

## **CLINICAL REHABILITATION COUNSELING**

Students who are preparing to work as rehabilitation counselors will demonstrate the professional knowledge, skills, and practices necessary to address a wide variety of circumstances within the rehabilitation counseling context. Disability, as used below, includes physical, psychiatric, addiction, sensory, and developmental impairments. In addition to the common core curricular experiences outlined in Section II.G, programs must provide evidence that student learning has occurred in the following domains:

### **FOUNDATIONS**

#### **A. Knowledge**

1. Understands the history, philosophy, and trends in rehabilitation counseling.
2. Understands ethical and legal considerations specifically related to the practice of rehabilitation counseling.
3. Understands the roles and functions of rehabilitation counselors in various practice settings and the importance of relationships between counselors and other professionals (e.g., medical and allied health professionals), including interdisciplinary treatment teams.
4. Understands the implications of environmental, attitudinal, and individual barriers for people with disabilities.
5. Knows the professional organizations, preparation standards, and credentials relevant to the practice of rehabilitation counseling.
6. Understands a variety of models and theories related to rehabilitation counseling.
7. Understands methods, models, and principles of clinical supervision.
8. Is aware of professional issues that affect rehabilitation counselors (e.g., independent provider status, expert witness status, forensic rehabilitation, access to and practice privileges within managed care systems).
9. Understands a wide range of rehabilitation service delivery systems (e.g., housing, independent living, case management, public benefits programs, educational programs, public/proprietary vocational rehabilitation programs).
10. Understands the management of rehabilitation services and programs, including areas such as administration, finance, benefit systems, and accountability.
11. Understands the impact of crises, disasters, and other trauma-causing events on people with disabilities.

12. Understands the operation of an emergency management system within rehabilitation agencies and in the community.

#### B. Skills and Practices

1. Demonstrates the ability to apply and adhere to ethical and legal standards in rehabilitation counseling.
2. Applies knowledge of disability policy, financing, and regulatory processes to improve service delivery opportunities in rehabilitation counseling.
3. Demonstrates an integrated personal theory of rehabilitation counseling.

### MEDICAL AND PSYCHOSOCIAL ASPECTS OF DISABILITY

#### C. Knowledge

1. Understands how disability affects the human body, including relevant medical terminology.
2. Understands the onset, progression, expected duration, and functional limitations specific to the client's disability from a holistic perspective (i.e., physical, spiritual, sexual, vocational, social, relational, and recreational).
3. Understands how assistive technology can reduce or eliminate barriers and functional limitations.
4. Knows relevant social science theory that addresses psychosocial aspects of disability.

#### D. Skills and Practices

1. Applies the principles and practices of rehabilitation counseling concerning issues such as etiology, diagnosis, treatment, and referral for clients with disabilities, including clients with co-occurring disabilities.
2. Demonstrates appropriate use of assistive technology principles to enhance client quality of life.

### COUNSELING, PREVENTION, AND INTERVENTION

#### E. Knowledge

1. Describes the principles of rehabilitation, including prevention, intervention, consultation, education, and advocacy, as well as the operation of programs and networks that promote wellness in a multicultural society.

2. Knows the models, methods, and principles of program development and service delivery (e.g., support groups, peer facilitation training, parent education, self-help).
3. Understands the range of rehabilitation service delivery—such as inpatient, outpatient, community-based care—and the rehabilitation counseling services network.
4. Understands the principles of crisis intervention for people with disabilities during crises, disasters, and other trauma-causing events.
5. Knows the principles, models, and documentation formats of biopsychosocial case conceptualization and treatment planning.
6. Recognizes the importance of family, social networks, and community in the provision of services for and treatment of people with disabilities.
7. Understands professional issues relevant to the practice of rehabilitation counseling.

#### F. Skills and Practices

1. Uses disability-related principles and practices of diagnosis, treatment, referral, and wellness to initiate, maintain, and terminate counseling.
2. Applies multicultural competencies to rehabilitation counseling.
3. Applies effective strategies to promote client understanding of and access to a variety of community-based resources.
4. Demonstrates the ability to use procedures for assessing dangerousness and developing a safety plan.
5. Applies current record-keeping standards related to rehabilitation counseling.
6. Demonstrates the ability to recognize his or her own limitations as a rehabilitation counselor and to seek supervision or refer clients when appropriate.

#### DIVERSITY, ADVOCACY, AND ACCOMODATION

#### G. Knowledge

1. Understands how living in a multicultural society affects clients seeking rehabilitation counseling services.
2. Understands the implications of concepts such as internalized oppression and institutional racism, as well as the historical and current political climate regarding immigration and socioeconomic status for people with disabilities.

3. Understands the effects of discrimination—such as handicapism, ableism, racism, sexism—and power, privilege, and oppression on one's own life and career and those of clients.
4. Understands current literature that outlines approaches, strategies, and techniques shown to be effective when working with specific populations of clients with disabilities.
5. Understands effective strategies to support client advocacy and influence public policy and government relations on local, state, and national levels to enhance equity, increase funding, and promote programs that affect the practice of rehabilitation counseling.
6. Knows public policies on the local, state, and national levels that affect the quality and accessibility of rehabilitation services.

#### H. Skills and Practices

1. Maintains information regarding community resources to make appropriate referrals for clients with disabilities.
2. Advocates for policies, programs, and services that are equitable and responsive to the unique needs of clients with disabilities.
3. Demonstrates the ability to modify counseling systems, theories, techniques, and interventions to make them culturally appropriate for people with disabilities.
4. Consults with and educates employers, educators, and families regarding accessibility, ADA compliance, and accommodations.
5. Provides community education to increase awareness and understanding of rehabilitation counseling and disability culture.

### ASSESSMENT AND DIAGNOSIS

#### I. Knowledge

1. Knows the principles and models of assessment, case conceptualization, theories of human development, and concepts of wellness and pathology leading to diagnoses and appropriate counseling treatment plans.
2. Understands various models and approaches to clinical evaluation and their appropriate uses with clients with disabilities, including diagnostic interviews, mental status examinations, symptom inventories, psychoeducational and personality assessments, career assessments, and assessment for assistive technology needs.
3. Understands basic classifications, indications, and contraindications of commonly prescribed medications so that appropriate referrals can be made for medication evaluations and so that the side effects of such medications can be identified.

4. Identifies standard screening and assessment instruments that are psychometrically appropriate for people with disabilities.
5. Knows the principles of the diagnostic process, including differential diagnosis, and the use of diagnostic tools, such as the current edition of the *Diagnostic and Statistical Manual of Mental Disorders (DSM)* and the *International Classification of Diseases (ICD)*.
6. Understands the established diagnostic criteria and describes treatment modalities and placement criteria within the continuum of care.
7. Knows the effect of co-occurring disabilities on the client and family.
8. Understands the relevance and potential biases of commonly used diagnostic and assessment tools with multicultural populations.
9. Understands appropriate use of diagnosis during a crisis, disaster, or other trauma-causing event.

#### J. Skills and Practices

1. Selects appropriate comprehensive assessment interventions to assist in diagnosis and treatment planning, with an awareness of cultural bias in the implementation and interpretation of assessment protocols.
2. Demonstrates skill in conducting intake interviews, mental status evaluations, biopsychosocial histories, and assessments for treatment planning.
3. Screens for danger to self and/or others, as well as co-occurring disabilities (e.g., intellectual disability and major depression; addiction and Hepatitis C).
4. Demonstrates ability to conduct work-related assessments (e.g., job analysis, work site modification, transferrable skills analysis, job readiness, work hardening).
5. Demonstrates appropriate use of diagnostic tools, including the current editions of the *DSM* and *ICD*, to describe the symptoms and clinical presentation of clients with disabilities.
6. Differentiates between diagnosis and developmentally appropriate reactions during crises, disasters, and other trauma-causing events.

### RESEARCH AND EVALUATION

#### K. Knowledge

1. Understands how to critically evaluate research relevant to the practice of rehabilitation counseling.
2. Knows models of program evaluation for rehabilitation programs.
3. Knows evidence-based treatments and basic strategies for evaluating counseling outcomes in rehabilitation counseling.

#### L. Skills and Practices

1. Applies relevant research findings to inform the practice of rehabilitation counseling.
2. Develops measurable outcomes for rehabilitation counseling programs, interventions, and treatments.
3. Analyzes and uses data to increase the effectiveness of rehabilitation counseling interventions and programs.

### CAREER/VOCATIONAL

#### M. Knowledge

1. Understands career theory and labor market information for people with disabilities across the lifespan.
2. Knows the importance of career exploration and use of job placement strategies for people with disabilities.
3. Knows the importance of transferable skills and functional assessments in achieving successful employment and retention for people with disabilities.
4. Understands work-related supports to help people with disabilities obtain and maintain employment.

#### N. Skills and Practices

1. Applies career theory and labor market information when working with people with disabilities across the lifespan.
2. Demonstrates skill in conducting career exploration and job placement for people with disabilities.
3. Applies transferable skills and functional assessments based on client work history to obtain and maintain successful employment.