Human Growth and Development Across the Life Span: Applications for Counselors* (2016), and *Counseling and Psychotherapy: Theories and Interventions* (2016).

Other texts are *Approaches to Group Work: A Handbook for Practitioners* (2003), *Suicide Across the Life Span* (2006), and *Sexuality Issues in Counseling*, the last coauthored and edited with Larry Burlew. He has authored or coauthored articles in a number of ACA-related journals.

A frequent speaker and keynoter at professional conferences and institutes, Dr. Capuzzi has also consulted with a variety of school districts and community agencies interested in initiating prevention and intervention strategies for adolescents at risk for suicide. He has facilitated the development of suicide prevention, crisis management, and postvention programs in communities throughout the United States; provides training on the topics of youth at risk and grief and loss; and serves as an invited adjunct faculty member at other universities as time permits.

An ACA fellow, he is the first recipient of ACA's Kitty Cole Human Rights Award and also a recipient of the Leona Tyler Award in Oregon. In 2010, he received ACA's Gilbert and Kathleen Wrenn Award for a Humanitarian and Caring Person. In 2011, he was named a Distinguished Alumni of the College of Education at Florida State University, and in 2016 he received the Locke/Paisley Mentorship award from the Association for Counselor Education and Supervision. In 2018 he received the Mary Smith Arnold Anti-Oppression Award from the Counselors for Social Justice (a division of ACA) as well as the U.S. President's Lifetime Achievement Award. He is the 2019 recipient of the Lifetime Achievement Award from the Association for Counselor Education and Supervision.

Mark D. Stauffer, PhD, NCC, is a core faculty member in the clinical mental health counseling program at Walden University. He specialized in couples, marriage, and family counseling during his graduate work in the Counselor Education Program at Portland State University, where he received his master's degree. He received his doctoral degree from Oregon State University, Department of Teacher and Counselor Education. He has worked in the Portland Metro area with homeless and low-income individuals, couples, and families.

Dr. Stauffer is past president of the Association of Humanistic Counseling (AHC) and past cochair of the American Counseling Association International Committee and has recently been serving on the American Counseling Association's Climate Change Task Force. He was a Chi Sigma Iota International Fellow and was awarded the American Counseling Association's Emerging Leaders Grant, the AHC Humanistic Leadership Award, and the U.S. President's Volunteer Service Award. He is a member of the International Association of Marriage and Family Counseling (IAMFC) and Counselors for Social Justice (CSJ).

As a clinician, Dr. Stauffer has worked in crisis centers and other nonprofit organizations working with low-income individuals, couples, and families in the Portland Metro Area in Oregon. He has studied and trained in the Zen tradition and presents locally and nationally on meditation and mindfulness-based therapies in counseling. His research focus has centered on Eastern methods and East–West collaboration. In private practice, Dr. Stauffer worked with couples and families from a family systems perspective.

In addition to *Foundations of Couples, Marriage and Family Counseling* (2015, 2021), he and Dr. Capuzzi have published *Foundations of Addictions Counseling* (2008, 2012, 2016, 2020) and *Foundations of Group Counseling* (2019), *Career Counseling: Foundations, Perspectives, and Applications* (2006, 2012, 2019), *Human Growth and Development Across the Life Span: Applications for Counselors* (2016), and *Counseling and Psychotherapy: Theories and Interventions* (2016).

Meet the Contributors

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Jonathan K. Appel, PhD, LIMFT, LPCC-S, LICDC-CS, CCFC, NCC, CCMHC, NCCC, ICCS, CPT, is currently a full professor in the Department of Behavioral and Social Sciences, within the School of Criminal Justice and Social Sciences at Tiffin University. Dr. Appel has worked in the field of behavioral health for almost 3 decades. He has worked with individuals, groups, families, and organizations as a counselor, psychotherapist, and clinical supervisor; director of behavioral health services; consultant; researcher; department chair; and educator. Dr. Appel has presented papers and training sessions regionally, nationally, and internationally on such topics as workplace violence, family violence, mindfulness, substance abuse, mental illness, the psychology of terrorism, and therapeutic jurisprudence. Dr. Appel also has coauthored numerous book chapters and papers in peer-reviewed journals and is currently on the editorial board for the *International Journal of Mental Health Addiction*. He is co-owner of Mindscapes Counseling and Consulting, LLC.

Esther N. Benoit, PhD, received her MEd in marriage couple and family counseling and PhD in counselor education from the College of William and Mary in Williamsburg, Virginia. She has worked as a relationship and individual counselor in the Hampton Roads, Virginia, area since 2005. She has a small private practice specializing in relational counseling in Newport News, Virginia. She is currently faculty in the clinical mental health program at Southern New Hampshire University. Her research and clinical interests include consensual nonmonogamy, military families, and counselor education and supervision.

S. Todd Bolin, LCMHC, LMFT, RPT, is a PhD student in counselor education and supervision at the University of North Carolina at Charlotte. He earned a master's in marriage and family therapy from Converse College. He is an American Association for Marriage and Family Therapy (AAMFT) clinical fellow and approved supervisor. His clinical experience is from various mental health settings including a marriage and family teaching clinic, mental health agency, and private practice. He is an adjunct professor in the school of psychology and counseling at Gardner-Webb University, and he served as president (2018–2020) of the North Carolina Association for Assessment and Research in Counseling (NCAARC).

Brian S. Canfield, PhD, is professor of clinical mental health counseling in the Department of Counselor Education at Florida Atlantic University. He is a licensed psychologist, licensed professional counselor, and a licensed marriage and family therapist and has been in clinical practice for

more than 30 years specializing in marriage counseling and couples therapy. He presents training workshops to professional groups on systemic therapy throughout the United States and internationally. Dr. Canfield is a fellow and past president of the American Counseling Association.

Montserrat Casado-Kehoe, PhD, is a middle school counselor, a licensed marriage and family therapist (LMFT), and registered play therapist (RPT). She is also an eye movement desensitization and reprocessing (EMDR), accelerated resolution therapy (ART), and trust-based relational intervention (TBRI) clinician and educator. She uses an attachment–trauma informed model when working with children and families. One of her passions is working with adoptive families. She integrates a strength-based model that includes the use of creative arts in counseling. She was a professor of counseling and supervisor for many years. Dr. Casado-Kehoe also values the need to incorporate a mind–body–spirit approach, which recognizes that healing is a sacred journey.

Yvonne O. Castillo, PhD, received her PhD in counselor education from Texas A&M University at Corpus Christi (TAMU-CC) in 2006. She obtained her MS in counseling and guidance from TAMU-CC in 2001 and her BS in secondary education from Corpus Christi State University in 1990. She is a licensed professional counselor and board-approved supervisor with 29 years of experience in public schools and higher education. Her specialized training includes dialectical behavior therapy (DBT), eye movement desensitization and reprocessing (EMDR), the Gottman Method for couples therapy, Nurturing Parenting Programs, Rainbow Days' Faith Connection for children and youth development, Rainbow Days' Strengthening Families Program for parents and youth, Prevention and Relationship Enhancement Program (PREP), being a certified anger resolution therapist (CART), and being a mental health facilitator master trainer for the National Board of Certified Counselors (NBCC) and NBCC International. As executive director of C2 Counseling, Dr. Castillo's work includes being board president of the Coastal Bend's Coalition Against Modern Day Slavery, facilitating healthy relationship classes and positive parenting programs. She counsels and presents in English and Spanish on a diversity of topics to schools and community agencies. Dr. Castillo's interests include families and individuals affected by trauma, incarceration, and human trafficking.

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Judy A. Daniels, PhD, has dedicated her life work to human rights, social justice, and the empowerment of young people, persons with disabilities, and vulnerable populations. Her current focus within the counseling profession is on the intersection between the climate crisis and mental health. The World Health Organization has identified the climate crisis as one of the greatest human rights issues impacting our world and it has been recognized as the most significant challenge to humanity. In light of this threat to psychological well-being, Dr. Daniels chairs the American Counseling Association (ACA) Task Force on Climate Change and Mental Health. As a fellow and lifetime member of ACA, she has been involved with numerous task forces and committees related to human rights, portability, professional identity, and strategic planning. She is a founding member of Counselors

for Social Justice (CSJ), a past president, and a former CSJ governing council representative. She is the director of the University of Hawaii rehabilitation counselor education program and has been a professor for 30 years. In her free time, she trains service dogs so that people can have the animal-assisted support they need to participate in society fully and with dignity.

Thelma Duffey, PhD, is professor and chair in the Department of Counseling at the University of Texas at San Antonio and past president of the American Counseling Association (ACA). An ACA fellow, she is currently serving as ACA treasurer. Dr. Duffey was the founding president of the Association for Creativity in Counseling (ACC), a division within the ACA, and she is editor for the *Journal of Creativity in Mental Health*. Dr. Duffey has received numerous awards from professional organizations, including the Association for Counselor Education and Supervision (ACES), the Southern Association for Counselor Education and Supervision (SACES), the American Counseling Association (ACA), the Texas Counseling Association (TCA), and the Texas Association for Counselor Education and Supervision (TACES), and she was a co-recipient of the AARC Core Outstanding Outcome Research Award. The Association for Creativity in Counseling (ACC) established an award in her name. Dr. Duffey has published over 60 peer-reviewed publications and four edited and coedited books. Dr. Duffey codirects the Academy for Crisis and Trauma Counseling (ACTC) within the Department of Counseling and leads efforts within the UTSA Department of Counseling to support the antibullying advocacy initiatives of the David's Legacy Foundation.

Nicholaus Erber-LaPierre, PhD, is assistant professor in the Department of Counseling Special Education at Central Michigan University. He teaches courses across the curriculum of the master's counseling programs in clinical mental health and addictions counseling. Dr. Erber-LaPierre's research interests include integrated health care models, LGBTQ+ identity development and access to health care, and pedagogical models of academic service learning in counseling curricula.

Brandé N. Flamez, PhD, LPC, NCC, is a licensed professional counselor in Texas. She is also chief executive officer and founder of the nonprofit SALT (Serving and Learning Together) world Inc., which provides donations and volunteer services to developing countries. Her clinical background includes working with children, adolescents, and families in community-based and private counseling settings. In addition, Dr. Flamez helped design an outpatient program for court-referred adolescents. She is active in the counseling profession and has served as president of two national divisions: Association for Humanistic Counselors and the International Association of Marriage and Family Counselors (IAMFC). Dr. Flamez has served on the American Counseling Association (ACA) Governing Council for IAMFC, ACA Finance Committee, and ACA Investment Committee and has chaired the ACA Publications Committee multiple times. Dr. Flamez is past president for the Association for Humanistic Counselors (AHC) and currently serves as past president for IAMFC and chairs the AHC Bylaws/Ethics Committee. Internationally she is EAAD (Turkish Counseling Association) secretary to Congress and serves on the Izmir Democratic University Scientific Committee. She is also active in her local community and served on the Nueces County Child Welfare Board and served as the chair to the bylaws for the Nueces Country Child Welfare Foundation. Dr. Flamez is on the editorial board for *Family Journal* and *American Journal of Family Therapy*. She has provided over 100 presentations and training workshops to professional groups throughout the United States and internationally. Her scholarly contributions include more than 40 coauthored book chapters and journal articles. Dr. Flamez is coauthor or coeditor of seven textbooks currently used in clinical training programs throughout the United States, including *Counseling Assessment and Evaluation: Fundamentals of Applied Practice*, *Diagnosing Children and Adolescents: A Guide for Mental Health Practitioners*, *A Counselor's Guide to the Dissertation Process: Where to Start & How to Finish*, and *Marriage, Couple, and Family Therapy: Theory, Skills, Assessment, and Application*. She is the recipient of 19 national awards and four international awards demonstrating her dedication to advocacy, leadership, and research in the field of counseling.

Russell C. Gaede, PsyD, holds a master's in mental health counseling, a post-master's certificate in marriage and family therapy, and a doctorate in clinical psychology. He has over 20 years' experience working in the mental health field in correctional, outpatient, private, and community practice

settings with children, adolescents, and adults. He has extensive training and experience working with couples. He has over 10 years' experience teaching at the graduate and undergraduate level and has served on master's thesis and doctoral dissertation committees. He has served on several professional boards including as a governor-appointed member of the state licensing board. Dr. Gaede is a recognized international speaker, educator, program developer, author, and thought promoter.

Melinda Haley, PhD, received her master's in counselor education at Portland State University in Oregon and her doctorate in counseling psychology from New Mexico State University at Las Cruces and was assistant professor at the University of Texas at El Paso in the counseling and guidance program for 5 years. Dr. Haley currently works as a core faculty member in the counselor education and supervision doctoral program at Walden. She has written numerous book chapters and journal articles on diverse topics related to counseling. She has extensive applied experience working with adults, adolescents, children, inmates, domestic violence offenders, and culturally diverse populations in the areas of assessment, diagnosis, treatment planning, crisis management, and intervention. Dr. Haley's research interests include multicultural issues in teaching and counseling, personality development over the life span, personality disorders, the psychology of criminal and serial offenders, trauma and posttraumatic stress disorder, bias and racism, and social justice issues.

Danica G. Hays, PhD, is professor of counselor education and executive associate dean of the College of Education at the University of Nevada in Las Vegas. She earned a doctorate in counselor education and supervision with an emphasis in multicultural research from Georgia State University. Her research interests include qualitative methodology, assessment and diagnosis, trauma and gender issues, and multicultural and social justice concerns in counselor preparation and community health. She has published approximately 120 refereed journal articles and book chapters in these areas. She is also an author or coeditor of 11 books. She has extensive leadership history in the Association for Assessment and Research in Counseling and the Association for Counselor Education and Supervision. The American Counseling Association has recognized her nationally for her research and advocacy as a counselor educator, naming her as a fellow.

Janet G. Froeschle Hicks, PhD, LPC, CSC, is director and professor of mental health counseling at Belmont University. She has experience working in both clinical mental health and school counseling settings and has published over 70 manuscripts and several video counseling demonstrations focusing on child, adolescent, family, and school counseling issues. She is currently president of the Tennessee Counseling Association, is past International Association of Marriage and Family Counselors (IAMFC) special events committee chair, past Texas Counseling Association Research chair, past Tennessee Counseling Association Conference Committee chair, and past Tennessee Counseling Association bylaws chair. She also serves as a reviewer for the *Journal of Women & Minorities in Engineering* and is an ACA fellow inductee (2015).

Aaron H. Jackson, PhD, LPC, is a core faculty member in the clinical mental health counseling program at Walden University. He has over 15 years of experience as a professional counselor. He holds a PhD from the College of William and Mary and is a licensed professional counselor in North Carolina and the Commonwealth of Virginia.

Hyeseong Kang, PhD, LMFT, is a family therapist and an adjunct professor at the Cyber University of Korea in Seoul. She earned her master's in clinical and counseling psychology at Korea University in Seoul. After working as assistant manager in human resources for LG Electronics in Korea, she came to the United States to advance her training as a doctoral student in the University of Connecticut's Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE)-accredited marriage and family therapy program. Dr. Kang's research interests focus on evidence-based, multicultural systemic interventions aimed at bolstering family resilience, particularly among Korea's underrepresented and underserved populations. She is committed to expanding the role of couple and family therapists in Korea by incorporating more nontraditional, systemic service models into public family therapy programs to support

and empower families at all points across the life span. Finally, Dr. Kang translated the book *Community Genograms: Using Individual, Family, and Cultural Narratives With Clients for a Korean Audience*.

DoHee Kim-Appel, PhD, LPCC-S, IMFT-S, LICDC, ATR-BC, NCC, is associate professor in the master of arts in counseling (MAC) at Heidelberg University. She has decades of experience in the field of behavior health working with diverse populations of clients across a spectrum of emotional and substance related issues, including youth, individuals, couples, and families. Dr. Kim-Appel has presented papers and training sessions regionally, nationally, and internationally in such topics as workplace violence, family violence, ethics, mindfulness, supervision, art therapy, substance abuse and mental illness, and therapeutic jurisprudence. Her research interests include family differentiation, mindfulness, cultural competency, supervision, and international issues in behavioral health. Dr. Kim-Appel has coauthored numerous book chapters and papers in peer-reviewed journals and is an editorial board member of the *Journal of Counselor Practice* published by Ohio Counseling Association; the founder and 2016–2018 chair for the International Student and Faculty Interest Network (ISFIN) within the Association for Counselor Education and Supervision (ACES); 2018–2019 president-elect for the Ohio Counselor Education and Supervision (OACES); and chair for the North West Ohio Counseling Association Award Committee. She is co-owner of Mindscapes Counseling and Consulting, LLC.

Diane Kimball, MS, LMHC, is owner and clinical director of Kimball Counseling Associates, offering specialized therapy to children, teenagers, and adults who have experienced abuse, trauma, neglect, or exposure to domestic violence, exhibiting complex trauma symptomology including posttraumatic stress disorder (PTSD) and dissociative disorders. Ms. Kimball is certified in eye movement desensitization and reprocessing (EMDR), is an approved EMDR consultant, and is heavily influenced by the empirically based trust-based relational intervention (TBRI) approach. As a TBRI educator, Ms. Kimball works with many clients who have attachment injuries and specializes in working with individuals who have experienced childhood abuse, adoption, and foster care and with those who are on the autism spectrum. She leads groups for parents, teaching and modeling skills used to connect to their children and to each other using TBRI and child–parent relationship therapy (CPRT) modalities. She provides face-to-face and telehealth therapy sessions, offers supervision and consultation to mental health interns and therapists, and is a guest lecturer at local universities, agencies, and professional conferences.

Jason H. King, PhD, has a strong and diversified family systems background. He received specialized training and certification in functional family therapy during his mental health counseling master's degree internship in 2002. Since then he has worked with hundreds of families and couples in a variety of treatment settings. During his counselor education and supervision doctoral internship, he taught and supervised marriage, couple, and family counseling students. Dr. King co-owned and clinically directed an outpatient mental health and substance abuse treatment clinic that collected data for the American Psychiatric Association's routine clinical practice field trials that informed the *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition (DSM-5) revision process. Because of this role, page 914 of the DSM-5 lists him as a collaborating investigator. Dr. King is the DSM-5 content editor for the textbooks *DSM-5 and Family Systems* and *Diagnosing Children and Adolescents: Guide for Mental Health Practitioners*.

Pamela S. Lassiter, PhD, is professor in the Department of Counseling and director of addictions concentration and graduate certificate in addictions program at the University of North Carolina at Charlotte. She has more than 30 years of work experience as a counselor, clinical supervisor, and administrator in community mental health and substance abuse treatment settings. Her areas of research include multicultural counseling, addictions counseling, gay and lesbian issues, and women's issues in counseling. She is an active presenter at the national, regional, and state levels. Dr. Lassiter is the editor of two books: *Theory and Practice of Addiction Counseling* and *Annual Review of Addictions and Offender Counseling, Volume III and IV: Best Practices*. She is currently editor-in-chief of the *Journal of Addiction & Offender Counseling* and is past president of the International Association

of Addictions and Offender Counseling (IAAOC), a division of the American Counseling Association (ACA).

Colleen R. Logan, PhD, has held she held various leadership and administrative positions throughout her career. She currently serves as associate clinical professor in program in counseling at Southern Methodist University. Recently, Dr. Logan served as program director for the clinical mental health counseling master's program at Fielding University. She has held academic and administrative positions at Walden University, Argosy University, and the University of Houston at Victoria. She served as program director for the marriage, couple, and family counseling and addictions counseling master's programs and the counselor education and supervision doctoral programs at Walden University. At Argosy University, she served as vice president of Academic Affairs and associate dean of the School of Psychology and Behavioral Sciences. Dr. Logan has authored or coauthored a number of articles and chapters and a book regarding how to work effectively with gay, lesbian, bisexual, and transgender clients and their significant other. In 2016, Dr. Logan authored "Inclusion and Wellbeing of LGBTQ Youth," an award-winning document created for the Boys and Girls Clubs of America staff and volunteers. Moreover, in 2017 Dr. Logan coauthored a seminal guide to counseling the LGBTQ+ community across the life span.

Anne L. Metz, PhD, is assistant professor of counselor education at the University of Lynchburg (UL). Prior to joining the UL faculty, she completed postdoctoral work at the University of Virginia School of Law. During residency, she worked as an evaluator for the civil commitment process and as the mental health liaison for the Staunton-Augusta Therapeutic Docket, a postplea diversion program for individuals with serious mental illness. Her research focuses on the intersection of social justice and public policy, examining topics such as climate change, criminal justice reform, and community mental health.

Kimberlee A. Mincey, PhD, LPC, received her doctorate in counselor education from Texas A&M University at Corpus Christi (TAMU-CC) in 2019. She is a licensed professional counselor and has a primary focus of working within a family reunification program at a substance use rehabilitation facility in Texas. She is clinical assistant professor in the Department of Counseling and Educational Psychology at TAMU-CC and also serves there as clinic director of the counseling and training clinic. Further, she is president-elect of the Texas Association for Humanistic Education and Development (2020–2021). Her research interests include pro-eating disorder online media access and use, process addictions and eating disorders, qualitative methodologies, and counselor in training (CIT) development and gatekeeping practices.

Cherria M. Moore, MA, LCMHC-A, LCAS-A, is a doctoral student in the counselor education and supervision program at the University of North Carolina at Charlotte. Ms. Moore has over a decade of experience in the field of mental health and substance use treatment. She has served clients struggling with addiction in various environments including a facility-based center, outpatient center, and the community. Ms. Moore is a board member of Mu Tau Beta, her chapter honor society, as well as Chi Sigma Iota, the international honor society for counselors. Her research interests include counselor professional development, addictions, multicultural issues, social justice issues, and crisis counseling. She engages in professional presentations in the community as well as state and national conferences regarding addictions, nonsuicidal self-injury, crisis training, and multicultural issues in counseling.

Kirsten W. Murray, PhD, is professor in the Department of Counseling at the University of Montana. Her clinical work and scholarship focus largely on couples and families, including family caregiving after a disability, rural counseling access, and her book *Strong Couples*, establishes foundational couples counseling skills for clinicians.

Nicole Noble, PhD, is assistant professor of counselor education at Texas Tech University (TTU) and a licensed professional counselor in the state of Texas. Previously, she was an associate director

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Marvarene Oliver, PhD, is associate dean of the College of Graduate Studies and professor of counseling and educational psychology at Texas A&M University. She is clinical fellow and approved supervisor in the American Association for Marriage and Family Therapy (AAMFT) and licensed professional counselor (LPC) supervisor and licensed marriage and family therapist (LMFT) supervisor in the state of Texas. She is a former chair of the Texas State Board of Examiners of Marriage and Family Therapists and a past president of AAMFT. Prior to joining the faculty at Texas A&M University at Corpus Christi, she was in private practice for many years and provided individual, couple, and family therapy; supervision; and consultation services.

Shawn P. Parmanand, PhD, is clinical faculty at Southern New Hampshire. He has been a counselor educator for over 10 years. Dr. Parmanand has published and presented on various topics, usually of personal meaning to him, including the experience of infertility and its impact on couples, self-care and wellness, and gatekeeping in the counseling profession. He also maintains a private practice where he works with individuals, couples, and families to process through life experiences. Dr. Parmanand has received extensive training on the Gottman Method of couples therapy and emotionally focused theory. He resides in Idaho with a view of the mountains along with his partner and three amazing children.

Michelle Perepiczka, PhD, is core faculty at Capella University. She holds a doctorate in counselor education and supervision from Texas A&M University at Commerce and is a licensed mental health counselor in the state of New York where she has grown a private practice in the last 12 years. Dr. Perepiczka provides mental health care to those who struggle with common challenge involved with life transitions, anxiety, and depression. She also has specialty training in play therapy and practices as a registered play therapist supervisor. Dr. Perepiczka has served as a governing council representative and past president of the Association for Humanistic Counseling. She has published and presented nationally related to wellness, life balance, and best practices within the counseling profession.

Sandra A. Rigazio-DiGilio, PhD, is professor in the University of Connecticut's marriage and family therapy master's and doctoral programs. Her scholarship addresses cultural, contextual, integrative, and multidisciplinary competencies in the domains of theory building, model development, training, and supervision and the clinical adaptation of culture and context centered research instruments for interactive assessment and treatment in couple and family therapy. Her work to advance a systemic cognitive-developmental therapy model and corresponding supervisory approach is recognized as addressing cultural and community issues, and as organizing traditional and contemporary models while keeping cultural and contextual factors in the forefront of therapy and supervision. Since 2000, she also has been working to identify and operationalize cultural, contextual, integrative, and multidisciplinary competencies and corresponding pedagogical and supervisory methods for the preparation of marriage and family therapy scientist-practitioners. Dr. Rigazio-DiGilio presents and publishes widely on all of these topics and has coauthored a book on *Community Genograms: Using Individual, Family, and Cultural Narratives With Clients*.

John M. Robbins, PhD, received his PhD in marriage and family therapy from Florida State University. For the past 18 years has taught in graduate programs in both clinical mental health counseling and marriage and family therapy. Dr. Robbins is serving as contributing faculty for the School Counseling in the clinical mental health counseling program at Walden University. Along with teaching, Dr. Robbins has served as director of the TEAM Program (Teaching Excellence through Active Means), an interactive, group treatment program designed primarily for high risk, school-age children and adolescents experiencing myriad difficulties, including drug abuse and gang involvement. Dr. Robbins is a clinical fellow and approved supervisor mentor for the American Association for Marriage and Family Therapy. His clinical and research interest is in at-risk adolescents and themes of engagement and effective supervision. Dr. Robbins has over 100 state, national, and

international presentations focusing on at-risk adolescents, effective supervision strategies, self-care, working with LGBTQ+ youth and their families, and suicide prevention.

Jessica A. Russo, PhD, LPCC-S, NCC, is core faculty member of Walden University's College of Social and Behavioral Sciences. She is a licensed professional clinical counselor supervisor in Ohio, a school counselor, and co-owner of a private practice in Cuyahoga Falls, Ohio. Dr. Russo has over 15 years of clinical experience with individuals, couples, and families. Her areas of practice include working with couples and families, disadvantaged youth, and families impacted by substance abuse. She has presented at local, regional, and national professional conferences, such as the Association for Counselor Education and Supervision (ACES) and the American Counseling Association (ACA) as well as numerous professional development workshops to mental health clinicians, school counselors, teachers, and college faculty. Among her written contributions are author of *Mental Health in Our Schools: An Applied Collaborative Approach*, coeditor of *DSM 5 and Family Systems*, and chapters in books including *The Group Therapist's Notebook* and *Casebook for the DSM-5*.

Mark B. Scholl, PhD, LMHC, is associate professor in the Department of Counseling at Wake Forest University. He is an active member of several American Counseling Association (ACA) divisions including the Association for Humanistic Counseling (AHC), the National Career Development Association (NCDA), and the American College Counseling Association (ACCA). Dr. Scholl is a past president of AHC, past two-term editor of the *Journal of Humanistic Counseling*, and former chair of the ACA Council of Journal Editors. He is a member of the ACA governing council representing the AHC division. His research interests include culturally responsive counseling, constructivist approaches to career counseling, and methods for promoting successful ex-offender reentry. He is a member of the Forsyth County Reentry Council and a regular contributor to educational programming for Successful Outcomes After Release (SOAR) in Winston Salem, North Carolina. Dr. Scholl has provided career support services to members of the ex-offender population for 6 years.

Stephanie K. Scott, PhD, is core faculty in the marriage, couple, and family counseling program at Walden University. She has her doctorate in human services with a specialization in marriage and family therapy, which she earned at Capella University. Dr. Scott is a licensed mental health counselor in Florida, and her clinical work includes individuals, couples, and families. Much of her clinical work focuses on adolescents and young adults, with special attention to trauma, identity, and developmental considerations. Dr. Scott's areas of research include clinical training techniques for counseling students, cultural diversity and conceptualization, systemic family issues, and standards of practice. She is also a certified trauma specialist who provides disaster mental health, critical incident support, and trauma recovery services in both general populations and first responders. Dr. Scott has worked extensively in inpatient and outpatient settings and currently maintains a small private practice in Florida.

Deena Shelton, PhD, LPC-S, is assistant professor of counseling and field experience coordinator at the Townsend Institute at Concordia University Irvine. She received her master of arts in community counseling from Stephen F. Austin State University and is a licensed professional counselor supervisor in the state of Texas. She has experience with individual, couple, and family counseling, community advocacy, nonprofit management, and foster and adoptive families. Her research interests include adoption and foster and adoptive family systems, adoptive parent experiences, parent education, first-generation college student experiences, and counseling supervision. She has a passion for training the next generation of counselors and high-quality, connective online education. She volunteers regularly with groups in her community for initiatives including poverty, accessible health care, public school mental health initiatives, and training female leaders.

Sarah Silva, PhD, LCPC, NCC, is assistant professor and researcher in the Department of Counseling at the University of the Cumberland. Dr. Silva has experience providing counseling services in community mental health agencies focusing on crisis intervention and severe and persistent mental illness. Dr. Silva has also counseled individuals and couples in a private practice

setting focusing on anxiety disorders, depressive disorders, acculturation issues, perfectionism, and general life stressors and transitions. Dr. Silva is passionate about fostering compassionate spaces for clients, students, and counselors to grow and flourish. Currently, her academic and research focus is in quantitative research, counselor burnout, self-compassion, life balance, best practices in counseling and clinical supervision, counselor identity development, ethics, and mentoring first-generation students. Dr. Silva lives just outside Nashville, Tennessee, where she enjoys hiking, reading, and traveling.

John Sommers-Flanagan, PhD, is professor of counseling at the University of Montana, a clinical psychologist, and author or coauthor of over 100 publications, including eight books, numerous professional video trainings with Psychotherapy.net, Alexander Street Press, and John Wiley & Sons. Some of his books, cowritten with his wife, Rita, include *Tough Kids, Cool Counseling*, *How to Listen so Parents Will Talk and Talk so Parents Will Listen*, *Clinical Interviewing*, and *Counseling and Psychotherapy Theories in Context and Practice*. John is sought after as keynote speaker and professional workshop trainer in the areas of counseling youth, working with parents, suicide assessment, and happiness. He has published many newspaper columns, op-ed pieces, and an article in *Slate*. He is also cohost of the national Practically Perfect Parenting podcast.

Debbie C. Sturm, PhD, is associate professor at James Madison University in Virginia's Shenandoah Valley. She earned her PhD from the University of North Carolina at Charlotte in 2008. She has been a licensed professional counselor for more than 15 years with a clinical focus on trauma, community violence, family systems, and child-centered play therapy. Her passion involves research, teaching and advocacy related to nature connectedness, climate crisis and mental health, and strengthening advocacy pedagogy and practices. She has been a member of the American Counseling Association (ACA) Task Force on Climate Crisis and Mental Health as well as the Human Rights Committee. She also has a background in environmental advocacy and communications, coursework in environmental education, climate change and public health, and environmental justice and has taught courses in the United States, the United Kingdom, and Malta relating to climate resiliency, environmental restoration and reclamation, cross-cultural project management, and environmental advocacy.

Lee A. Teufel-Prida, PhD, is a licensed professional clinical counselor (LPCC) in California, a licensed mental health counselor and qualified supervisor in Florida, and a national certified counselor (NCC) with the National Board for Certified Counselors (NBCC). Dr. Teufel-Prida received her PhD in counselor education and supervision from the University of South Florida and her MEd in community counseling from Ohio University. Since beginning her career in 2000, Teufel-Prida has gained clinical experience in community mental health for children and families, juvenile justice facilities, and private practice focusing on children and families. In addition to her role as a clinician and prior to her role as assistant program director and core faculty at Northwestern, Teufel-Prida taught at both for-profit and brick and mortar institutions of higher education where she maintained leadership positions in training and course development. Dr. Teufel-Prida's current research focuses on children and families. Specifically, her interest centers on advocating for children with neurodevelopmental disorders and how counselors and counselor educators may best increase services and initiatives for children and families impacted by neurodevelopmental disorders. Finally, Teufel-Prida maintains active membership, leadership, and regular conference presentation representation in several professional organizations including the American Counseling Association (ACA), the International Association of Marriage and Family Counselors (IAMFC), and the Association for Counselor Education and Supervision (ACES).

Michael J. Walsh, PhD, LPC, ACS, is clinical associate professor of neuropsychiatry and behavioral science in the University of South Carolina School of Medicine's rehabilitation counseling program (RCP). Dr. Walsh has been with the RCP as a faculty member since 2009. In addition to his work as a counselor educator, he has been active in the national counseling arena, having served two terms as president of the Association for Humanistic Counseling and has served as a member of the American Counseling Association's Governing Council. Dr. Walsh also served on the ACA

Ethics committee from 2010 to 2013 and again from 2014 to 2017 and as cochair of that committee in 2011. He has authored and delivered numerous local and national presentations and trainings and is active in private practice, working with both individuals and families. Dr. Walsh uses family therapy in his clinical work and has coauthored several book chapters on humanistic and experiential approaches to family therapy work.

Logan Winkelman, PhD, is assistant professor and program director of the clinical mental health counseling program at Texas Tech University (TTU) Health Sciences Center School of Health Professions and a licensed professional counselor in the state of Texas. Prior to her role at the TTU Health Sciences Center, she was associate director of the career center at the university. She holds a doctorate in counselor education and supervision, a master's degree in counselor education, and a bachelor's degree in human development and family studies from TTU.

Dawn M. Wirick, PhD, is core faculty member and clinical training director at the Family Institute at Northwestern University. She has been trained specifically in a Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE)–accredited marriage and family therapy (MFT) program. She teaches courses in couple, marriage, and family therapy and addictions counseling. Her research interests include chronic pain in the context of couple and family systems, chronic illness in the context of couple and family systems, posttraumatic stress disorder (PTSD) in veterans, co-occurring disorders, addictive processes in family systems, and the impact of behavioral addictions on couple–dyadic systems. Dr. Wirick is active with military veterans in her community and beyond.

Christina G. Yoshimura, PhD, is professor of communication studies at the University of Montana (MA, PhD) and a clinical mental health counselor (MA, LCPC). She has spent the last 20 years researching and teaching on the topic of family communication, particularly the ways family members' communication is influenced by the world around them. In addition to her work as a professor Dr. Yoshimura has spent the last 6 years working as a professional counselor, translating academic findings on family communication patterns into applicable interventions and strategies that individuals can use to manage their personal relationships.

Anthony S. Zazzarino, PhD, LPC, ACS, CPRP, is assistant professor at Rutgers University in the Department of Psychiatric Rehabilitation and Counseling Professions, where he is currently a core faculty in the master's program in rehabilitation counseling and the doctoral program in psychiatric rehabilitation. Additionally, Dr. Zazzarino is the field experience coordinator for the counselor education and supervision track. Previously, he has provided instruction for professional education courses for New Jersey Supported Housing agencies implementing community support services. Dr. Zazzarino is actively presenting at local, state, national, and international conferences related to sexual and gender minorities, multiculturalism, psychiatric rehabilitation methods, counseling services, housing, and supervision practices. In addition to his work at Rutgers University, Dr. Zazzarino continues to conduct clinical work by facilitating group therapy for adolescents and adults at an intensive outpatient program, providing outpatient counseling services at his private practice, and providing clinical supervision for counselors who need supervised clinical hours in New Jersey.

Essential Knowledge and Skills

