

CONTENTS

Preface xxii

AUTHOR BIOGRAPHIES xxv

PART I	Introduction to Counseling Children 1
CHAPTER I	Introduction to a Child's World 2
	History 4 What Causes Our Children's Problems? 6 A Changing World 7 The American Home 8 Societal Crises 9 Changing Values 9 Summary of Children's Difficulties 9 World Initiative and Understanding 10
	Indicators of Well-Being 11 Resilience 11
	Community Services 14
	What is Counseling? 15 How Does Counseling Differ from Psychotherapy? 16 What Is an Appropriate Working Definition of Counseling? 16
	What Counseling Can Do 17 What Specific Types of Assistance Can Be Expected from the Counseling Session? 18 Who are the Professional Caregivers? 20

Summary 22

	Introduction to a Child's World Video 23 Web Sites for Understanding a Child's World 23 References 23
CHAPTER 2	Developmental and Cultural Considerations 27
	The Personal World of the Child 27
	Development 30
	A Child's Physical Development 30 The Brain 30 Patterns of Physical Development 32
	A Child's Cognitive World 32
	The Child's World of Social Development 37 Children's Mental Health 40
	Culture 42
	Definition 44
	Competence 45
	Multicultural Counseling Competencies 45 Awareness 45 Knowledge 47
	Ethnic Identity Development 48 Acculturation 49
	Skills 49
	Children of Color 53 African American Children 54 American Indian and Alaskan Native Children 57 Asian American Children 60 Latino/a Children 63 Biracial and Multiracial Children 65
	Summary 67 Web Sites for Cultural Factors in Counseling Children 67 References 68
CHAPTER 3	The Counseling Process 78
	Which Approaches to Counseling Are Effective? 78 Cognitive Factors 79

Affective Factors 80 Behavioral Factors 80

Classifying Counseling Theories 82
Preparing for the Interview 86

vii

Children's Resistance to Counseling 88	
Steps to Overcoming Children's Resistance 89 First Interview Goals and Observations 91	
A General Model for Counseling 92 Step 1: Defining the Problem through Active Listening 93 Step 2: Clarifying the Child's Expectations 93	
Step 3: Exploring What Has Been Done to Solve the Problem 93 Step 4: Exploring What New Things Could Be Done to Solve the Problem 95 Step 5: Obtaining a Commitment to Try One of the Problem-Solving	;
Ideas 96 Step 6: Closing the Counseling Interview 96	
Questions Counselors Ask 96	
What Does the Counselor Need to Know about Counseling Records? 96	
How Much Self-Disclosure Is Appropriate for the Counselor? 97	
What Types of Questions Should the Counselor Use? 99	
How Can Silences Be Used in Counseling? 101 Should Counselors Give Advice? 101	
Should Counselors Give Information? 102	
How Does the Counselor Keep the Client on Task During the Counseling	
Session? 103	
What Limits Should Be Set in Counseling? 103	
What about the Issue of Confidentiality? 104	
Is This Child Telling Me the Truth? 105	
What Can Be Done When the Interview Process Becomes Blocked? 105	
When Should Counseling Be Terminated? 106	
How Can Counseling Be Evaluated? 106	
How Do Professional Counselors Work with Managed Health Care? 109	
Step One: Problem Identification 112	
Step Two: Problem Definition 112	
Step Three: Goal Development 112	
Step Four: Measurable Objectives 112	
Step Five: Creating Interventions 113	
Step Six: Diagnosing 113	
Summary 113	
The Counseling Process Video 113	
Web Sites for the Counseling Process 113	
References 114	
Legal and Ethical Considerations for Counselors 118	

Ethical, Professional, and Legal Issues 118

Decision-Making Models 120 Counseling Minors 123 Competence 125

Informed Consent/Assent 126

Confidentiality 128

CHAPTER 4

```
Confidentiality of Files
                   Keeping Records
                                    132
                   Breaching Confidentiality 133
                   Duty to Warn/Duty to Protect 134
                   Confidentiality in Groups
                Child Abuse Reporting 136
                   Competing Interests 137
                Civil Liability and Licensure Board Complaints
              An Ethical Decision-Making Process
              Summary 141
                 Web Sites for Legal and Ethical Considerations for Counselors 142
                References 142
     PART 2 COUNSELING THEORIES AND TECHNIQUES
             Psychoanalytic Counseling
CHAPTER 5
              The Nature of People 150
                 Concepts 151
                   The Unconscious
                                   151
              Personality 151
                Structural Concepts 153
                   Id 153
                   Ego 153
                   Superego 153
                Dynamic Concepts 154
                   Instinct 154
                   Cathexis 155
                   Anticathexis 155
                   Anxiety 155
                 Defense Mechanisms
                                      155
                   Primary Defenses 156
                   Higher Order Defenses 157
                 Psychosexual Stages and Erikson's Stages 158
                   Freud's Oral Stage (Birth to 2 Years Old): Erikson's Trust versus Mistrust
                                                                                      159
                   Freud's Anal Stage (2 to 3 Years Old): Erikson's Autonomy versus Shame
                     and Doubt
                                 159
                   Freud's Phallic Stage (3 to 6 Years Old): Erikson's Initiative versus Guilt
                   Freud's Latency Stage (6 to 11 Years Old): Erikson's Industry versus
                     Inferiority
                               160
                   Freud's Genital Stage (Adolescence): Erikson's Identity versus Role Confusion 160
```

Relationship

Goals 161

161

ix

```
Counseling Methods 162
               Assessment 163
               Process 163
             Counseling and Development of Self 164
               Techniques 166
               Catharsis 167
               Free Association 167
               Interpretation 168
                 Interpretation of Dreams 168
                 Parapraxia 169
                 Humor 169
               Analysis of Transference 170
               Analysis of Resistance
               Analysis of Incomplete Sentences 170
               Bibliocounseling 171
               Storytelling 172
               Psychoanalytic Play Therapy 172
               Object Relations Theory 175
               Case Studies
             Diversity Applications of Psychoanalytic Counseling 181
             Accountability 182
             Summary 183
               Web Sites for Psychoanalytic Counseling
               References 184
CHAPTER 6 Person-Centered Counseling 188
             The Nature of People
            Core Concepts
                            191
               Person 191
               World 191
               Self 191
            Theory of Counseling
               Relationship
                          194
               Goals 195
             Counseling Method 196
               Assessment 196
               Process 197
               Techniques
                           198
               Case Study 203
            Child-Centered Counseling and the Development of Self-Esteem 205
               Integrating Self-Esteem-Building Activities with the Child's Life 206
             Motivational Interviewing 208
             Child-Centered Play Therapy 209
```

	Diversity Applications of Child-Centered Counseling 212 Accountability 213 Summary 215 Introduction to Child-Centered Counseling Video 217 Web Sites for Child-Centered Counseling 217 References 217
CHAPTER 7	Gestalt Therapy 221
	The Nature of People 223
	Core Concepts 224 Awareness 224 Contact 225 Self 226 Integration 226
	Theory of Counseling 227 Relationship 227 Goals 228
	Counseling Method 228 Process 229 Techniques 230 Language 230
	"I" Language 231 Substituting Won't for Can't 231 Substituting What and How for Why 231 No Gossiping 231 Changing Questions into Statements 231 Taking Responsibility 231 Incomplete Sentences 232
	Experiments 232
	Bipolarities 232 My Greatest Weakness 234 Resent, Demand, and Appreciate: The Integration of Opposing Thoughts, Feelings and Beliefs 235 Fantasy Games for Creating Awareness 235 Dreamwork 236
	Using the Body to Build Awareness 237
	Identification 237

Locating Emotions in the Body 237

Confidence Courses for Play Therapy 239

Diversity Applications of Gestalt Therapy 242

Gestalt Play Therapy 238

Case Study 239

Accountability 243

Summary 244 Introduction to Gestalt Therapy Video 246 Web Sites for Gestalt Therapy 246 References 246 Behavioral Counseling 249 The Nature of People Theory of Counseling 252 Concepts 253 Principles of learning 253 Consequences 253 Schedules of Reinforcement Fixed Interval Schedule Variable Interval Schedule 254 Fixed Ratio Schedule Variable Ratio Schedule Chaining and Shaping 255 Assessment 257 Behavior Analysis 257 Why People Behave as They Do 257

Relationship 255 Counseling Goals 256 Counseling Methods 256 Steps in Behavior Analysis 258 Principles of Behavior 258

CHAPTER 8

Process 259 Techniques 260 Contingency Contracts 260

Example 1 26T Example 2 261

Self-management 263 Shaping 263 Prompting 264 Chaining 264 Modeling 264 Behavioral Momentum 265 Biofeedback 266 Token Economies 266 Behavior-Practice Groups 266 Role-playing 267

Role-playing to Define a Problem Role Reversal Role-playing Used as Behavior Rehearsal

	Counseling Homework Assignments 268 Assertiveness Training 269
	Classical Conditioning Methods 269 Ivan Pavlov (1849–1936) 269 Classical Conditioning 270 Systematic Desensitization 271 Flooding 273 Hypnosis 274 Counterconditioning 274 Aversive Conditioning 274 Case Study 275 Applications of Behavioral Counseling 278 Response Cost 279 Eating Disorders 279 Multimodal Approaches 279
	Diversity Applications of Behavioral Counseling 280
	Accountability 281
	Summary 282 Introduction to Behavioral Counseling 283 Web Sites for Behavioral Counseling 283 References 283
CHAPTER 9	Reality Therapy: Counseling with Choice Theory 286 Control Theory 287 Choice Theory 287
	The Nature of People 288 Concepts 289 Counseling Relationship 290
	Theory of Counseling 293 Relationship 294 Goals 295
	Counseling Method 296 Assessment 296 Process 297 Techniques 300 Case Study 302
	The Ten-Step Reality Therapy Consultation Model 305
	Diversity Applications of Reality Therapy 308
	Accountability 309
	Summary 310 Introduction to Reality Therapy 311 Web Sites for Reality Therapy 311 References 311

CHAPTER 10 Brief Counseling 314 Background 314 Solution-Focused Brief Counseling The Nature of People 315 Theory of Counseling Relationship 318 Goals 319 Counseling Method 320 Assessment 320 Process 320 Orientation Statement 322 Statement of the Problem Setting Counseling Goals The Skeleton Key Question/Statement for Goal Setting Working with Unproductive Client Goals Techniques 325 Using the Miracle Question to Formulate Goals 326 Case Study 327 Reviewing the Steps in Solution-Focused Brief Counseling 33I Orientation to the Solution-Oriented Brief Counseling Process Compliments 331 Setting Goals for Counseling Active Listening 332 Formulate first-session task Working with Negative Goals 332 Working with Positive Goals Coping Question The Miracle Question Relationship Questions 333 Exceptions to the Problem Situation 333 Positive Blame Changing the Doing 333 Scaling Progress toward Goal Ten Percent Improvements 333 Flagging the Mine Field 334 Closing the Session Writing the Note Solution-Oriented Play Therapy 335 Diversity Applications of Solution-Focused Brief Counseling 336 Accountability 337 Summary 339 Introduction to Brief Counseling Video Web Sites for Brief Counseling

References 339

CHAPTER I	Individual Psychology 343
	The Nature of People 345
	Core Concepts 347 The Need for Success 347 Goals of Behavior 347 Lifestyle 347 Social Interest 348 The Family Constellation 349
	Only Children 350 Firstborn Children 350 Second-Born Children 351 Middle Children 351 Youngest Children 351
	The Family Atmosphere 352
	Theory of Counseling 354 Relationship 355 Goals 356 Goals of Misbehavior 358
	Attention 358 Power 359 Revenge 359 Inadequacy or Withdrawal 359
	Counseling Method 361 Assessment 361 Information Interview Guide 362 Process 363
	Techniques 364 Early Recollections 364 Stages for Children's Insight 366 Interventions for the Four Goals of Misbehavior 366
	Sequence of the "Could It Be?" Questions 368 Encouragement 369 Praise 370 Discouragement 370 Bribery 370
	Natural and Logical Consequences 371
	Natural Consequences 371 Logical Consequences 371
	Case Study 372
	Adlerian Play Therapy 375
	Adlerian Family Counseling 376
	Diversity Applications of Individual Psychology 378
	Accountability 379

Summary 380
Introduction to Individual Psychology 381
Web Sites for Individual Psychology 381
References 381

CHAPTER 12 Rational Emotive Behavioral Therapy 384

The Nature of People 385
Theory of Counseling 387
Common Irrational Beliefs of Children 392
Common Irrational Beliefs of Adolescents 392
Common Irrational Beliefs of Parents 392
Relationship 393
Goals 394

Counseling Method 395

Assessment 395
Process 396
Solutions 398
Techniques 399
Rational Emotive Behavioral Education 403
Case Study 404

Diversity Applications of REBT 406

Accountability 407

Summary 408

Web Sites for Rational Emotive Behavioral Therapy 410 References 410

CHAPTER 13 Cognitive-Behavioral Therapy 413

The Nature of People 414
Theory of Counseling 415

Relationship 417

Goals 417

Counseling Methods 418

Assessment 420 Process 420

Techniques 422

Applications of Cognitive-Behavioral Therapy 425

Aggression 426
Anxiety 427

Depression 428

Attention-Deficit/Hyperactivity Disorder 429

Obesity 430

CHAPTER 14

Drug Use 430 Children of Alcoholics 431 Case Study 431 Cognitive-Behavioral Play Therapy 434 Cross-Cultural Applications 436 Accountability and Managed Health Care 436 Summary 438 Web Sites for Cognitive-Behavioral Therapy 438 References 438 Transactional Analysis 443 The Nature of People and Theory of Counseling 444 Core Concepts 445 Structural Analysis 446 Parent 446 Adult 446 Child 447 Transactional Analysis 448 Script Analysis Game Analysis 451 Life Positions 451 Counseling Relationship 453 Goals 453 Games Clients Play 453 The Pursuit of Strokes 455 Structuring Time 457 Rackets 458 Counseling Method 459 Process 459 Techniques 460 Case Studies 467 Diversity Applications of Transactional Analysis Accountability 470 Summary 471 Web Sites for Transactional Analysis 472 References 472 Family Counseling 474

CHAPTER 15

How Does Family Counseling Differ From Individual Counseling? 475 What Defines a Family? 475

How Does General Systems Theory Relate to Families? Core Concepts 478

```
Systems Approach to Family Therapy
                                        479
   Murray Bowen (1913-1990) 480
   The Spousal Relationship 481
   Differentiation of Self 481
   Detriangulation of Self from the Family Emotional System
   Nuclear Family Emotional Process 483
   Family Projection Process (FPP)
   Multigenerational Transmission Process
  Sibling Position 483
   Emotional Cutoff 484
  Emotional Process in Society 484
   Emotional Systems of the Family 487
  Modeling Differentiation 488
Structural Family Therapy 488
  Salvador Minuchin's Contributions to Structural Family Therapy
Strategic Family Therapy
  Paradoxical Interventions 493
  Contributions of Milton Erickson, Jay Haley, and Cloé Madanes to
    Strategic Family Therapy 494
The Communications Approach to Family Therapy
  John Gottman's Behavioral Interview Method 499
   Virginia Satir's Conjoint Family Therapy 501
     The Nature of People
                        501
     Theory of Counseling
     Counseling Method 508
     An Example of Satir's Method 509
     The Importance of Including Children
     Three Keys to Satir's System
     Satir's Technique
     Simulated Family Game
     Systems Games 512
     Communication Games
     The Counselor's Role
  Case Study
             513
Play Therapy with Families 516
Dynamic Family Play Therapy 516
  Filial Therapy 517
  Strategic Family Play Therapy 519
Diversity Applications of Family Counseling
Accountability 520
Summary 521
  Introduction to Family Counseling
  Web Sites for Family Counseling 523
  References 523
```

CHAPTER 16	Consultation and Collaboration 528	
	Consultation 529 Models of Consultation 530	
	Mental Health Consultation 530 Process Consultation 532 Behavioral Consultation 532 Cross-Cultural Consultation 534	
	Consulting Process 535 Consultant Roles 537 Combinations 537 Consultation Interventions 538	
	Role Shift 539 Listing of Behaviors 539 Logical Consequences 539 Isolation Techniques 540	
	Collaboration 541 Teaming 543 Assessment as a Consulting and Counseling Intervention	544
	The Interview 544 Case Histories 545	
	Behavior Observations and Rating Forms 546	
	Behavioral Observations 546 Behavior Rating Scales, Forms, Checklists 546	
	Formal Psychological and Educational Tests 546	
	Intelligence Tests 546 Projective Techniques 547 Achievement Tests 548 Aptitude Tests 548 Personality Tests 548 Other Tests 549	
	Summary 550 Web Sites for Consultation and Collaboration 550 References 550	
PART 3	COUNSELING WITH CHILDREN: SPECIAL TOPICS	557
CHAPTER 17	Play Therapy 558 History of Play Therapy 559	

History of Play Therapy 559

Defining Play Therapy 560

Goals of Play Therapy 561

Therapeutic Advantages of Play Therapy 562

Diversity Applications of Play Therapy 563

Children Appropriate for Play Therapy 565

```
The Play Therapist
                 Play Stages 567
                 Theories of Play Therapy
                                         568
                   Ecosystemic Play Therapy
                                         568
                   Group Play Therapy 569
                   Prescriptive Play Therapy 569
                 Play Therapy with Children and Adults 570
                   Parent-Child Interaction Therapy 571
                   Theraplay
                            572
              Effectiveness 572
              Play Therapy Media and Strategies
                 Basic Skills of Play Therapy 576
                   Visualization 578
                   Storytelling 579
                   Drama 580
                   Music 580
                   Art 580
                   Clay 581
                   Puppets 581
                   Sand 583
                Case Study 584
              Summary 586
                 Web Sites for Play Therapy 587
                References 587
              Group Counseling with Children 595
CHAPTER 18
              Rationale 595
              Definition of Group 596
              Types of Groups 597
              Theoretically Oriented Group Counseling 599
              Group Leadership Skills
              Getting Started 605
                Choice Model
                              605
                Group Focus
                             605
                Developing a Proposal 607
                Selecting Group Members 608
                Forming a Group 608
                Screening Interview 609
                Size of Group 610
                Group Setting 610
             Group Stages 610
                Beginning 611
```

Transition 611

	Working 611 Ending 612 Group Counseling Process 613 The First Session 613 Guidelines for the Remaining Sessions 614 Implications for Different Ages 615 Evaluation of Groups 617 Group Counseling Example 618 Classroom Meetings 620 Guidelines for Leading Classroom Meetings 620 Group Crisis Intervention 621 Summary 623 Web Sites for Group Counseling with Children 623 References 623
CHAPTER 19	Counseling Children with Special Concerns 629 Child Maltreatment 630 Definitions 630 Causes 633 Protective Factors 634 Signs and Symptoms 635 Long-Term Consequences 636 Assessment 639 Treatment Goals 641 General Counseling Strategies for Working with Children
	Been Abused 642 Parents 645 Other Steps 645 Children in Chemically Dependent Families 646 Interventions for Children from Chemically Dependent Families 648 Treatment Goals 649
	Death and Bereavement 650 Early Childhood 650 Middle Childhood 651 Adolescence 651 Stages and Phases 652 Interventions for Children Who Are Grieving 652 Information 654 Validation 655 Memories 656 Bereavement Groups 657
	Depression and Suicide 658 Interventions for Depression 659 Suicide 661

Assessment 662

Who Have

Postsuicide Interventions 665 Family Structures 667 Children of Divorce 667 Interventions with Children of Divorce Acknowledging the Reality of the Marriage Breakup Disengaging from Parental Conflict and Distress and Resuming Customary Pursuits Resolution of Loss 669 Resolving Anger and Self-Blame Accepting the Permanence of Divorce 669 Achieving Realistic Hope Regarding Relationships Parents 670 Outcomes 671 Children in Stepfamilies 671 Children in Single-Parent Homes 674 Children and Violence 675 Treatment and Prevention 677 Problem Situation 679 Peer Mediation and Conflict Resolution Summary 681 Web Sites for Counseling Children with Special Concerns 68_T References 682 Counseling with Children with Disabilities The Situation 693 History 694 Categories of Disabilities 695 Considerations for Working with Children Who Have Disabilities Methods for Counseling with Children Who Have Special Needs Children with Emotional Disturbance Children with a Learning Disability 703 Children with Attention Deficit/Hyperactivity Disorder and Attention Deficit Disorder 706 The Child with Mental Retardation The Child with a Physical Disability General Ideas 712 Counseling with Parents of Exceptional Children Summary 715 Web Sites for Counseling with Exceptional Children 716 References 716

Interventions for Suicide

Name Index 720 Subject Index 733

CHAPTER 20

664