

PEN International Presentation

Counseling Theory and Strategies with Deaf College-Age Students

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Introduction

- ✉ Robb E. Adams
- ✉ Chairperson, NTID Counseling Services
- ✉ Associate Professor
- ✉ Counselor

- ✉ Participant Introductions and Interests

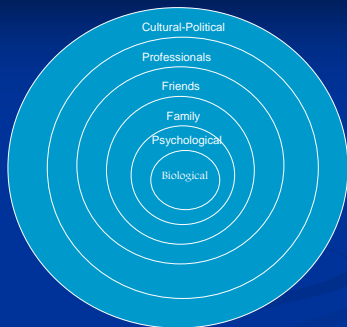
Workshop Overview

- * Introduction
- * Systemic/developmental model
- * (Activity)
- * Counseling theories and models
- * Student development models:
 - * Identity development
 - * Career/vocational development (Activity)
- * Delivery models and strategies
- * Conclusions/ Q and A

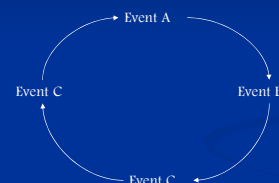
Systemic Model of Individual Development

- * Systemic concepts
- * Circular causation vs linear causation
- * “Biopsychosocial” influences on development

Levels of Nested Systems



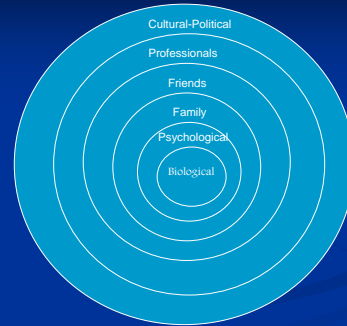
Circular Causation



Biopsychosocial Activity

- * Think about a particular student
- * Describe the various and individual biopsychosocial influences on that student during the first year of college
- * Pair up and share that story with a partner
- * Group sharing and discussion

Levels of Nested Systems



Counseling Theory and Goals

- * General theory
- * Many counseling approaches and models and methods
 - * Psychodynamic
 - * Cognitive Behavioral
 - * Reality Therapy-Choice Theory
 - * Systemic Family Therapy

Psychodynamic Theory

- * Focus on:
 - * Internal motivation
 - * Understanding your past/childhood
 - * Stages of development
 - * Structure of the mind
 - * Long term

Cognitive Behavioral Theory

- * Focus on:
 - * Thoughts and perception
 - * Practice behavior change
 - * Understanding of past is not necessary

Reality Therapy-Choice Theory

- * Focus on:
 - * Controlling own behavior
 - * Choosing more effective behavior
 - * Handling stress in my life
 - * Having options/choices

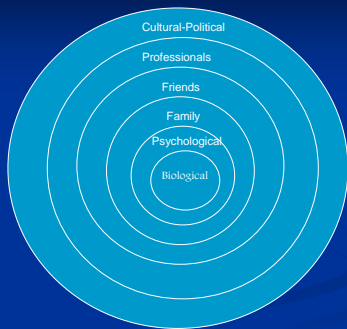
Systemic Family Therapy

- * Focus on:
 - * Individual behavior and its influence on others
 - * Systems within systems
 - * Working together for change

Student Development Theories

- * Many different college student development theories
- We will focus on:
- * Identity Development - Chickering
 - * Career/vocational personalities - Holland
 - * A note about the **medical** model

Levels of Nested Systems



College Student Development

- * Developmental and Systemic model:
 - * Uniqueness of individual
 - * Personal growth and potential
 - * Member of culture and society

Identity Development - Chickering

- * General concepts
- * 7 Vectors:
 - * Developing competence
 - * Managing emotions
 - * Moving through autonomy toward interdependence
 - * Developing mature interpersonal relationships
 - * Establishing identity
 - * Developing purpose
 - * Developing integrity

Career Personalities and Environments - John Holland

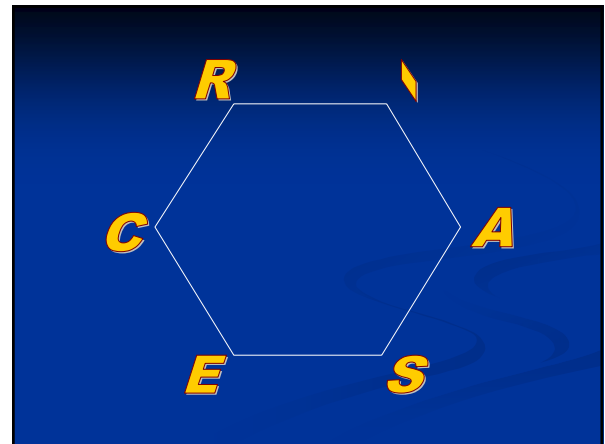
Four Assumptions:

1. People resemble 6 personality types
 - Similar behaviors and attitudes shared within types
 - 6 model (work)environments that parallel each type
2. Environments are shaped by the people working within them
3. People seek out environments where they can express their talents, interests and values
4. Individual behavior is a result of the interaction between the person and the environment (systemic idea)

Career Personalities and Environments - John Holland

6 personality types:

- * Realistic
- * Investigative
- * Artistic
- * Social
- * Enterprising
- * Conventional



Vocational Personality Activity

- * Complete and score interest inventory or World of Work hexagon.
- * Share results with partner
- * Consider the biopsychosocial influences that might have contributed to the outcome of the inventory
- * Consider how your deaf student might score on this inventory and the biopsychosocial influences that could explain the outcome of his/her vocational personality

Counseling Service Delivery

- * Many models of counseling
- * Modes of delivery:
 - Individual (one-to-one counseling)
 - Group
 - Instruction/class format

Counseling Services at NTID

Individual counselors assigned to each student to provide:

- Academic advising (gateway)
- Instruction - Freshman Seminar, Career Decision Making
- Personal and career counseling
- Individual & Group settings
- Close interface with the academic departments

Counseling Services at NTID

NTID Counseling Services