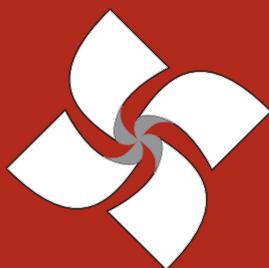


# THE NATIONAL CERTIFIED COUNSELOR



Volume 21, Number 2  
Spring 2005

National Board for Certified Counselors

## NBCC INTERNATIONAL

By Wendi Schweiger, Director of NBCC International

NBCC International (NBCC-I) was founded as a division of NBCC in November 2003. This special edition of *The National Certified Counselor* reflects the growth and diversity of the interests and projects of NBCC-I and the activities of counselors and counselor educators in different parts of the world. In this issue, we have an article about a proactive approach to the challenges to globalization of counseling by Daniel Paredes, international affairs coordinator. Dr. Scott Hinkle, clinical training coordinator, describes NBCC's and NBCC-I's response to the South Asia tsunami disaster, including collaboration with the World Health Organization and the establishment of a mental health fund through NBCC and NBCC-I. Dr. Andreea Szilagyi, NBCC's and NBCC-I's first international counsellor-in-residence, shares her experiences in the United States and how they will impact her future work in her home country of Romania. Dr. Rex Stockton, Jeffrey Garbleman, and Jennifer Kaladow, from the Department of Counseling and Educational Psychology at Indiana University, provide an abstract of an article they have written taking a unique look at the development of counseling internationally. In addition, Dr. Stockton also contributes another article about his work in training frontline HIV/AIDS workers in Botswana.

The next edition of *The National Certified Counselor* will include even more information about NBCC and NBCC-I projects. Our topics include:

- NBCC–Romania, NBCC–Jamaica, and NBCC–China
- Counseling in Venezuela
- Partnership with the Jamaica Association of Guidance Counsellors in Education
- Atlas of the World Health Organization
- Partnership with the African Association of Guidance and Counselling and UNESCO's Guidance, Counselling, and Youth Development Centre for Africa
- The OECD/UNESCO "Guidelines for Quality Provision in Cross-Border Higher Education"

We continue to encourage and support the growth of counseling worldwide. □

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# A RESPONSE TO THE TSUNAMI

By Dr. J. Scott Hinkle  
Clinical Training Coordinator

NBCC and its division, NBCC International (NBCC-I), are committed to supporting the South Asia tsunami victims through several approaches to helping. Immediately after the disaster, the NBCC Web site posted its strategy to assist with relief to the thousands of tsunami victims (<http://www.nbcc.org/SPECIAL/Tsunami-Response.htm>).

NBCC and NBCC-I continued their collaborative efforts with the World Health Organization (WHO) by posting a copy of Benedetto Saraceno's letter on the NBCC Web site. Dr. Saraceno is director of mental health and substance abuse for WHO. In his letter, he reported that NBCC was contacting counselor training programs throughout the world in order to obtain information about counselors within the affected countries who could be called on to provide counseling services.

Additionally, NBCC's Web site has posted the NBCC & NBCC-I Disaster Relief fund, where all monies are sent to the WHO de-

partment designated for mental health relief. No funds will be taken out for overhead. NBCC and NBCC-I will continue to collaborate with WHO and other non-governmental organizations assisting the tsunami victims.

A list of Red Cross and Red Crescent National Societies has been published by NBCC and NBCC-I with specific contact information for affected countries including Bangladesh, India, Indonesia, Malaysia, Sri Lanka, and Thailand. These data will be used to coordinate counseling efforts between affected countries, the Red Cross, and counselors around the world.

Some information we find helpful:

Most of us rely on the stability of our environment as well as our ability to count on Mother Nature. When this is not the case, many people will develop feelings of powerlessness and the sense that they are losing the structure of their daily lives.

When people witness an event as alarming as the South Asia tsunami, they can begin to feel that personal, community, and social functioning are being undermined. Natural disasters are extremely costly to victims in terms of loss of life, health, property, and in some cases entire families and communities. This is where counselors are making a difference, and NBCC and NBCC-I will continue supporting these efforts in the affected region.

Many people in the United States may seek counseling as a result of distress about the tsunami disaster. Watching the TV reports can be difficult and can produce an emotional response. This can be

**MONIES FROM THE NBCC & NBCC-I DISASTER RELIEF FUND ARE SENT TO THE WHO DEPARTMENT DESIGNATED FOR MENTAL HEALTH RELIEF.**

particularly difficult for children. Limiting television time and providing an opportunity for children to talk is a good way to evaluate how they are dealing with disaster stress. It also is important for counselors to assess the level of identification with the dead and suffering, particularly for children living on or near our coasts.

The world's counselors working as relief agents are performing crisis intervention, evaluating people for acute as well as long-term treatment, assessing community and family needs, educating communities, and maintaining support networks for victims. One of the most important tasks of disaster counselors is to help minimize despair and helplessness—certainly a formidable objective. Most victims will resolve their stress and loss in time; however, some will have a more profound course of suffering. As always, counselors will do all that they can to help. The tsunami relief effort will go on for some time and the victims will appreciate the help of counselors.

Mental-Health-Matters.com, a Web site designed to provide information and resources for consumers, professionals, students, and supporters, provides additional information regarding counseling for people exposed to disaster and the trauma-related symptoms they experience. This information is available at <http://www.mental-health-matters.com/articles/article.php?artID=291>. □



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# ROMANIAN COUNSELING: BETWEEN THE OLD AND NEW WORLD

## A PERSONAL EXPERIENCE AS AN INTERNATIONAL COUNSELLOR-IN-RESIDENCE

By Andreea Szilagy  
International Counsellor-in-Residence

Coming to the United States from Romania—from a continent that has experienced important economic and social transformations after the historical movements in 1989–1990—is a big challenge for me, as a person, as a counselor, and as a counselor educator. In my part of the world, countries are changing their shape, social systems are breaking down, and people are forced to learn new ways to adjust to completely different lifestyles. The situation is more dramatic in the former communist countries (where I am from), where a centralized economic and social system has been transformed into an economic system based on free trade and private property.

Learning about counseling and working with professionals and educators in the field here has made me clarify some things related to the Romanian counseling professionalization process. It is as if now I have the big picture instead of focusing on small aspects.

Coming here was also an opportunity for me to start thinking and acting globally. I learned that along with focusing on a specific goal (like a good, but isolated master's program in counseling), a long-term innovation might be creating a European (and international) network involving the available institutional and human resources, for exchanging experiences, students, professors, literature, and so on.

I realize now that beyond the necessary financial support, what

Romania (and some other southeastern European countries) need in terms of developing the counseling profession is learning from other advanced countries' experiences. *Importing* expertise is not enough and can be harmful, when trying to place that expertise in another culture, with different values and traditions. Instead, *adapting* public policies, standards, ethics, and strategies for enhancing the counseling profession can be the key for successful development. Educational programs, university

**THE FIRST INTERNATIONAL  
CAREER COUNSELING  
CONFERENCE IN ROMANIA  
WILL BE HELD IN MAY.**

exchanges, seminars, workshops, and other educational events can be organized. It was this idea that inspired me to organize the first international career counseling conference in Romania, which will take place in May. A special GCDF<sup>1</sup> day will be arranged—with a panel discussion involving specialists from Romania, the United States, Canada, New Zealand, Bulgaria, Turkey, Germany, and China.

Being among the professionals here at NBCC is an opportunity of a lifetime. I have been fortunate to witness great changes such as the growth of NBCC International, the implementation of the IVC (International Vanguard of Counsellors) Web page, and the expansion of the NBCC and NBCC International programs around the

world. I have also had the chance to learn more about practical aspects of the counseling process and of counselor education from top professionals.

I am grateful to the counseling community here, both counselors and counselor educators; they are warm, open, and ready to help. Many of them have donated books for Romania, which is an important thing for a country that has just begun creating its own literature in the field.

I am ready to go back to Romania and start advocating for a national counseling credential in a country where the status of the counseling specialist is not well defined. I strongly believe now that a Romanian Counseling Association can help the profession grow, and I want to help create one. I also plan to redesign the career counseling master's program, which I designed two years ago, to meet international standards in the field and especially to introduce a concept not yet in practice in Romania: a supervised internship for future counseling professionals.

It has been wonderful to work for NBCC at a time when the internationalization wave has sparked changes in policies and mentalities. It is a rare moment and a unique learning experience for me. □

1. Global Career Development Facilitator is a credential offered by the Center of Credentialing and Education. See [www.cdf-global.org](http://www.cdf-global.org). CCE is an affiliate of NBCC.

# THE COUNSELLING PROFESSION AS PROACTIVE AGENT IN GLOBALIZATION

By Daniel M. Paredes  
International Affairs Coordinator

Increased mobility is a fact of life thanks to advancements in travel and communication. These advancements have facilitated mobility not only with our national borders, but also across them.

For mobile counsellors relocating within the United States the process of gaining or transferring recognition by a state licensure board or state Department of Public Instruction (DPI) can be laborious, time consuming, expensive, and frustrating. These difficulties are compounded for counsellors trained in other parts of the world coming to the U.S. and for U.S.-trained counsellors who wish to practice in another country. This article identifies ways the counseling profession might be proactive in addressing credential and education recognition in the international context.

## COUNSELLOR CREDENTIALING

Counsellor credentialing around the world has many variations. To be recognized as a professional counsellor in the U.S., one must demonstrate completion of specific coursework within a recognized master's degree and a subsequent period of supervised practice. These requirements are a reflection of our culture's expectations. Similarly, our counterparts in other countries may be credentialed upon meeting requirements in their home country (Bond et al., 2001). For example, a counsellor in Mexico is likely licensed as a psychologist upon completion of

bachelor's level studies and a thesis. Therefore, practitioners engaged in similar work in different countries face remarkably different requirements from country to country.

A collective counseling profession may be the answer to addressing the barriers we face as mobility of professionals increases. Looking at our own mobility problems gives us some perspective in tackling the complications of crossing international borders as professional counsellors.

## PROFESSIONAL RESPONSE

Two evocative responses to the problem of credentialing across international borders are the establishment of "common space" educational and training agreements and the establishment of an agency to serve as an international repository of training equivalencies.

In essence, "common space" education and training agreements constitute the recognition of core training experiences by professional counterparts in different nations (Crespo, 2003). While it may be difficult to identify culturally universal core courses for the helping professions, opening this dialogue would be a definitive step toward development of joint-university programs.

Creation of an agency dedicated to comparing training and practice requirements is a possibility for the counselling profession. A framework is being established by the American Association of State Counseling Boards (AASCB) for a

registry that will make education and experience documentation available to select states (AASCB, 2004). Additionally, other professions such as the medical profession have an existing entity, the Educational Commission for Foreign Medical Graduates (ECFMG), which is charged with comparing entry requirements across borders in an effort to facilitate advancement to residency (supervised practice) or into the workforce. These models could assist the counseling profession in addressing problems with professional recognition.

As professionals we should welcome the opportunity to be proactive in addressing globalization's inevitable exchange of professionals. We can see the changing world and know that changing patterns of mobility in our profession are inevitable. □

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## GROUP COUNSELING TRAINING IN SUB-SAHARAN AFRICA

Rex Stockton, Ed.D., NCC, responded to a request by Dan-Bush Bhusumane, president of the African Association of Guidance and Counselling (AAGC), to conduct a group counseling training program in sub-Saharan Africa. Bhusumane requested assistance with training in group work procedures for those doing front-line work with HIV/AIDS in Africa, starting in Botswana. This country was selected for a pilot training because there was already a group of individuals interested in receiving training in group work. Additionally, it was hoped that group work could help address the difficulties caused by Botswana having one of the highest HIV/AIDS prevalence rates in the world, currently 38 percent (UNAIDS/WHO, 2004).

In a collaboration among Indiana University, the AAGC, and the University of Botswana, fifteen people (including counselors, government social service workers, nursing personnel, and a military chaplain) were trained in group counseling procedures during an intensive one-week training in Gaborone, Botswana, during August of 2004.

One of the goals of the training program was to establish culturally sensitive methods for group counseling to address the difficulties caused by HIV/AIDS in sub-Saharan Africa. The first phase of the one-week training introduced basic principles and practices of group counseling. In the middle phase of the workshop, some direct teaching continued but more time was de-

voted to practicing group facilitation skills in small groups. Members developed trust and cohesion in their groups as they expect to do in their professional practice. All this was done with every attempt on the facilitator's part to recognize and respect cultural norms and differences. The final stages of the workshop involved the participants' more directly experiencing group principles at work, as they formed a working group and discussed the challenges of their daily work in a world devastated by HIV/AIDS.

The general themes of discussions about how to use the information, insights, and experience from this training included ways of using group counseling in working with teachers and the orphans in their classrooms, using it for culturally sensitive and efficacious preventive and treatment measures, and using it as a way to address the denial surrounding HIV/AIDS.

In view of the positive responses and feedback, Bhusumane, as president of AAGC, has recommended that the program be made available to other countries in Africa. Several sub-Saharan countries have already expressed interest in and commitment to the training, which may be made available through the AAGC. Group counseling seems to fit well with the African cultural environment and current practices of providing services for mental health and social support. In July and August of 2005, the training will be expanded in Botswana and additional activities will take place in Kenya. It is anticipated that

these and other related efforts will continue to expand as time and resources permit.

Rex Stockton is a Chancellor's Professor at Indiana University in the Department of Counseling and Educational Psychology. He has been involved in the field of group counseling, training, and research for more than 30 years.

In addition to being president of AAGC, Dan-Bush Bhusumane is a lecturer at the University of Botswana. He is completing his doctorate in counseling at Duquesne University. Bhusumane has extensive experience in the counseling and guidance field in Africa and has assisted with the establishment of services in numerous sub-Saharan countries.

Additional collaborators include Professors D. Keith Morran and Floyd "Flip" Robison of the Indiana University program in Indianapolis and doctoral student, Leann Terry. These individuals will contribute in the development of materials and evaluation and research procedures.

For more information, contact Rex Stockton, 201 N. Rose Avenue, Wright Building, Room 4056, Bloomington, IN 47405, or e-mail: stocktor@indiana.edu. □

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# THE INTERNATIONAL DEVELOPMENT OF COUNSELING AS A PROFESSION

*The following is an abstract of a funded paper written by Dr. Rex Stockton, Jeffrey Garbleman, and Jennifer Kaladow. The paper is a seminal work describing the evolving state of counselor education in the world. It has already been used in the development of strategies to gather information for WHO's ATLAS project, which includes counseling along with other mental health professions in its database (see [http://www.who.int/mental\\_health/evidence/atlas](http://www.who.int/mental_health/evidence/atlas)). NBCC has been instrumental in providing funding for this continuing project and represents the counseling profession in developing WHO's Counseling ATLAS (look for an update in our next issue).*

The authors have been engaged in a long-term study of the history and development of counseling, internationally. Their research has examined counseling in countries including, but not limited to: Canada, Germany, Great Britain, India, Israel, Japan, the Netherlands, Romania, Saudi Arabia, South Africa, Sweden, Turkey, and the United States. The particular focus of this article is the development of counseling as a profession internationally.

Although no one study can encompass every aspect of this topic, this article attempts to provide an entry point for an international dialogue discussing emergent themes from our work. Overall, we have attempted to avoid the negative consequences of previous studies regarding professionalization by not looking for the presence or absence of certain predetermined landmarks necessary for "professional" counseling.

Instead, we have attempted to uncover the emerging themes from the explicit goals of various counseling organizations studied and to present these in a systematic way. In this regard, we have tried to stay consistent with the notion that professional counseling is viewed differently in various parts of the world, while at the same time allowing for common themes to emerge and be used for comparison (Bond et al., 2001; Kashyap, 1998). This article presents several such emergent themes that come from various areas we focused on, including counseling organizations, national training, accreditation, and ethics codes.

This particular study has two major goals: to expand the knowl-

edge base of counseling as a profession internationally and to create possible "maps" of how counseling develops as a profession. The first goal is to expand the current knowledge regarding counseling as a profession internationally. The development of good counseling practices depends on an appropriate body of knowledge (Bond & Baron, 1998; Stockton & Kaladow, 2002). As the world of counseling continues to become smaller and more interconnected, the need for counselors to become increasingly knowledgeable of how counseling is implemented in nations beyond their own becomes increasingly important (Guindon & Sobhany, 2001).

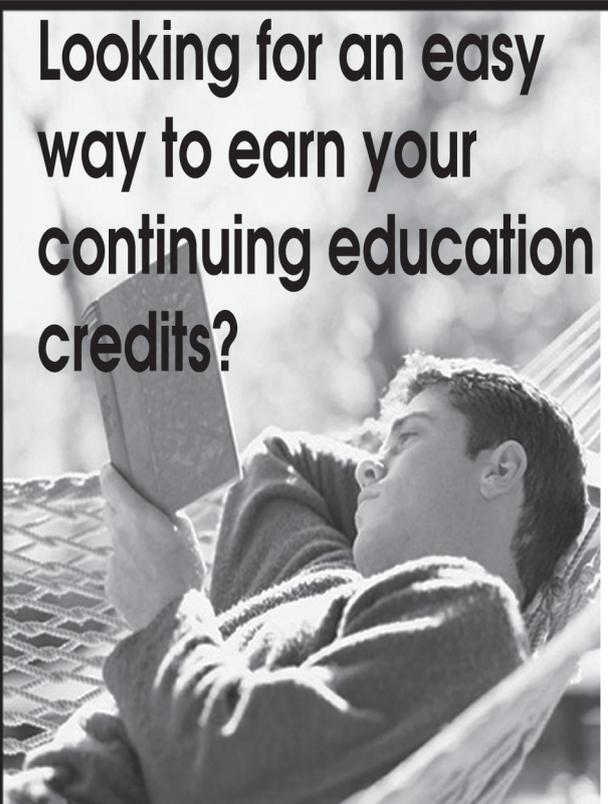
The second goal of creating possible maps of professional counseling development is reflected in national and international counseling organizations, such as the National Board for Certified Counselors (NBCC) and the International Association for Counseling (IAC) that are "committed to encouraging a multicultural exchange of ideas and resources in order to expand helpful professional services and to develop new perspectives for research, training, and practice" (Bond & Baron, 1998, p. 7). In this spirit, we hope the mapping of the development of counseling as a profession in multiple countries may allow individuals and organizations to make informed decisions through collaborating, comparing, and contrasting their efforts with countries in similar, as well as dissimilar, cultural contexts.

**More on Page 12**

## NCCs OF NOTE

■ Dr. Rose Xochitl AnaO Quinones delValle, NCC, MAC, chair of the Ohio Counselor Social Work Marriage and Family Therapist Board (CSWMFT), recently was recognized as a Distinguished Hispanic Ohioan. Quinones delValle has been working to change the educational plight of Latino students in Cleveland Schools through recruitment efforts to higher education and personally mentoring twelve Latino graduate students to attain their counseling degrees. When she arrived at Cleveland State, there were no Latino graduate counseling students in the program.





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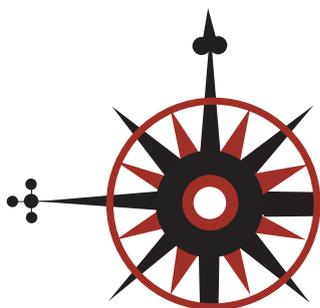
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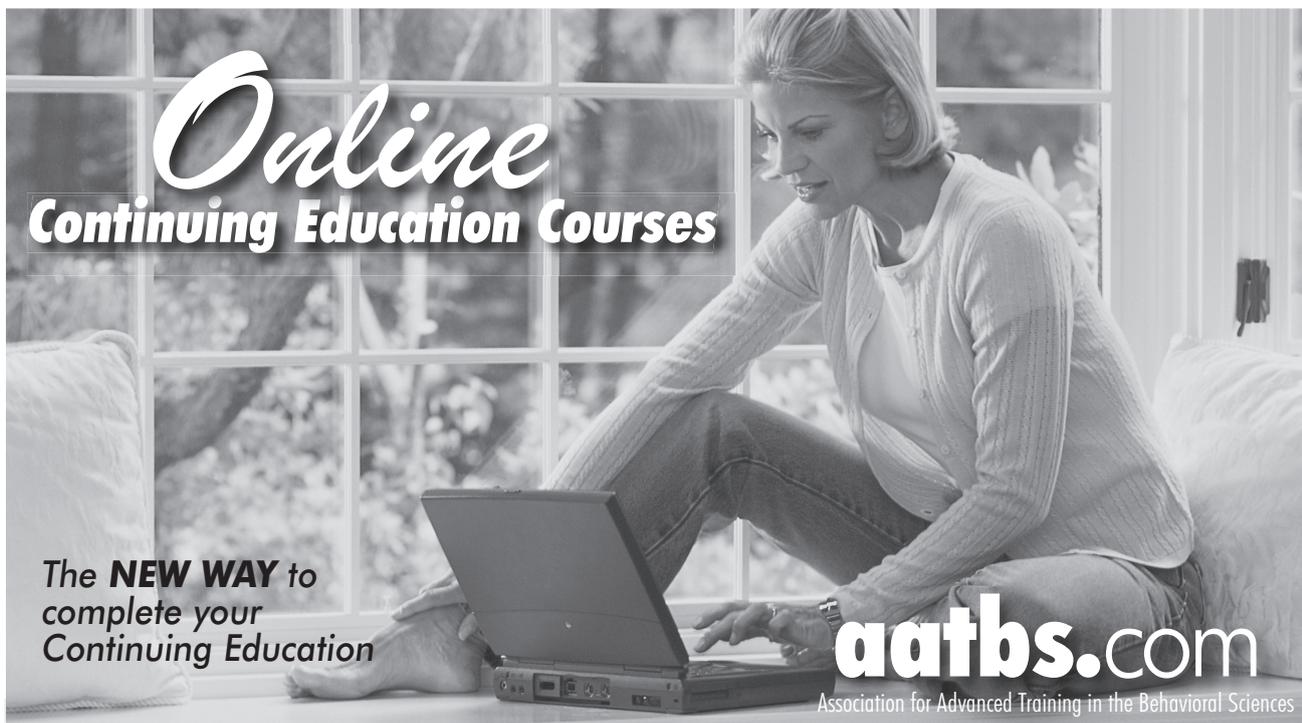
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## THE INTERNATIONAL DEVELOPMENT OF COUNSELING AS A PROFESSION

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Rex Stockton, Ed.D., NCC, is a Chancellor's Professor at Indiana University in the Department of Counseling and Educational Psychology. Jeffrey Garbelman and Jennifer Kaladow are doctoral students in the Counselor Education program at Indiana University. This is an ongoing project. We welcome any and all information you have regarding counseling in your country, as well as other countries you are familiar with. Please send any information to Rex Stockton at [stocktor@indiana.edu](mailto:stocktor@indiana.edu). We appreciate your help with the international study! □

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