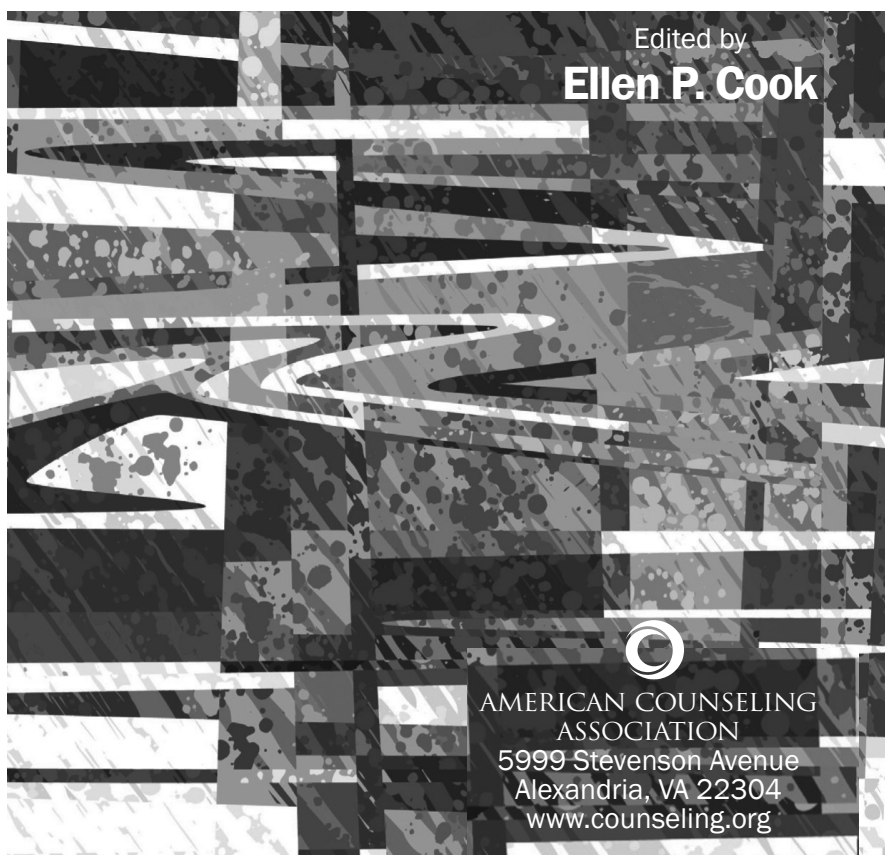


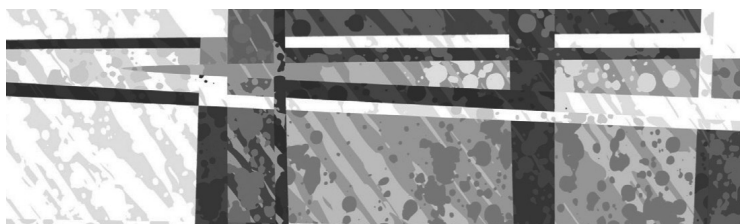
Understanding People in Context

The Ecological Perspective in Counseling

Edited by
Ellen P. Cook



AMERICAN COUNSELING
ASSOCIATION
5999 Stevenson Avenue
Alexandria, VA 22304
www.counseling.org



Understanding People in Context The Ecological Perspective in Counseling

Copyright © 2012 by the American Counseling Association. All rights reserved. Printed in the United States of America. Except as permitted under the United States Copyright Act of 1976, no part of this publication may be reproduced or distributed in any form or by any means, or stored in a database or retrieval system, without the written permission of the publisher.

10 9 8 7 6 5 4 3 2 1

American Counseling Association
5999 Stevenson Avenue
Alexandria, VA 22304

Director of Publications Carolyn C. Baker

Production Manager Bonny E. Gaston

Editorial Assistant Catherine A. Brumley

Copy Editor Beth Ciha

Cover and text design by Bonny E. Gaston

Library of Congress Cataloging-in-Publication Data

Understanding people in context : the ecological perspective in counseling/
edited by Ellen P. Cook.

p. cm.

Includes bibliographical references and index.

ISBN 978-1-55620-287-2 (alk. paper)

1. Counseling. 2. Environmental psychology. I. Cook, Ellen Piel, 1952–
BF636.6U533 2012

158.3—dc23

2011047055



For David, Jenny, and Laura



Table of Contents

Acknowledgments	vii
About the Editor	ix
About the Contributors	xi

Part I Understanding the Ecological Perspective

1	Introduction	3
	<i>Ellen P. Cook</i>	
2	Behavior Is Personal	11
	<i>Ellen P. Cook</i>	
3	Behavior Is Contextual	37
	<i>Ellen P. Cook</i>	
4	Behavior Is Interactional	67
	<i>Ellen P. Cook</i>	
5	Behavior Is Meaningful	99
	<i>Ellen P. Cook</i>	
6	Behavior Is Changeable	129
	<i>Ellen P. Cook and Susannah C. Coaston</i>	



Part II Applying the Ecological Perspective

7	Diversity From the Ecological Perspective <i>Mei Tang and Huma Bashir</i>	161
8	Assessment, Diagnosis, and Treatment Planning From the Ecological Perspective <i>F. Robert Wilson</i>	179
9	School Counseling <i>Jeri Crowell, Kerry E. Sebera, and Susannah C. Coaston</i>	207
10	Counseling in Context: Chemical Dependency and Substance Abuse Programs <i>Albert L. Watson, Nzingha Dalila, Jill Gomez, Greta Hochstetler Mayer, Steven W. Patrick, and Michael D. Brubaker</i>	229
11	Working With Faith-Based Communities in Ecological Counseling <i>Joseph A. Stewart-Sicking and Wairimu Wanjau Mutai</i>	259
12	Counseling in Context: Counselor Training <i>Michelle Flaum Hall and Geoffrey G. Yager</i>	279
	Afterword <i>Ellen P. Cook</i>	297
	Index	303



Acknowledgments

Any project with a gestation period as long as this one owes its completion to many people, all doing their thing very, very well. Carolyn Baker, the Director of Publications of the American Counseling Association, was patient, precise in her commentary, and supportive as always. She does her work so well that it makes mine as an author go much more smoothly. I am grateful to Bob Conyne, who helped me birth an early version of the perspective. Other colleagues at the University of Cincinnati contributed thought-provoking chapters and tolerated my endless complaints about how long my own writing was taking. Counseling students over the past decade helped to develop these ideas and contributed time, energy, and enthusiasm to the various projects noted in this book.

People in the other contexts of my life contributed as well. Friends really did believe that I would finish someday. Loved ones at St. Timothy's Episcopal Church reminded me every week what is genuinely important in life. The ever-cheerful baristas at Starbucks remembered my customary order and regularly asked how I was doing on the project. My pets fought for the best position at my feet throughout the process. At the heart of it all is my family. You know how much I love and appreciate you.



About the Editor

The Rev. Ellen P. Cook, PhD, is a professor in the counseling program at the University of Cincinnati. She earned her bachelor's degree (*summa cum laude*) from the University of Toledo and her doctorate in counseling psychology from the University of Iowa in 1977. She has spent virtually her whole career at the University of Cincinnati, training graduate students in the ecological perspective, counseling theory and research, professional ethics, internship, and prevention. An accomplished author and editor, she has served on numerous editorial boards in counseling and psychology, one as national journal editor, and has published many articles in professional journals. This is her fourth book. She holds the status of Fellow of the American Psychological Association, which recognizes her contributions to the professional literature in gender issues, and was awarded the national Association for Counselor Education and Supervision Counseling Vision and Innovation Award. She is also an ordained vocational deacon in the Episcopal Church, Diocese of Southern Ohio.



About the Contributors

Huma Bashir, MS, is a child and family counselor at Rocking Horse Community Health Center in Springfield, Ohio.

Michael D. Brubaker, PhD, is an assistant professor and academic coordinator of the Substance Abuse Counseling Program at the University of Cincinnati in Ohio.

Susannah C. Coaston, MA, is a counselor at LifePoint Solutions, Inc., in Amelia, Ohio.

Jeri Crowell, EdD, is an assistant professor in Capella University's counselor education program.

Nzingha Dalila, MS, LPC-S, is a clinical counselor at the University of Cincinnati's Counseling Center.

Jill Gomez, MSW, LISW-S, LICDC, is an instructor and area coordinator for social work, human services, and addiction studies at University of Cincinnati Clermont College and serves as a Commission for Accreditation for Rehabilitation Facilities Surveyor.

Michelle Flaum Hall, EdD, is an assistant professor of counseling at Xavier University in Cincinnati and maintains a private practice, the Highlander Group, in Kettering, Ohio.

Greta Hochstetler Mayer, MA, is Assistant Director of Programs and Communications at the Mental Health & Recovery Board of Clark, Greene, and Madison Counties in Ohio.

Wairimu Wanjau Mutai, PhD, is a counselor educator and counselor who has experience working in faith-based counseling organizations in the United States and Kenya.

Steven W. Patrick, MA, PC, is an adjunct faculty member in the School of Professional Counseling at Lindsey Wilson College in Columbia, Kentucky, and a counselor in private practice.

Kerry E. Sebera, PhD, is an assistant professor of counseling at Northern Kentucky University in Highland Heights.

Joseph A. Stewart-Sicking, EdD, is an assistant professor in the Department of Pastoral Counseling at Loyola University Maryland in Baltimore and an Episcopal priest.

Mei Tang, PhD, is a professor and the Program Coordinator of the Counseling Program at the University of Cincinnati.

Albert L. Watson, PhD, is an associate professor of counseling at the University of Cincinnati.

F. Robert Wilson, PhD, is a professor emeritus of counseling at the University of Cincinnati and a mental health counselor and supervisor in the Health Resource Center of Cincinnati.

Geoffrey G. Yager, PhD, is a professor in the Counseling Program at the University of Cincinnati and maintains a private practice, Holistic Counseling Care of Cincinnati.