



# COLLEGE COUNSELING & PSYCHOLOGICAL SERVICES KNOWLEDGE BASE:

Supported by the American College Counseling Association

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## COUNSELING PSYCHOLOGY LITERATURE

PHASE 1: 1998-2008

PHASE 2: 2009-2013

PHASE 3: 2014-2017

PHASE 4: 2018-2020





## De-Centralized College Counseling Knowledge-Base

- In *Student Services: A Handbook for the Profession*, Komives & colleagues (2003) make the case for the important role of counseling and mental health services on college and university campuses. Our data-base fills a professional development gap for college counseling professionals by doing the work of bringing together and disseminating knowledge found across several professional literatures.
- Phase 1 was a review of college counseling articles over 10 years: 1998-2008. Phase 1 reviewed over 200 articles in 10 different journals
- Phase 2 was a review of college counseling articles over 4 years to bring up database up to date: 2009-2013. Phase 2 reviewed over X articles in 10 different journals.
- Phase 3 was a review of college counseling articles over 4 years to further update the database: 2014-2017. Phase 3 reviewed nearly 400 articles in 9 different journal
- Phase 4 was a review of college counseling articles over 3 years up approximately th e COVID-19 moment to bring the database up-to-date: 2018-2020. Phase 4 reviewed over 400 articles in 9 journals.

## De-Centralized College Counseling Knowledge-Base: Journals Included in Our Data-Base

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

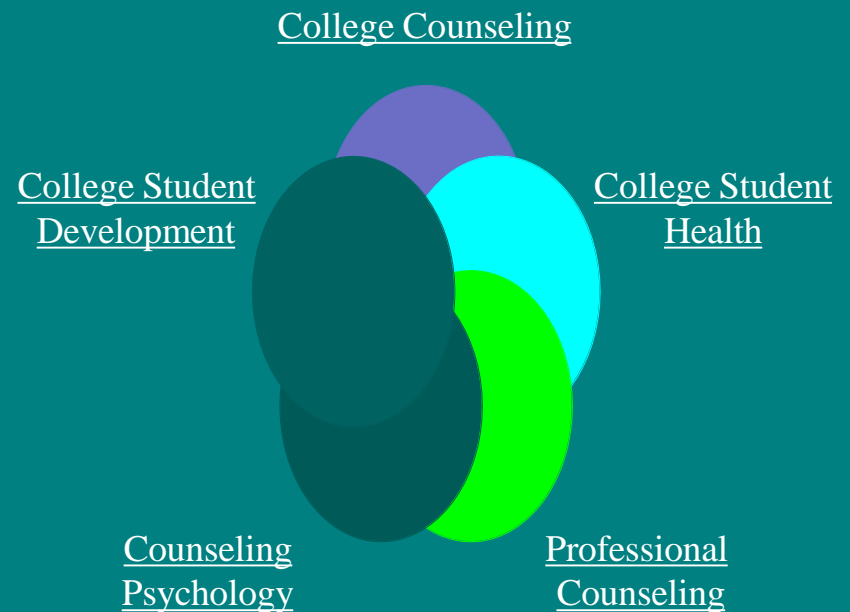


Image 1: Venn diagram depicting overlap of college counseling, college student development, college student health, counseling psychology, and professional counseling.

College counseling themes emerging from the Counseling Psychology Literature:  
*Journal of Counseling Psychology (JCP)*  
*The Counseling Psychologist (TCP)*

Phase 1: 1998-2008



- Theme 1: Specialized campus populations
  - JCP (40 articles), TCP (4 articles)
- Theme 2: College student counseling and mental health needs and presenting concerns
  - JCP (17 articles), TCP (0)
- Theme 3: Attachment theory and self-efficacy
  - JCP (8 articles), TCP (0)
- Theme 4: College student help-seeking
  - JCP (5 articles), TCP (0)
- Theme 5: Intake & assessment
  - JCP (4 articles), TCP (0)
- Theme 6: Professional issues and trends
  - JCP (4 articles), TCP (2 articles)
- Theme 7: Counseling interventions and outcomes
  - JCP (1 article), TCP (0)

College counseling themes emerging from the Counseling Psychology Literature:  
*Journal of Counseling Psychology (JCP)*  
*The Counseling Psychologist (TCP)*

Phase 2: 2009-2013



- Theme 1: Specialized campus populations
  - *Divided into 12 specific sub-themes (see following page)*
- Theme 2: College student counseling and mental health needs and presenting concerns
  - JCP (13 articles), TCP (1)
- Theme 3: College student help-seeking
  - JCP (9 articles), TCP (3 articles)
- Theme 4: Counseling interventions and outcomes
  - JCP (9 articles), TCP (0 articles)
- Theme 5: Intake & assessment
  - JCP (5 articles), TCP (1 articles)
- Theme 6: Attachment Theory & Self-Efficacy
  - JCP (3 articles), TCP (1 article)
- Theme 7: Professional issues and trends
  - JCP (2 articles), TCP (0 2 articles)

## Theme 1 emerging from the Counseling Psychology literature, Phase 2: Specialized populations



- Sub-Theme 1A: Gender & ethnicity (JCP 25, TCP 5 articles)
- Sub-Theme 1B: International students (JCP 7, TCP 6 articles)
- Sub-Theme 1C: Student athletes (JCP 0, TCP 1 article)
- Sub-Theme 1D: First-generation students (JCP 1, TCP 0 articles)
- Sub-Theme 1E: Community college students (JCP 1, TCP 0 articles)
- Sub-Theme 1F: First-generation students (JCSD 3, JSARP 1, NASPA J 0 articles)
- Sub-Theme 1G: Military/veteran students (JCP 1, TCP 0 articles)

College counseling themes emerging from the Counseling Psychology Literature:  
*Journal of Counseling Psychology (JCP)*  
*The Counseling Psychologist (TCP)*

Phase 3: 2014-2017



- Theme 1: Specialized campus populations
  - *Divided into 3 specific sub-themes (see following page)*
- Theme 2: Undergraduate psychology & graduate counseling psychology education, training, & supervision
  - JCP (2 articles), TCP (8)
- Theme 3: College student help-seeking across campus populations
  - JCP (4 articles), TCP (5 articles)
- Theme 4: College student counseling & mental health needs and presenting concerns
  - JCP (4 articles), TCP (2 articles)
- Theme 5: Counseling interventions & outcomes
  - JCP (5 articles), TCP (0 articles)
- Theme 6: Family of origin issues & influences
  - JCP (2 articles), TCP (1 article)

## Theme 1 emerging from the Counseling Psychology literature, Phase 3: Specialized populations



- Sub-Theme 1A: Gender & ethnicity (JCP 15, TCP 4 articles)
- Sub-Theme 1B: GLBTQ students (JCP 1, TCP 1 articles)
- Sub-Theme 1C: Military/veteran students (JCP 1, TCP 0 article)



College counseling themes emerging from the Counseling Psychology Literature:  
*Journal of Counseling Psychology (JCP)*  
*The Counseling Psychologist (TCP)*

Phase 4: 2018-2020



- Theme 1: Specialized campus populations
  - *Divided into 3 specific sub-themes (see following page)*
- Theme 2: College student counseling and mental health needs and presenting concerns
  - JCP (13 articles), TCP (2)
- Theme 3: College student help-seeking across campus populations
  - JCP (5 articles), TCP (2 articles)
- Theme 4: Counseling interventions and outcomes
  - JCP (7 articles), TCP (0 articles)
- Theme 5: Family of origin issues and influences
  - JCP (3 articles), TCP (1 article)
- Theme 6: Undergraduate psychology & graduate psychology education, training, and supervision
  - JCP (2 articles), TCP (0 articles)

## Theme 1 emerging from the Counseling Psychology literature, Phase 4: Specialized populations



- Sub-Theme 1A: Gender & ethnicity (JCP 17, TCP 21 articles)
- Sub-Theme 1B: GLBTQ students (JCP 12, TCP 10 articles)
- Sub-Theme 1C: Military/veteran students (JCP 2, TCP 0 article)

## References

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

