

Career Counseling: A Holistic Approach

CHAPTER 4: INTEGRATING CAREER AND
PERSONAL COUNSELING

Integrating Career and Personal Counseling

Work is core element of an individual's everyday existence

It gives meaning to the many facets of each person's life and should be addressed more aggressively in the counseling profession

How to effectively integrate an individual's career and personal concerns?

A Holistic Counseling Approach

What is being suggested is a holistic counseling approach that is much more inclusive when addressing client concerns

The call for the counseling profession to integrate career and personal counseling was heightened in the 1990s

Counseling

Counselor and client should work together to develop the client's self and situational knowledge as shaped in person-in-environment interactions

Personal problems cannot be separated from career problems because they are intertwined

Career counseling is a highly personal matter that includes the multidimensional self and its relationship to life and work

Biopsychosocial Model

The contributions of cognitive science and neuroscience have underscored the position that the interplay of biological, psychological and social influences are recognized as major forces that drive behavior

There are interrelationships of personal and career problems and that affect multiple life roles

Development of Dysfunctional Personality Dimensions

All life roles are adversely affected by personality dimensions that could lead to psychological disorders

- The interrelationships of career and personal concerns are obvious

Career, Affective, Cognitive-Behavioral and Cultural dimensions are all interrelated

Career-Work Connection to Anxiety

Anxiety and tensions can often result in confusion and increase one's vulnerability to develop a psychological disorder.

Addressing an Anxiety Disorder with Systematic Desensitization

Systematic Desensitization is a progressive muscle relaxation technique

One reduces anxiety through muscle relaxation while visualizing anxiety-provoking events

- A relaxed state of mind inhibits severe reactions to stress