



## **Counseling Psychology and Career Counseling**

By Dr. Whitney Wall

*Counseling psychology* emphasizes a humanistic, pluralist approach that is oriented towards growth, development, adjustment, function and strengths. Counseling psychology also has a heavy focus on research and training in career counseling.

As a counseling psychologist, I received specialized training in vocational counseling and can assist clients in meeting their career goals, navigating workplace obstacles, and transitioning career roles. *Career counseling* may include work to identify and pursue one's career calling, establish a professional identity, uncover personal blockages to career success, find meaning and purpose in ones current work scenario, implement best practices when faced with workplace conflict and leadership dilemmas, and experience an effective transition to retirement. This work can be done with teens, college aged students, and adults. I often incorporate vocational assessments such as the Myers-Briggs Personality Inventory and The Strong Interest Inventory in my work with clients. Additionally, I am currently involved in research collaborations with the Myer's Briggs Institute, CAPT (Center for Application of Psychological Types), in Gainesville, FL.

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