

## Editors' Preface

### *Introduction to the Series* ***Counseling and Professional Identity***

**B***ecoming a Skilled Counselor* is a text that introduces the basic information and fundamental skills required of all who are beginning their journey toward their development as professional helpers. As is obvious, one text—or one learning experience—will not be sufficient for the successful formation of your professional identity and practice. The formation of both this professional identity and practice 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*.

*Counseling and Professional Identity* is a fresh, new, and pedagogically sound series of texts targeting counselors-in-training. This series is *not* simply a compilation of isolated books matching that which is already in the market. Rather each book, with its targeted knowledge and skills, is 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* is unique not just in the fact that it “packages” a series of traditional texts, but that it provides an integrated 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 to move readers to higher levels of cognitive, affective, and psychomotor functioning, resulting in assimilation of the materials presented into both their professional identity and 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 and Related Educational Programs (CACREP) as essential to the practice of counseling (see inside front cover)—each text in the series will also emphasize each of the following:

1. Assimilation of concepts and constructs provided across the text found within the series, thus fostering the reader's ongoing development as a competent professional
2. Blending of contemporary theory with current research and empirical support
3. Development of procedural knowledge with each text employing case illustrations and guided practice exercises to facilitate the readers ability to translate the theory and research discussed into professional decision making and application
4. Need for and means of demonstrating accountability
5. 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 will serve as a significant resource to readers and their development as professional counselors.

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