

# TABLE OF CONTENTS

|  |          |
|--|----------|
| Dedication.....  | vii      |
| Preface .....  | viii     |
| Foreword .....   | ix       |
| Acknowledgments.....   | x        |
| Introduction .....   | xi       |
| <b>CHAPTER 1. THE WHAT AND WHY OF GROUP CAREER COUNSELING.....</b> | <b>1</b> |
| Related Concepts Defined.....                                      | 1        |
| The Use of Structured Exercises in Group Career Counseling .....   | 3        |
| Rationale for Group Career Counseling .....                        | 3        |
| Curative Factors of Group Career Counseling .....                  | 4        |
| Summary .....  | 6        |
| References.....  | 7        |
| <b>CHAPTER 2. PRINCIPLES OF GROUP CAREER COUNSELING .....</b>      | <b>9</b> |
| Overview.....  | 9        |
| Group Stage One – Encounter .....                                  | 9        |
| Group Stage Two – Exploration.....                                 | 10       |
| Group Stage Three – Working .....                                  | 12       |
| Group Stage Four – Action .....                                    | 14       |
| Summary .....  | 14       |
| References.....  | 15       |

# TABLE OF CONTENTS CONTINUED

|   |           |
|---|-----------|
| <b>CHAPTER 3. A GROUP CAREER COUNSELING PROGRAM EXAMPLE .....</b>                         | <b>17</b> |
| Program Goals.....  | 17        |
| Group Membership Considerations.....  | 17        |
| Program Outline and Overview.....   | 17        |
| Session One .....   | 18        |
| Session Two .....   | 23        |
| Session Three.....  | 24        |
| Summary .....   | 29        |
| References.....   | 30        |
| <br>  |           |
| <b>CHAPTER 4. SETTINGS AND STRATEGIES FOR<br/>    USING GROUP CAREER COUNSELING .....</b> | <b>33</b> |
| Educational Settings .....  | 33        |
| Community Settings.....   | 35        |
| Strategies for Implementation .....   | 37        |
| Designing Content .....   | 40        |
| Assessing Outcomes.....   | 41        |
| Summary .....   | 42        |
| References.....   | 42        |

# TABLE OF CONTENTS CONTINUED

|   |    |
|---|----|
| <b>CHAPTER 5. THE USE OF GROUPS IN CAREER DEVELOPMENT</b> .....         | 45 |
| Group Career Interventions .....  | 45 |
| Summary of Research on Career Development Interventions.....            | 49 |
| Summary .....   | 50 |
| References.....   | 50 |
| <br>  |    |
| <b>CHAPTER 6. THEORETICAL FOUNDATIONS</b> .....                         | 53 |
| Relating Group Career Counseling to Counseling Theories .....           | 53 |
| Relation of Group Career Counseling to Career Development Theories..... | 56 |
| Summary .....   | 59 |
| References.....   | 59 |
| <br>  |    |
| <b>EPILOGUE</b> .....   | 61 |
| <br>  |    |
| <b>APPENDIX</b>   |    |
| Techniques Used in Sample Program Described in Chapter 3 .....          | 63 |
| <br>  |    |
| <b>TABLES AND FIGURES</b>   |    |
| Table 1.1 Group Counseling and Group Career Counseling .....            | 2  |
| Figure 3.1 Career Matrix.....   | 26 |
| Figure 3.2 Career Matrix Sample .....                                   | 27 |
| Figure 3.3 Action Plan .....  | 31 |
| Figure 5.1 Group Career Counseling Continuum.....                       | 48 |