Applying the Competencies for Counseling Populations to Counselor Education Curriculum

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Session Objectives

- Introduction to military literature
- Development of Competencies for Counseling Military Populations
- Congruence of CCMPs and CACREP Standards
- Suggestions for inclusion across the curriculum
Introduction to Military Literature

- 2.4 million Active Duty and Reserve component Service members (DoD, 2016).
- 1.67 million Active Duty family members (DoD, 2016).
- Among Active Duty Service members, slightly less stigma associated with mental health care, compared to 2002, at the same time help-seeking rates doubled (Meadows et al. 2018).
- SAMHSA (2017) estimated about 50% of military clients who need mental health care access it.
- Of those seeking services, only about 50% receive "adequate" care (Hoge et al., 2014).
Development of CCMPs

- Counselors approved as TRICARE providers
- LPCs hirable at VA health centers and hospitals
- Military and Government Counseling Association developed a Task Force.
  - Nine members
  - 18-month process
  - Review of research, development of domains, writing of each competency
  - Outside reviewers
  - Publication in June 2018
COMP Domains

- Military Culture
- Identity Development
- Systems
- Assessment of Presenting Concerns
- Treatment
- Ethics
- Advocacy

CCMP Domains and CACREP Standards

- Professional Counseling Orientation and Ethical Practice
  - Ethics and Advocacy
  - Identify motivations to counsel military populations (6.b.)

- Social and Cultural Diversity
  - Military Culture
  - Recognize cultural differences of Service members such as the mission first mentality (1.e., 1.j.)

- Human Growth and Development
  - Identity Development, Systems, and Assessment of Presenting Concerns
  - Nature of transitions (2.g.), impact of deployments (3.a.), military specific stressors (4.h.)

- Career Development
  - Identity Development
  - Transition from military to civilian life (2.h.)
CAMP Domains and CACREP Standards

- Counseling and Helping Relationships
  - Treatment
  - Aware of evidence-based treatments (5.a.) and adjunct services (5.c.)
- Group Counseling and Group Work
  - Military Culture, Treatment, and Advocacy
  - Value of collectivism (1.g.)
- Assessment and Testing
  - Assessment of Presenting Concerns and Treatment
  - Complex nature of co-occurring symptoms to be assessed (4.b., 4.d., 4.e.)
- Research and Program Evaluation
  - Assessment of Presenting Concerns, Treatment, and Advocacy
  - Knowledge of reputable mental health programs and resources (7.b., 7.d., 7.i.)
Pedagogical Suggestions across Curriculum

- Human Growth & Development
- Career
- Diagnosis
- Crisis
- Family Specialty Course
- School Counseling Specialty Course
- Clinical Mental Health Specialty Course
Human Growth & Development

- Key considerations:
  - Deployment Cycle
  - Mobility
  - Grief and loss

- Warrior culture:
  - Mental toughness and physical preparation

- Family systems:
  - Formation of families
  - Separation and attachment

Assignment: watch or read an historically accurate portrayal of the military and identify developmental tasks (* book and movie are recommendations included at the end of this presentation)
Career

• Veterans:
  • 2xs the rate of civilian unemployment (Bureau of Labor Statistics, 2012)
  • Separation from service
  • Veteran preference status

• Spouses:
  • 4xs the rate of civilian unemployment (Bureau of Labor Statistics, 2012)
  • Career services available on military installations
  • Spouse preference status

• Children:
  • Academic achievement gaps (Chandra et al., 2010; Engel Gallager, & Lyle, 2010)

Assignment: Create a career group curriculum for military populations to address gaps in existing career services
Diagnosis

- Address prevalence rates within the military population across diagnoses
- Help students identify systemic, interpersonal, and intrapersonal elements of diagnoses in the military system
- Become aware of deployment limiting conditions
- Identify adaptive features and protective factors of this population to emphasize culturally responsive mental health care

Assignment: Invite an interdisciplinary panel, including Veterans, active military, social workers, chaplains, psychologists, and VA personnel, to speak to your class about mental health in the military. Ask students to reflect on their significant learnings and new awareness.
Crisis

- Familiarize students with military protocol for risk assessments
- Inform students about risk-behaviors within the military population
- Utilize VA/DoD treatment manuals to expose students to treatment modalities within the military systems of care
- Readings specific to military populations and suicide

Assignment: Ask students to compile a list of military-friendly community resources to provide to clients. Lists may include financial resources, substance use treatment, peer-to-peer networks, free and reduced cost counseling services, remote counseling services, legal counsel, inpatient programs, benefit liaisons, victim advocates, suicide prevention, medical care, adaptive rehabilitation, community engagement, and food and shelter resources
Family Specialty Course

- Parenting stress (Flake, Davis, Johnson, & Middleton, 2009; Allen, Rhoades, Stanley, & Markman, 2011)
- Parent-child relationship problems (Willerton, Schwarz, MacDermid Wadsworth, & Schultheis Oglesby, 2011)
- Non-deployed parent wellness impaired (Chandra et al., 2010)
- Decreased family cohesion (Knobloch, Pusateri, Ebata, & McGlaughlin, 2015)
- Maltreatment (Gibbs, Martin, Kupper, & Johnson, 2008; Rentz et al., 2007; McCarroll, Fan, Newly, & Ursano, 2008)

Assignment: Write a case conceptualization and treatment plan, from their own theoretical orientation, for a military family case study.
School Counseling Specialty Course

- Understanding Cultural Diversity - (Cole, 2016; Cole, 2014; ASCA, 2015)
- Assignment: Case study of three-school aged children to develop appropriate school interventions for any of the following ASCA Model Program requirements (Davis, 2017)
  - Advocacy - Professional Development for School Staff (AASA Toolkit, 2009)
  - Comprehensive School Counseling Program - Honor service branches, Meet & Greet
  - Guidance Curriculum - Lesson Samples K-12 Multidisciplinary
  - Group Counseling - Military Kids Connect, online resource for students
  - Develop Age appropriate Individual interventions
    - Elementary School - Sesame Street
    - Middle school & High School - Military Tutor
Clinical Mental Health Specialty Course

- Guest Speaker Panel
  - VA Hospital or VA Health Center
    - Veteran Justice Officers (VJOs)
  - Local Veterans Coalitions
  - Peer-to-Peer Network representatives
  - VA Benefits Office--Veteran Support Officer (VSO)
  - Health Care for Homeless Veterans Program
  - On-campus Veteran resource
Conclusion, Questions, and Resources

- **Books:**
  - On Combat
  - On Killing
  - Tribe
  - In a Time of War
  - The Unforgiving Minute

- **Documentaries:**
  - The Invisible War
  - Restrepo
  - That Which I Live Destroys Me
  - Chain of Command
  - The Warfighters
  - Live to Tell
References


