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From the Editor

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FROM THE EDITOR

Volume 41, Issue 1 of the Michigan Journal of Counseling: Research, Theory & Practice contains research and topics from counselors and counselor educators across the United States (Texas, Kentucky, and Michigan). In this issue, the authors write about the need to become proficient in working with diverse clientele and be able to successfully working with clients and communities where a crisis or trauma has occurred. I believe these are important areas and issues that counselors are called to understand and treat in a variety of settings. I hope you, as subscribers to the Michigan Journal of Counseling, find this information relevant to your current work and provide insights into new ways of working with your clients.

In the first article, Stewart, Owens, Queener, and Reynolds explore the unique relationship between acculturative stress and racial identity among African American students who are completing their counselor education. The authors suggest that continuous cultural awareness and sensitivity to the needs of African American students can assist in the retention and matriculation of these students in a counselor education program. Support services such as mentoring and peer advising were encouraged.

In the next article, Dr. Dye presented a exploration into the daily activities of school counselors working in predominately African American Urban schools across Michigan. Dr. Dye sought to determine the emphasis placed on school counseling activities by school counselors as described by the American School Counselor Association (ASCA). The results suggested that school counselors at predominately African American urban schools do engage in counseling activities and comprehensive guidance as prescribed by ASCA. At the same time, many of these national guidelines do not factor in the unique needs of the population and limited resources available.

Lastly, Mr. Erber explores the unique issues and challenges when working with clients or a community experiencing a crisis. In his work, Erber describes the crisis and emergency resources available at the community, state, and national level along with the ethical, legal, and multicultural needs that counselors and mental health practitioners need to take into consideration. A hybrid model of crisis intervention consisting of seven steps was illustrated. In this model, evidence-based practices were encouraged as an effective and ethical model of treating clients who experience a crisis.

Sincerely, Jennifer N. Bornsheuer-Boswell

The Relationship between Racial Identity and Acculturative Stress among African American Students in Counselor Training Programs

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Abstract

In this study, we examined racial identity and acculturative stress among 116 African American counselor education graduate students in Council for the Accreditation of Counseling and Related Educational Programs (CACREP) accredited programs. Results indicated that racial identity and acculturative stress remain viable variables to take into account with African American students in counselor education programs. The participants in this study showed significant acculturative stress in their graduate programs. Implications for counselor education training programs are discussed.

The Relationship between Racial Identity and Acculturative Stress among African American Students in Counselor Training Programs

Given the consistently increasing number of diverse racial/ethnic individuals within the United States population, counselor trainees are more and more likely to be faced with individuals in need of their expertise (Sue & Sue, 2008; Richeson & Nussbaum, 2004). We tend to seek out, respond to things that are familiar and similar to ourselves (Baron & Bryne, 2000). People of color tend to favor therapists who are both culturally sensitive and understand their worldview (Coleman et al., 1995; Nagayama Hall & Maramba, 2001). Hence, training a more diverse group of therapists is critical. Sue (1993) and Smith (1985) emphasized that continued underrepresentation of minority groups in professional counselor training programs feeds into established perceptions that mental health services are only for middle-class White Americans and ill-equipped to meet their needs. To the extent that universities are successful in

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