

The Split Between Psychotherapy and Career Theory and Practice

Counseling


What Is a Vocational Perspective?

- The split between psychotherapy and career theory and practice

Wheel of Wellness



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- Counseling—mental health, wellness, education, and career goals
 - Mental health counseling—mental health and wellness
 - Mental health—vocational perspective—wellness
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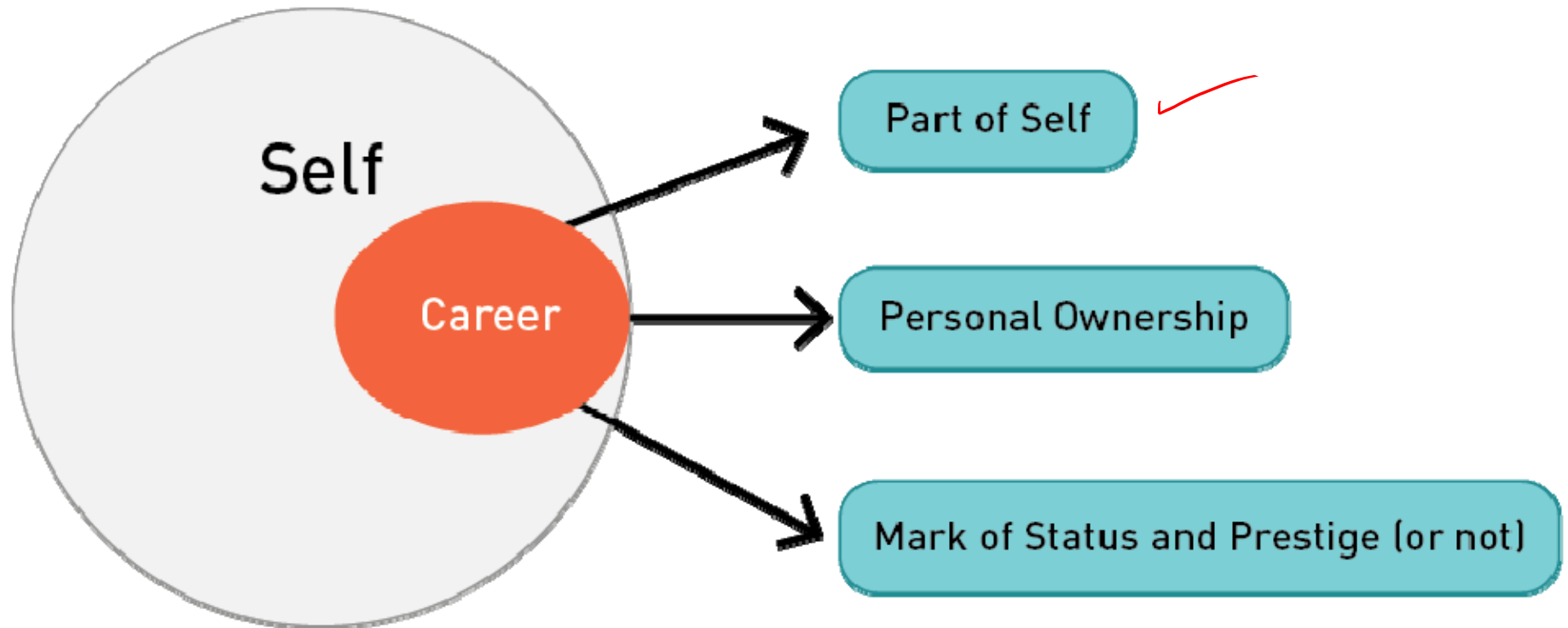


The History of the Split Between Psychotherapy and Career Theory and Practice

The History of the Split Between Psychotherapy and Career Theory and Practice

- From job choice (Frank Parsons) to
- Career development (Donald Super)
 - Career is a sequence of positions in the world of work held during the course of a lifetime with implications for progression over time
 - Stages of career development
- A psychologized career self

A Psychologized Career Self

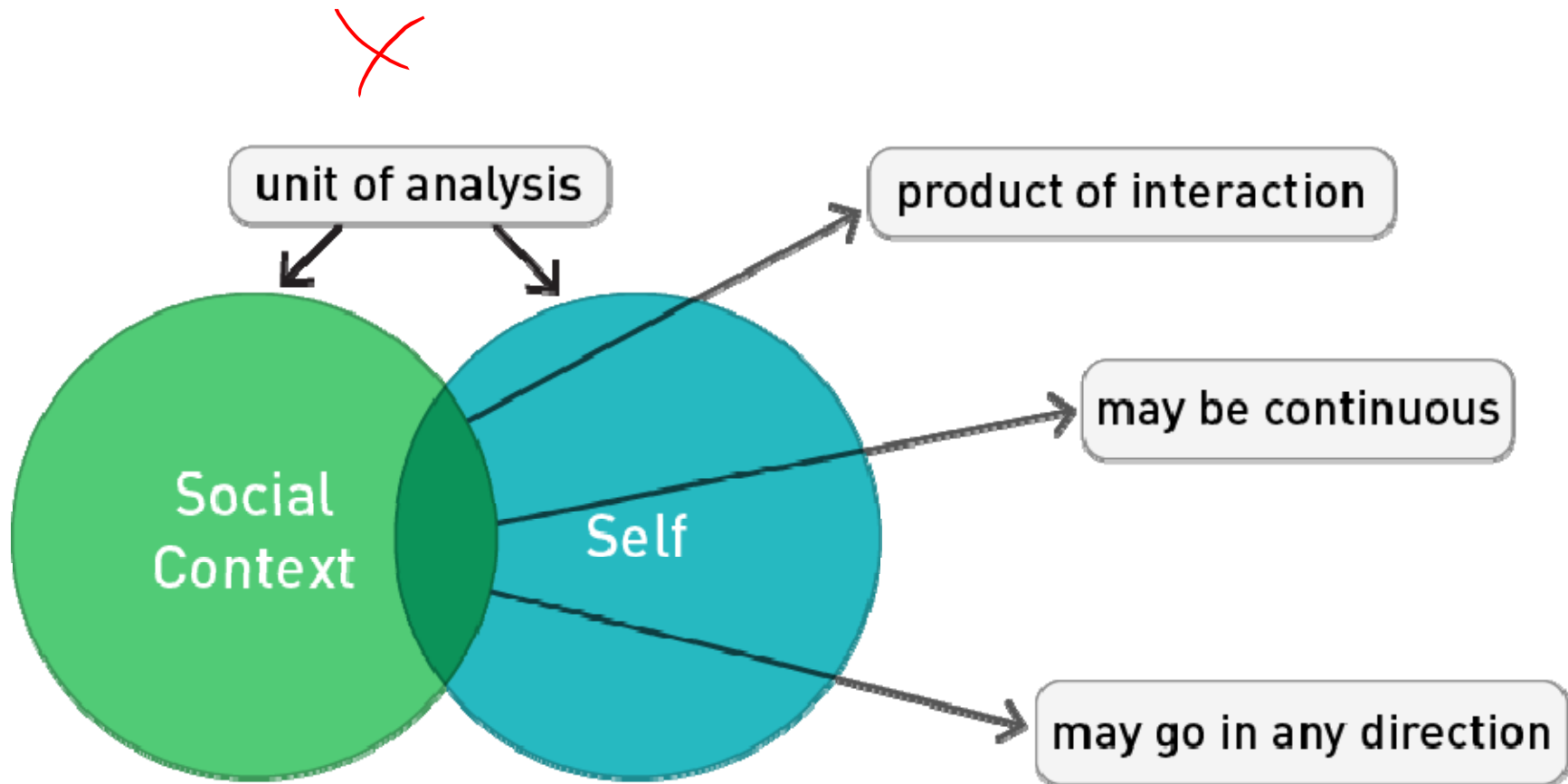


The Shift to Contextualism

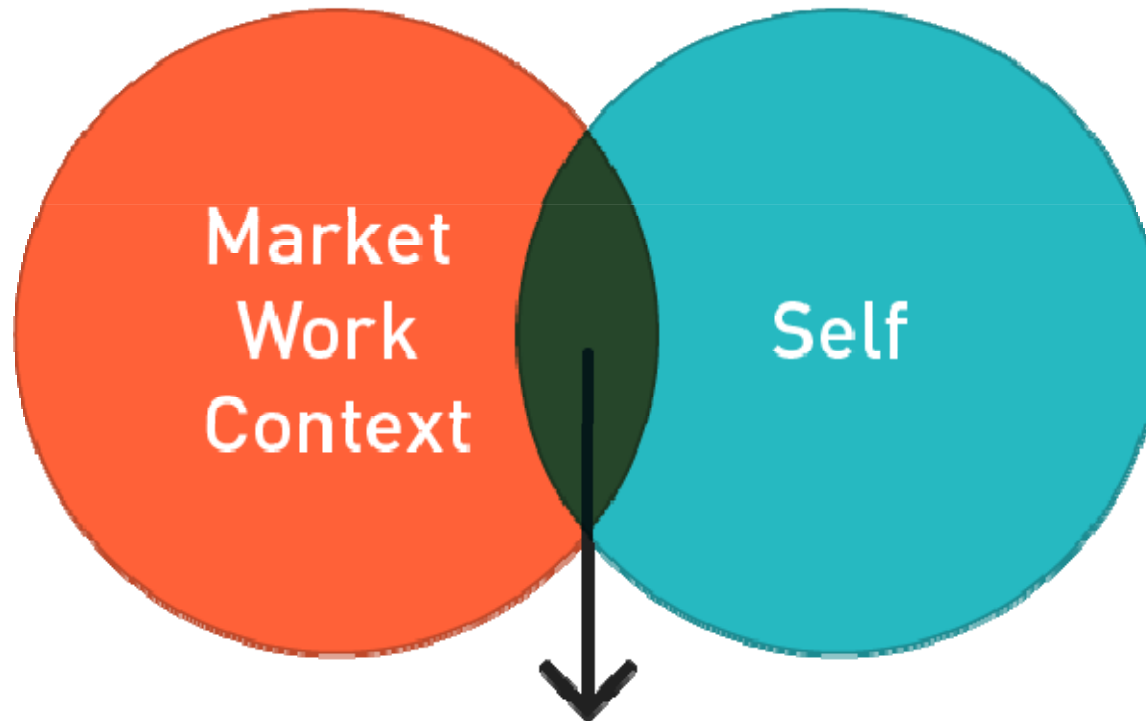
The Shift to Contextualism

- Root hypotheses
 - Mutually exclusive
 - All may be “true”
- Organicism
 - Major developmental models of the 20th century
- Contextualism

A New Perspective: Contextualism



Contextualized Work Self



**How a market work trajectory evolves is due to Interaction
Decenters self as agent of change**

Why Is Vocational Perspective Important for Mental Health Counselors?

Why Is Vocational Perspective Important for Mental Health Counselors?


- Vocational—having to do with contexts of work
- Contexts of work shape development in both good and bad ways
- Contexts of work are changing radically

Psychotherapy Theory and Practice

- Relationships are significant contexts of development
- The vocational perspective
 - Work is a significant context of development

What Is a Vocational Perspective? #2

What Is a Vocational Perspective?

- Unique to counseling 
- Not about doing career counseling or integrating career counseling and psychotherapy practices
- About a model for practice that does not split work (or career) concerns from personal concerns
- Situates lives in contexts and in time



Three Major Social Contexts of Lives

Lives in Context

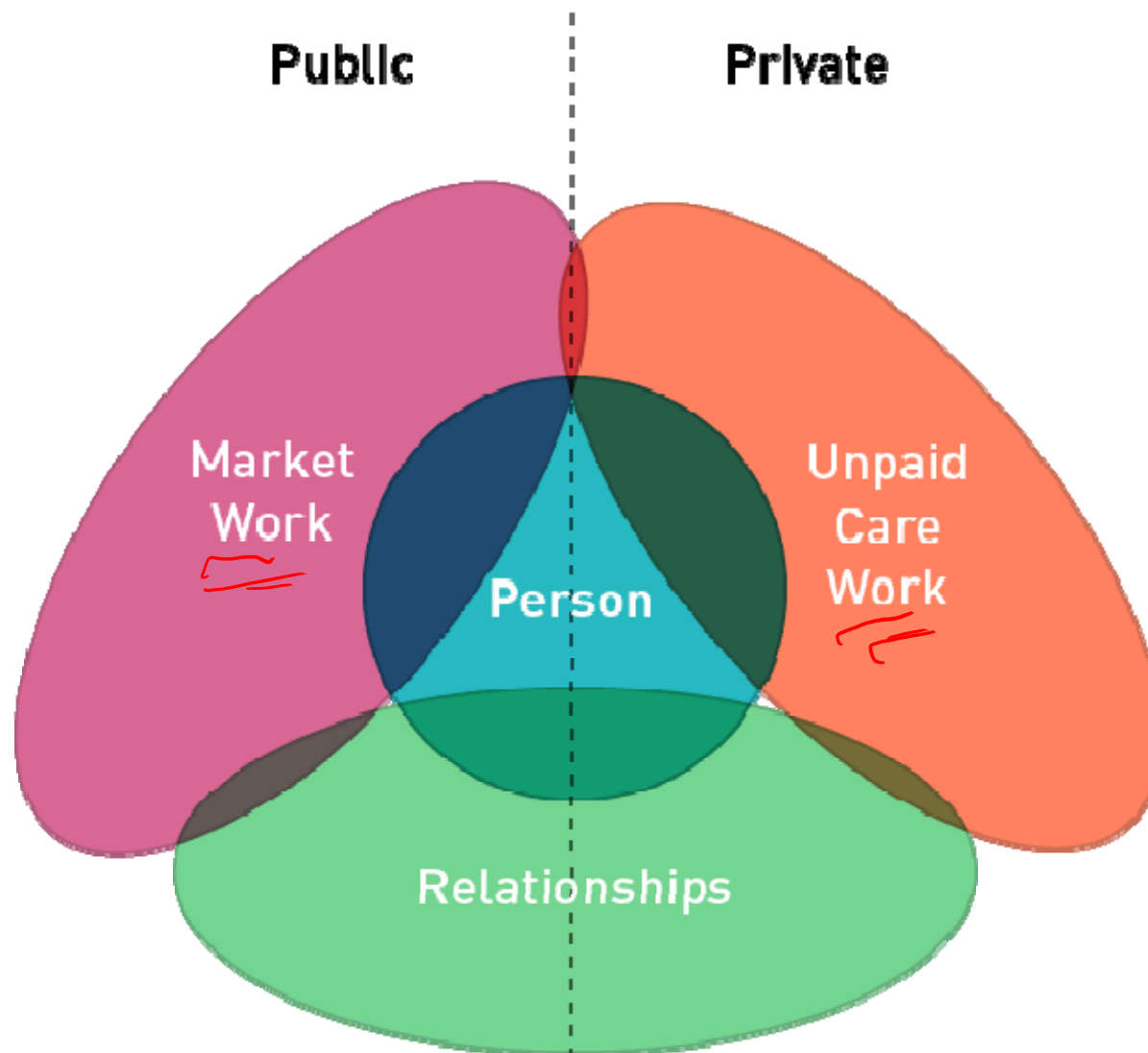
Three major social contexts of lives

1. Market work—work done for pay ✓
2. Unpaid care work—work done in personal lives that is not paid ✗
3. Relationships—in both public and personal life contexts ✓

Unpaid Care Work

- Care of persons (including self), relationships, communities, organizations, and the physical world
- Rather than caregiving ✓
- The notion of discourse ✓
- This is not about women's work
- A responsibility for both men and women
- A disruptive discourse ✓

Counseling for Work and Relationship



Developmental Paths

- A developmental path is a path that development takes in a specific social context
- There are multiple developmental paths in the social contexts of work and relationship
- Developmental paths are interdependent

• LIVES ARE LINKED

