

Editors' Preface

Introduction to the Series ***Counseling and Professional Identity in the 21st Century***

If you are holding this text in anticipation of starting your journey toward becoming a professional counselor, then welcome. You are about to begin a journey that will challenge, reward, and even sometimes frustrate you, but it is one that, if successful, will result in you becoming a part of an awesome, highly responsible, and extremely gratifying profession. The text you hold in your hands, *Introduction to Professional Counseling*, is more than a graduate text book. It is an encapsulation of what it is to be a counselor and to be part of the profession of counseling. *Introduction to Professional Counseling* not only paints a picture of the richness of our profession and the opportunities for those within it, but it does so in a way that engages your heart as well as your head.

As is obvious, one text, one learning experience, will not be sufficient for the successful formation of your professional identity and practice. Becoming and being a counselor will be a lifelong process—a process that we hope to facilitate through the presentation of this text and the creation of our series: *Counseling and Professional Identity in the 21st Century*.

Counseling and Professional Identity in the 21st Century is a new, fresh, and pedagogically sound series of texts targeting counselors in training. This series is not simply a compilation of isolated books matching those that are already in the market. Rather each book, with its targeted knowledge and skills, will be presented as but a part of a larger whole. The focus and content of each text serves as a single lens through which counselors can view their clients, engage in their practice, and articulate their own professional identity.

Counseling and Professional Identity in the 21st Century is unique not just in the fact that it packages a series of traditional texts, but that it provides an *integrated*

Table EP.1 CACREP 2009 Standards Addressed				
	1. PROFESSIONAL ORIENTATION AND ETHICAL PRACTICE	5. HELPING RELATIONSHIPS	7. ASSESSMENT	8. RESEARCH AND PROGRAM
Chapter 1		5a 5b 5g		
Chapter 2				
Chapter 3		5b 5c		
Chapter 4		5c		
Chapter 5		5c		
Chapter 6		5c 5d		8e
Chapter 7		5g	7b	
Chapter 8	1a 1d 1e	5g		8e
Chapter 9	1a 1b 1f 1g 1h 1i	5a 5c 5d 5g		
Chapter 10		5b 5c 5d		
Chapter 11		5b 5c 5d		
Chapter 12		5b 5c 5d		

curriculum targeting the formation of the readers' professional identity and efficient, ethical practice. Each book within the series is structured to facilitate the ongoing professional formation of the reader. The materials found within each text are organized in order to move readers to higher levels of cognitive, affective, and psychomotor functioning, resulting in their assimilation of the materials presented into both their professional identity and their approach to professional practice. While each text targets a specific set of core competencies (cognates and skills)—competencies identified by the Council for Accreditation of Counseling & Related Educational Programs (CACREP) as essential to the practice of counseling (see Table EP-1), each book in the series will emphasize one of the following:

- a. the assimilation of concepts and constructs provided across the texts found within the series, thus fostering the reader's ongoing development as a competent professional;
- b. the blending of contemporary theory with current research and empirical support;
- c. a focus on the development of procedural knowledge, with each text employing case illustrations and guided practice exercises to facilitate the reader's ability to translate the theory and research discussed into professional decision making and application;
- d. the emphasis on the need for and means of demonstrating accountability; and
- e. the fostering of the reader's professional identity and with it the assimilation of the ethics and standards of practice guiding the counseling profession.

We are proud to have served as coeditors of this series, feeling sure that each book within it will serve as a significant resource to you and your development as a professional counselor. Let your journey begin!

Richard Parsons, PhD

Naijian Zhang, PhD