

Case Vignette for Clinical Counseling Applicants

Instructions: Counselor Education and Supervision Ph.D. students must have excellent academic and scholarly writing skills. In a 3–5-page essay (pagination does not include the title page, abstract, and references), that is written in accurate APA format (latest version; professional paper format), with up-to-date references to the conceptual and empirical literature, answer the questions that follow the case vignette. Note: this should be an essay, not a list of answers. Admission essays may be run through the university plagiarism and AI software. Please write your own, original essay.

Case Vignette:

You are a licensed professional counselor who works at a community counseling center. You recently started counseling an adult who presented with Generalized Anxiety Disorder symptoms. The client (we will call them Leader X) holds a leadership position at a local church. Leader X believes their anxiety is affecting their leadership capacities at the church he works at.

In addition to the presenting problem above, you have also been approached by the client's boss (we will call them Leader Y) who requested that the client go to counseling. The boss wants you to confirm that the client is seeing you for counseling and that Leader X is working on productivity as a goal in counseling. The boss stated that your client will lose their job if they are not receiving counseling and working on productivity in counseling.

Themes Your Essay Must Address:

1. How would you counsel this client (Leader X)? Include your theoretical model(s), treatment goals, interventions that reflect your theoretical framework, and, in the Appendix, a treatment plan chart with presenting problems, treatments, method of monitoring progress, and a rationale for the approach. Cite the conceptual and empirical literature to support your answers.
2. The client is from a different cultural background than your own. Provide evidence of multicultural competency in your work with this client, including specific values and actions you will uphold and how you will do so. Cite appropriate American Counseling Association Multicultural Competencies.
3. How would you handle the request of the boss, including the reasons behind your decision, and the ethical issues involved? Cite appropriate American Counseling Association Ethics Codes.

Submit your vignette response to: Office of Graduate Online Admissions 1971 University Boulevard Lynchburg, VA 24515