

Evidence-Based Practice in School Counselor Education

Readings for School Counseling Foundations Course: Articles on Evidence-Based Practice and General Reviews:

Sexton, T. L. (1996). The relevance of counseling outcome research: Current trends and practical implications. *Journal of Counseling & Development, 74*, 590-600.

Sexton, T.L., Schofield, T.L and Whiston, S.C. (1997). Evidence-based Practice: A Pragmatic Model to Unify Counseling. *Counseling and Human Development, 30*, 1997.

Sexton, T. L., Whiston, S. C., Bleuer, J. C., & Walz, G. R. (1997). Integrating outcome research into counseling practice and training. Alexandria, VA: American Counseling Association

Shlonsky and Gibbs (2004). Will the Real Evidence-Based Practice Please Stand Up? Teaching the Process of Evidence-Based Practice to the Helping Professions. *Brief Treatment and Crisis Intervention, 4*, 137-153.

Whiston, S.C and Sexton, T.L. (1998). A Review of School Counseling Outcome Research: Implications for Practice. *Journal of Counseling and Development, 76*, 412-427.

Wilson, N.S. (1986) Counselor interventions with low-achieving and underachieving elementary, middle, and high school students: A review of the literature. *Journal of Counseling and Development, 64*, 628-634.

Readings for Curriculum/Prevention Course:

Bowman, R.P. and Myrick, R.D. (1987). Effect of an elementary school peer facilitator program on student helpers and on problem-behavior helpees. *School Counselor, 34*, 369-378.

Brigman, G. & Campbell, C. (2003). Helping students improve academic achievement and school success behavior. *Professional School Counseling, 7*, 91-98.

DeRosier, M. E. (2004). Building relationships and combating bullying: Effectiveness of a school-based social skills group intervention. *Journal of Clinical Child and Adolescent Psychology, 33*(1), 196-201.

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- Gerler, J., E. R., Kinney, J., Anderson, R. F. (1985). The effects of counseling on classroom performance. *Humanistic Education and Development*, 155-165.
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- Gilbert, J. N., & Orlick, T. (1996). Evaluation of a life skills program with grade 2 children. *Elementary School Guidance and Counseling*, 31, 139-150.
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- Henderson, P. A., Kelby, T.J., & Engebretson, K.M. (1992). Effects of a stress-control program on children's locus of control, self-concept, and coping behavior. *School Counselor*, 40, 125-130.
- Johnson, D. W., Johnson, R., Dudley, B., Ward, M., & Magnuson, D. (1995). The impact of peer mediation training on the management of school and home conflicts. *American Educational Research Journal*, 32, 829-844.
- Larson, J. (1994). Violence prevention in the schools: A review of selected programs and procedures. *School Psychology Review*, 23(2), 151-165.
- Lösel, F., & Beelmann, A. (2003). Effects of child skills training in preventing antisocial behavior: A systematic review of randomized evaluations. *The Annals of the American Academy of Political and Social Science*, 587, 84-109.
- Morse, C. L., Bockoven, J., & Bettsworth, A. (1988). Effects of DUSO2 and DUSO-2 Revised on children's social skills and self-esteem. *Elementary School Guidance and Counseling*, 22, 199-205.
- Mosconi, J., & Emmett, J. (2003). Effects of a values clarification curriculum on high school students' definitions of success. *Professional School Counseling*, 7(2), 68-79.

- Newman-Carlson, D. & Horne, A. M. (2004). Bully busters: A psychoeducational intervention for reducing bullying behaviors in middle school students. *Journal of Counseling and Development, 82*, 259-267.
- Rathvon, N.W. (1991). Effects of a guidance unit in two formats on the examination performance of underachieving middle school students. *School Counselor, 38*, 294-304.
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- Schaefer-Schiumo, K., & Ginsberg, A. P. (2003). The effectiveness of the warning signs program in educating youth about violence prevention: A study with urban high school students. *Professional School Counseling, 7*(1), 1-9.
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Readings for Organization and Administration Course:

- Bergin, J. J., Miller, S. E., Bergin, J. W., & Koch, R. E. (1990). The effects of a comprehensive guidance model on a rural school's counseling program. *Elementary School Guidance and Counseling, 25*(1), 37-45.
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Lapan, R.T., Gysbers, N.C., & Sun, Y. (1997). The impact of more fully implemented guidance programs on the school experiences of high school students: A statewide evaluation study. *Journal of Counseling & Development, 75*, 292-302.

Nabors, L. A., & Prodente, C. A. (2002). Evaluation of outcomes for adolescents receiving school-based mental health services. *Children's Services: Social Policy, Research, and Practice, 5*(2), 105-112.

Sink., C. A. & Stroh, H.R. (2003). Raising achievement test scores of early elementary school students through comprehensive school counseling programs. *Professional School Counseling, 6*, 350-364.

Readings for Counseling Theories and Practices Course:

Ang, R. P., & Hughes, J. N. (2001). Differential benefits of skills training with antisocial youth based on group composition: A meta-analytic investigation. *School Psychology Review, 31*(2), 164-185.

Beck, R., & Fernandez, E. (1998). Cognitive-behavioral therapy in the treatment of anger: A meta-analysis. *Cognitive Therapy and Research, 22*(1), 63-74.

Beelmann, A., Pfungsten, U., & Lösel, F. (1994). Effects of training social competence in children: A meta-analysis of recent evaluation studies. *Journal of Clinical Child Psychology, 23*(3), 260-271.

Cobb, H. C., & Richards, H. C. (1983). Efficacy of counseling services in decreasing behavior problems of elementary school children. *Elementary School Guidance and Counseling, 180-187*.

Denham, S. A., & Almeida, M. C. (1987). Children's social problem-solving skills, behavioral adjustment, and interventions: A meta-analysis evaluating theory and practice. *Journal of Applied Developmental Psychology, 8*, 391-409.

Haines, A. A. (1994). The effectiveness of a school-based, cognitive-behavioral stress management program with adolescents reporting high and low levels of emotional arousal. *The School Counselor, 42*, 114-125.

Kiselica, M. S., Baker, S. B., Thomas, R. N. & Reedy, S. (1994). Effects of stress inoculation training on anxiety, stress, and academic performance of adolescents. *Journal of Counseling Psychology.*

Prout, H.T. & Demartino, R.A. (1986). A meta-analysis of school-based studies of psychotherapy. *Journal of School Psychology, 24*, 285-292.

Prout, S. M., & Prout, H. T. (1998). A meta-analysis of school-based studies of counseling and psychotherapy: An update. *Journal of School Psychology, 36*, 121-136.

Verduyn, C.M. (1990). Social skills training in schools: An evaluation study. *Journal of Adolescence, 13*, 3-16.

Readings for Career Counseling Course:

Baker, S.B. and Taylor J.G. (1998). Effects of career education interventions: A meta-analysis. *Career Development Quarterly, 46*, 376-385.

Drodge, E. N., & Sumarah, J. C. (1990). The effects of the computer-based program, Career Search, on the vocational maturity of grade nine students. *Canadian Journal of Counselling, 24*, 26-35.

Evans, J.H. and Burck, H. (1992). The effects of career education on academic achievement: A meta-analysis. *Journal of Counseling and Development, 71*, 63-68.

Jones, L. K., Sheffield, D., & Joyner, B. (2000). Comparing the effects of the career key with self-directed search and job-OE among eighth grade students. *Professional School Counseling, 3*(4), 238-250.

Kerr, B. A., & Ghrist-Priebe, S. L. (1988). Intervention for Multipotentiality: Effects of a career counseling laboratory for gifted high school students. *Journal of Counseling & Development, 66*, 366-369.

Krass, L. H., K. (1999). The impact of an intervention on career decision-making self-efficacy and career indecision. *Professional School Counseling, 2*(5), 384-396.

Kush, K., & Cochran, L. (1993). Enhancing a sense of agency through career planning. *Journal of Counseling Psychology, 40*, 434-439.

Lapan, R.T., Gysbers, N., Hughey, K., and Arni, T.J. (1993). Evaluating a guidance language arts unit for high school juniors. *Journal of Counseling and Development, 71*, 444-451.

Luzzo, D. A., & MacGregor, M. W. (2001). Practice and research in career counseling and development--2000. *The Career Development Quarterly, 50*, 102-139.

Luzzo, D.A. and Pierce, G. (1996). Effects of DISCOVER on the career maturity of middle school students. *Career Development Quarterly, 45*, 170-172.

Peterson, G.W., Long, K.L., & Billups, A. (1999). The effect of three career interventions on educational choices of eighth grade students. *Professional School Counseling, 3*, 34-42.

Whiston, S. C., Sexton, T. L., & Lasoff, D. L. (1998). Career-intervention outcome: A replication and extension of Oliver and Spokane (1988). *Journal of Counseling Psychology, 45*, 150-165.

Readings for Consultation Course:

Bundy, M.L. & Poppen, W.A. (1986). School counselors' effectiveness as consultants: A research review. *Elementary School Guidance and Counseling, 21*, 215-222.

Otwell, P., & Mullis, F. (1997). Counselor-led staff development: An efficient approach to teacher consultation. *Professional School Counseling, 1*(1), 25-30.

Rose, C. C., & Rose, S. D. (1992). Family change groups for the early age child. *Special Services in the Schools, 6*, 113-127.

Medway, F.J. (1982). School consultation research: Past trends and future directions. *Professional Psychology, 13*, 422-430.

Readings for Multicultural School Counseling Course:

Alliman-Brissett, A. E., Turner, S. L., & Skovholt, T. M. (2004). Parent support and african american adolescents' career self-efficacy. *Professional School Counseling, 7*(3), 124-133.

Bobo, M., Hildreth, B. L., & Durodoye, B. (1998). Changing patterns in career choices among african-american, hispanic, and anglo children. *Professional School Counseling, 1*(4), 37-43.

D'Andrea, M., & Daniels, J. (1995). Helping students learn to get along: Assessing the effectiveness of a multicultural developmental guidance project. *Elementary School Guidance and Counseling, 30*, 143-154.

Graham, B. C., & Pulvino, C. (2000). Multicultural conflict resolution: Development, implementation and assessment of a program for third graders. *Professional School Counseling, 3*, 172-183.

Reeder, J., Douzenis, C., & Bergin, J.J. (1997). The effects of small group counseling on the racial attitudes of second grade students. *Professional School Counseling, 1*, 15-22.

Readings for Group Counseling Course:

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- Carty, L., Rosenbaum, J. N., Rajacich, D., Lafreniere, K., Bruce, E., Compton, L., Simpson, M. A. (2000). Non-smoking youth through peer group counseling. *Guidance and Counseling*, 16(1), 32-39.
- Hoag, M. J., & Burlingame, G. M. (1997). Evaluating the effectiveness of child and adolescent group treatment: A meta-analytic review. *Journal of Clinical Child Psychology*, 26(3), 234-246.
- May, M., & Housley, W. (1996). The effects of group counseling on the self-esteem of sexually abused female adolescents. *Guidance and Counseling*, 11(4), 38-43.
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- Omizo, M.M. & Omizo, S.A. (1988). The effects of participation in group counseling sessions on self-esteem and locus of control among adolescents from divorced families. *The School Counselor*, 36, 54-60.
- Omizo, M. M., & Omizo, S. A. (1987). Effects of parents' divorce and group participation on child-rearing attitudes and childrens' self-concept. *Journal of Humanistic Education and Development*, 25(3), 171-179.
- Page, R. C., & Chandler, J. (1994). Effects of group counseling on ninth-grade at-risk students. *Journal of Mental Health Counseling*, 16(3), 340-352.
- Riddle, J., Bergin, J.J., and Douzenis, C. (1997). Effects of group counseling on self-concepts of children of alcoholics. *Elementary School Guidance and Counseling*, 31, 192-202.
- Shechtman, Z. (2002). Child group psychotherapy in the school at the threshold of a new millennium. *Journal of Counseling & Development*, 80, 293-299.
- Shechtman, Z., Gilat, I., Fos, L., & Flasher, A. (1996). Brief group therapy with low-achieving elementary school children. *Journal of Counseling Psychology*, 43(4), 376-382.
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- Zinck, K., & Littrell, J.M. (2000). Action research shows group counseling effective with at-risk adolescent girls. *Professional School Counseling*, 4(1), 50-60.

Reading for Counseling Special Learners Course

- Amerikaner, M., & Summerlin, M. L. (1982). Group counseling with learning disabled children: Effects of social skills and relaxation training on self-concept and classroom behavior. *Journal of Learning Disabilities*, 15(6), 340-343.
- Ciechalski, J. C., & Schmidt, M.W. (1995). The effects of social skills training on students with exceptionalities. *Elementary School Guidance and Counseling*, 29(3), 217-223.
- DuPaul, G. J., & Eckert, T. L. (1997). The effects of school-based interventions for attention deficit hyperactivity disorder: A meta-analysis. *School Psychology Review*, 26(1), 5-27.
- Forness, S. R., & Kavale, K. A. (1996). Treating social skill deficits in children with learning disabilities: A meta-analysis of the research. *Learning Disability Quarterly*, 19(1), 2-13.
- Hutchinson, N. L., Freeman, J. G., Downey, K. H., & Kilbreath, L. (1992). Development and evaluation of an instructional module to promote career maturity for youth with learning difficulties. *Canadian Journal of Counselling*, 26, 290-299.
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- Omizo, M. M., & Omizo, S. A. (1987). The effects of eliminating self-defeating behavior of learning-disabled children through group counseling. *The School Counselor*, 282-288.
- Quinn, M. M., Kavale, K. A., Mathur, S. R., Rutherford, R. B., & Forness, S. R. (1999). A meta-analysis of social skill intervention for students with emotional or behavioral disorders. *Journal of Emotional & Behavioral Disorders*, 7(1), 54-65.

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Web-Based Resources:

Center for School Counseling Research Briefs.

<http://www.umass.edu/schoolcounseling/briefs.htm>

Selecting Research-Based Prevention Programs for Your School.

<http://www.k12coordinator.org/onlinece/onlineevents/selecting/index.htm>

Implementing Research-Based Prevention Programs in Your School

<http://www.k12coordinator.org/onlinece/onlineevents/implementing/index.htm>

What Works Clearing House. <http://w-w-c.org/>