

The Brooks/Cole Counseling E-Communicator Brought to you by The Wadsworth Group

Welcome to the Brooks/Cole Counseling E-Communicator. The goal of our quarterly newsletter is to communicate with you, our valued customer. Our intent is to provide you with informative news, announcements, great ideas in teaching, and an opportunity for you to find out more about us.

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Announcements

Brooks/Cole will be at the American Counseling Association (ACA) Annual Convention and Exposition in Atlanta on April 6-10, 2005. Exhibits open Thursday, April 7 during the Welcome Session. Our booth numbers are 311, 313, and 315 – please stop by!



Do you have any announcements that you would like us to include in our next edition? Please e-mail Rebecca with your announcement by **5/1/05** at rebecca.weisman@thomson.com.

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Great Ideas in Teaching

"I teach in the graduate counseling program at Webster University. In family systems I assigned students to find a movie that illustrated family dynamics, develop the family as a case, present it terms of one or more of the theories and write a treatment plan for the family and/or members. It was an ambitious project, but the processing was well worth it. The class became very involved, comparing families as though they were staffing cases. If you have any interest in the students' responses to this I think some would be happy to give testimony to the power of the project."

-Nicki Nance, Ph.D.

Feedback from Dr. Nance's Students

"I am a recent graduate of the Webster University Masters Counseling Program. One of the many characteristics I enjoyed from the program was the many innovative teaching methods that were utilized. In particular, in my Family Systems class, Dr. Nicki Nance assigned us to watch a movie involving family systems, either functional or dysfunctional. Many movies reviewed in class were of the dysfunctional type, hey why not put fun in dysfunctional! It was of great interest and an increase in awareness of the many family dynamics that were displayed. Many scenes we have all witnessed in our own homes, but not fully aware of the dynamics, the complex interplays and the full emotional



consequences that were witnessed on the screen. This teaching method was not only enjoyable but educational as well. At some point in my career I plan to teach and this will definitely be one teaching method I will bring to my classroom.”

-Joyce Urban

“The idea to critique a family of a series or a movie was a brilliant idea! The assignment helped me to not just read and recall a theory, but it taught me how to take the words off of the page and apply it to everyday life. It was actually a fun way to learn treatment planning and other skills.”

-Connie King

We'd like to highlight and share great ideas in teaching counseling... whether it's an activity, a unique lesson, or a self-created web component, we'd love to showcase your great teaching efforts. To submit a "Great Ideas in Teaching" Counseling example, please e-mail Rebecca at rebecca.weisman@thomson.com OR, if you have a text proposal in mind that reflects YOUR great teaching, please email Executive Editor, Lisa Gebo at lisa.gebo@thomson.com.

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Author Spotlight

Some Highlights of My Korean Trip

Submitted by Gerald Corey – California State University at Fullerton

This letter provides a few highlights of my recent trip to Korea from April 12 to 26, 2004. The Korean Society of Group Counseling is a professional organization with about 600 members that extended an invitation to me to conduct two weekend lectures on group counseling in two different locations. Each of these workshops were held from 10:00 to 6:00. The first weekend workshop was given at Kyungbook National University in Daego, Korea; the second weekend workshop was given at Korea University in Seoul. Each of these workshops involved approximately 500 participants, most of whom were graduate students in counseling. University professors and counseling practitioners also attended. When the workshops were originally organized, they would have been happy if 200 people signed up. The turnout was overwhelming, both to the organizers and to me. I was told that many, many people had to be turned away because the room they had was the largest available. Still some of the students said they would be willing to sit on the floor! This really came as a surprise to me.

When I arrived at the airport in Seoul I was greeted by two representatives and a chauffeur who took me in a limo ride through the Seoul gridlock. The traffic was a bit of a shock! I was hosted by Mr. Dong Su Yoo, a board member of the Korean Society of Group Counseling. He is considered the pioneer of sensitivity training in Korea and he currently is very much involved in training group facilitators. Mr. Yoo (Don) and I spent a great deal of time together, since he was the person who took the initiative to invite me to conduct these workshops. We had many meals together, went on long walks and hikes together, and he took me to all the workshop meeting places. Through our many talks we became aware that we shared a common philosophy regarding training of group facilitators and shared many values. Not only are many of our basic ideas similar,

Gerald Corey is professor emeritus of Human Services and Counseling at California State University at Fullerton and a licensed psychologist. With his colleagues, he has conducted workshops in various countries including the United States, with a special focus on training for group counseling.

Gerald is the author several Brooks/Cole titles including these new revisions:



***I Never Knew I Had a Choice:
Explorations in Personal
Growth, 8/e***

By: Gerald Corey and
Marianne Schneider Corey
2006©



Groups: Process & Practice, 7/e
By: Marianne Schneider Corey and
Gerald Corey
2006©



but our approaches to training group workers are similar in that we both emphasize the value of practical and experiential learning.

It was a bit intimidating looking out at a sea of faces when I began each of these workshops, especially since we were being videotaped so that people who could not attend could view the program later via the Internet. To make matters more challenging, this was my first experience in working with translators. I had different translators for each of the workshops and both were a joy to work with. Dr. Kim was the first translator at the workshop in Daego and she had her doctorate in counseling psychology. Dr. Woo, the translator for the Seoul workshop, had her doctorate in social work. Both had a great deal of energy, both were highly competent, both had a good sense of humor, and both earned their doctorates in the United States. Although this was a new experience, I think the translators and I worked very harmoniously. I learned the importance of experienced translators. I must admit that the use of translators slowed me down considerably, which meant that I was not able to cover as much ground as I generally do in an all-day workshop. However, I was forced to think of what I would say next in a very concise way. I made attempts to speak slowly, distinctly, and tried to avoid the use of jargon.

I prepared a 60-page handout, which was translated into Korean, and used this as a basic guide for the content of the lectures. A few of the main topics that I lectured on included: an integrative approach theory and practice; ethical issues in group work; values and group work; including spiritual perspectives in counseling; forming a group; preparing members for a group experience; the stages in the development of a group; early group meetings; ways of building trust in a group; understanding and working with resistance; reframing resistance; techniques applicable to psychoeducational groups and to therapy groups; the challenge of working with difficult group members; therapeutic factors operating at the working stage; working with a co-leader; and considerations at the final stage of a group. I was very impressed with the attention demonstrated by the audience. Although it was a long day for participants to sit in an auditorium and listen to a lecture (first in English and then translated into Korean), most of them seemed to be alert and engaged. When they were given the chance to ask questions, a number of people in the large audience were brave enough to ask questions. In fact, there were so many questions that I did not have enough time to address many of them.

What surprised me greatly was the apparent fit of Western ideas with the Korean culture. Before I accepted the invitation to give these workshops, I considered carefully if many of the basic concepts and assumptions underlying the practice of group work in the United States would be appropriate for the Korean culture. Many of the ideas that Marianne Schneider Corey and I have written about in our book, *Groups: Process and Practice*, seemed to work well in a variety of settings in Korea. Although our ideas and approach to group counseling has been developed in the United States, this basic philosophy seemed to be well received by the students and professionals who made up the audience. Also to my surprise, I found that six of our books had been translated into the Korean language and are widely used in graduate training programs in counseling psychology on both the masters and doctoral level. Marianne's and my book, *Groups: Process and Practice*, and *Becoming a Helper* appear to be widely used at several universities in Korea. In addition, several of my books have been translated into Korean:

- Theory and Practice of Counseling and Psychotherapy
- The Art of Integrative Counseling
- Theory and Practice of Group Counseling
- Student Workbook & Video for Integrative Counseling

During the breaks I was barely able to go to the bathroom because I was kept so busy signing our books for students and also in having pictures taken with them. Some of them stayed up to an hour after the workshop ended to briefly chat, get signatures on their books, and have pictures taken. So many times I said, "I wish I could speak Korean." I am told that most of the students can read English and understand spoken English, but they struggle when they attempt to speak English. However, I felt great warmth and acceptance from just about all of the Korean people I had the opportunity to meet. In fact, I felt like I was treated like a dignitary and felt most welcomed. It was affirming to have a chance to influence students studying in the counseling field and to also share views on counseling with many professors.

As a counselor educator in the United States, I felt that it was a real honor and privilege to be able to teach about group counseling. Rather than simply convey factual material, my main hope was to share an attitude toward counseling that might be useful to both students and professionals alike. I spoke about the purpose of counseling as a way to help clients look within themselves for answers and to become fuller human beings. My lectures addressed the value of



helping clients reflect on their lives as opposed to simply solving problems. I encouraged students to dream and discover a vision that could guide their practice. My advice to them was to never give up in pursuing their dreams, even if they make mistakes or get discouraged. My personal sharings seemed to be more impactful than simply conveying information. I was quite sure that if I could motivate the participants to open their minds to a few new ways of thinking about counseling, then they could later fill in many of the gaps by reading books. Indeed, many in the audience had already read some of our books and were familiar with the theory and practice of counseling, so it seemed more important to help them formulate their own thoughts that would lead them in the direction of constructing their own style of counseling. Many people seem to have learned the basics of many of the contemporary counseling approaches. Reality therapy seems to have gained appeal in Korea. Several expressed an interest in object relations theory. Psychodrama and Gestalt therapy are approaches that seemed to capture their interest. Many have been influenced by humanistic therapy, especially the work of Carl Rogers. There certainly seems to be a reflection of the interest in Western approaches to group work and to counseling practice in general. During my interactions with people, I was struck by the many common life themes we share, even though we have our differences. This trip confirmed my belief that although it is essential to be aware of and respect cultural differences, it can be a mistake to make assumptions about any particular group without making room for individual variances.

Without doubt, I can say that working with the Korean audience was one of the most meaningful professional events of my career. I was challenged to think of ways to present a counseling approach in terms of practical applications for the Korean people. Actually, I found that many of the Asian cultural values are a good fit with many of the ideas embodied in the practice of group work. When I think of the potential impact of the influence that many participants can make in their work, it reinforced my decision to come to Korea. Certainly the invitation was given over and over by my host (Don Yoo) to return to Korea in the future, but next time with Marianne. They seemed most interested in what Marianne and I could provide as a team by way of teaching and training, especially in small groups. This trip certainly exceeded any of my expectations and I look forward to a continuing connection with both the students and professionals in Korea.

Some have already asked about how I fared when it came to eating, exercising, and living conditions. As many of you know, it is not easy for me to deal with unpredictable variables. My host, Don Yoo, was most gracious and placed me in the Sheraton Walker hotel, right near the Acha Mountains, with a splendid view of the Haghn River. Not only did I have a 5-star hotel, but I was surprised that I could get Western-style breakfasts and dinners. It took me over an hour each morning just to work my way through the breakfast buffet. The cook, who served hundreds each day, soon learned that I wanted an egg-white omelet with extra-crispy bacon! To be truthful, I must admit that I did not stretch my boundaries much by experiencing Korean meals, except for a couple of times. I was able to do some wonderful hiking in the Acha Mountains, right behind the hotel. There were hundreds of Koreans on these trails, showing me how much the local people value nature. Thanks to Don Yoo, I was able to do some sightseeing to experience the beautiful country of Korea. I was especially fond of Kyung-Ju, and so were many tourists from Japan and China. Scores of tour buses could be seen everywhere in Kyung-Ju. Don and I walked to the top of a mountain and visited one of the oldest and most famous temples in Korea.

Upon my arrival I was provided with a cell phone and told that I should keep in contact with my family. Don would frequently check and say, "Did you call Marianne yet?" "Ask her to come to Korea and give lectures with you." One time Don took the cell phone and invited Marianne to come to the next lecture and that he would get her a business-class ticket if she agreed. Don was very insistent that Marianne and I both visit Korea in the very near future, and he took every opportunity to extend this invitation whenever he could. Having even brief contact via phone certainly helped for me to feel connected with my family.

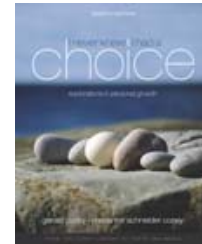
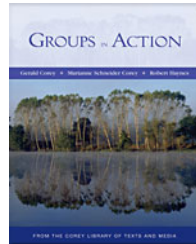
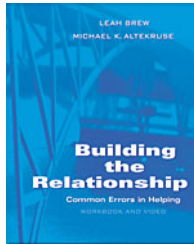
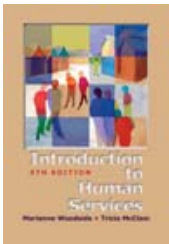
Although I was in Korea for only 13 days, I experienced a great deal and have yet to do all the reflection that is necessary to digest impressions. I was positively impacted by the respect and gracious attitudes of the Korean people. Bowing is very common in this country, a gesture that I found quite meaningful. The idea of honoring the God inside each person seems like a basis for good interpersonal relationships. I would like to have learned more about the client populations in Korea and the major challenges faced by counselors in this country. Much of my time was taken up by presenting lectures and not enough to in-depth discussions about what counseling practice is like in Korea. However, I do expect that I can keep in contact with some of the professors I met and find out more about their approaches to training and counseling practices in Korea. ♦

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Brooks/Cole News

These 2006 titles are NOW AVAILABLE or COMING SOON!
(listed in order by pub date)



- **Woodside/McClam**, *An Introduction to Human Services, 5th Edition*
- **Brew/Altekruuse**, *Building the Relationship: Common Error in Helping, Workbook and Video, 1st Edition*
- **Corey/Corey/Haynes**, *Groups in Action: Evolution & Challenges DVD & Workbook*
- **Corey/Corey**, *Groups: Process and Practice (with InfoTrac) 7th Edition*
- **Summers**, *Fundamentals of Case Management Practice: Skills for Human Service, 2nd Edition*
- **Corey/Corey**, *I Never Knew I Had a Choice: Exploration in Personal Growth (with InfoTrac) 8th Edition*
- **Ingersoll/Rak**, *Psychopharmacology for Helping Professions: Integral Explorations, 1st Edition* (cover image not available)

These 2006 books will be available in June & July

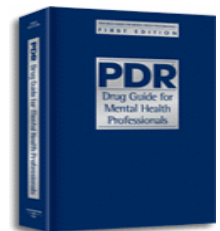
- **Alle-Corliss/Alle-Corliss**, *Human Service Agencies: An Orientation to Fieldwork, 2nd Edition*
- **Cochran/Cochran**, *The Heart of the Counseling: Developing Therapeutic Relationships, 1st Edition*
- **Doweiko**, *Concepts of Chemical Dependency, 6th Edition*
- **Holosko**, *Primer for Critiquing Social Research: A Student Guide, 1st Edition*
- **Jacobs/Masson/Harvill**, *Group Counseling: Strategies & Skills, 5th Edition*
- **Neukrug/Schwitzer**, *Skills & Tools for Today's Counselors/Psychotherapists (with Video), 1st Edition*
- **Osborn/Zunker**, *Using Assessment Results for Career Development, 7th Edition*
- **Sharf**, *Applying Career Development Theory to Counseling, 4th Edition*
- **Teyber**, *Interpersonal Process in Therapy: An Integrative Model, 5th Edition*
- **Woodside/McClam**, *Generalist Case Management: A Method of Human Service, 3rd Edition*
- **Zunker**, *Career Counseling: A Holistic Approach, 7th Edition*

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New Student Supplement Option!

The PDR Drug Guide for Mental Health Professionals, 2002

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- ✓ **Did you know that adopters of our Ethic and Theories of Counseling books can get FREE access to online cases exercises for students?!**

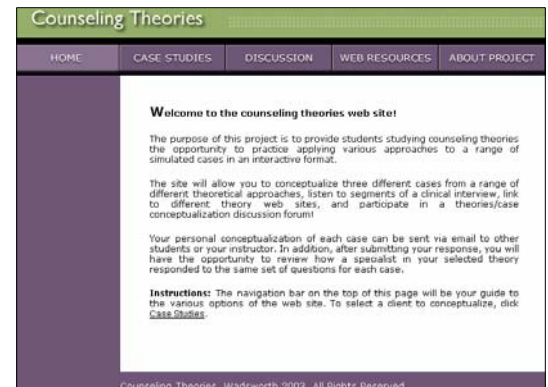
*You're in the Hot Seat**

This site provides students with ethics related cases & encourages them to apply what they've learned to determine a plan of action (correlated to Corey & Welfel texts)



*The Expert Theories Analysis Website**

Created by Dr. Aaron Rochlen, this site provides theories of counseling students with the opportunity to conceptualize 3 different cases from a range of different theoretical approaches, listen to segments of a clinical interview, link to different theory websites, and participate in a theories/case discussion forum. Students can submit case responses to other students and/or prof. Students also get to review how a specialist would respond.



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- New to InfoTrac College Edition! Students now have instant access to InfoWrite: a handy resource that covers paper writing, critical thinking, and more. InfoWrite covers: "Research and the Research Paper," "Grammar," "The Writing Process," "Special Kinds of Writing," "Modes of Exposition," and "Critical Thinking." Review InfoWrite at <http://infotrac.thomsonlearning.com/infowrite/index.html>

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 - Provide immediate feedback on quizzes and exams



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Additional Resources

- To request **Review Copies**: http://www.thomsonlearning.com/samples/samp_order.asp
- To see **what else is new**, our 2005 & 2006 Texts: http://www.newtexts.com/newtexts/discipline.cfm?discipline_id=32
- Tips to **submitting manuscript proposals**: Go to our home page (<http://counseling.wadsworth.com>), select **Contact Us**, then select **Visit Our Author's Corner** (see box located at the right of the screen)
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