

# counseling psychology

## defined:

### **The American Board of Counseling Psychology (ABCoP)**

is one of the original specialties recognized in 1947 when the American Board of Professional Psychology (ABPP) was founded. The ABCoP is responsible for establishing criteria related to the definition, education, training, competencies, and examination leading to certification as a specialist in Counseling Psychology. The ABCoP is governed by a board composed of members certified in Counseling Psychology who represent the specialty on a national basis.

### **Counseling Psychology**

A Counseling Psychologist facilitates personal and interpersonal functioning across the life span with a focus on individual, group, and community interventions for emotional, behavioral, vocational, and mental health problems using preventative, developmental, and remedial approaches, and in the assessment, diagnosis, and treatment of psychopathology. Counseling Psychologists participate in a range of activities including psychotherapy, assessment, teaching, research, supervision, career development, and consultation. They employ a variety of methods closely tied to theory and research to help individuals, groups and organizations to function optimally as well as to remediate dysfunction. A Counseling Psychologist is mindful of diversity and multiculturalism and recognizes the contribution of such broad factors as race, ethnicity, language, sexual orientation, gender, age, disability, class, education, religion/spiritual orientation, and other cultural dimensions to the formulation of the personality and social and mental health problems. A Counseling Psychologist is also aware of issues resulting from physical and mental health concerns.

### **Certification in Counseling Psychology**

Specialties, by definition, are advanced levels of practice including doctoral and post-doctoral preparation. Board certification assures the public and profession that a Counseling Psychologist has successfully completed requirements of the specialty, including an examination designed to assess competencies required for effective practice in Counseling Psychology.

### **ABPP Central Office**

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### **Requirements for Board Certification**

Board certification assures the public and the profession that a specialist in Counseling Psychology has met the educational, training and experience requirements, and has demonstrated advanced competencies required by the specialty through an individualized, peer reviewed examination. The certification process encompasses the following inter-related domains of professional competency.

#### **Theory, Research and Practice**

A competence-based practice relies on the appropriate application of therapy and research in order to warrant effective and efficacious outcomes. Included in the competent contemporary practice of Counseling Psychology is an awareness of theory, research and practice pertaining to issues of diversity, e.g. ethnicity, gender, sexual orientation, family, cultural issues, family populations, and disability.

#### **Assessment and Intervention**

The assessment and intervention competencies related to the practice of the specialty of Counseling Psychology are fundamental aspects of the certification. A sample of the candidate's practice is submitted and reviewed together with the candidate's pattern of practice through his/her professional statement. This constitutes the practice sample.

#### **Consultation and Supervision**

Demonstrate the ability to communicate and apply knowledge of consultation, program evaluation and/or supervision with others.

#### **Individual and Cultural Diversity**

Demonstrates awareness of all aspects of individual and cultural diversity.

#### **Ethics and Legal Foundations**

The awareness and appropriate exercise of ethical and legal standards includes the APA Ethical Principles for Psychologists and Code of Conduct and current statutory provisions and case law precedents applicable for the protection of the interests of diverse individuals, groups, organizations, the profession, and society.

#### **Interpersonal Interactions**

Demonstrates sensitivity to the welfare, rights, and dignity of others, as well as an ability to relate to clients/patients and others in ways that enhance the effectiveness of services provided

#### **Professional Identification**

Candidates are expected to demonstrate meaningful involvement with the profession in general and the specialty in particular.

### **Fees**

\$125 fee for application and credential review to establish candidacy.  
\$250 fee for the practice sample review and establishment of the oral examination team.  
\$450 for the oral examination.

These fees are due sequentially over the time span necessary to complete all of the candidacy and examination steps. Upon granting Board certification a yearly fee of \$185 is assessed to support the many services of the ABPP and the representation of the organization to the public and the profession.