

New Zealand Counselling, Therapy and Guidance-Related Literature

Published Between 1990 and 1999: A Bibliography¹

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This is the second time we have undertaken a project like this. Our aim the first time was to assemble and comment on counselling and guidance-related literature that had originated in New Zealand during the 1980s. The result was two separate articles published in this journal that, combined, listed over 550 individual items. That number seemed large at the time and suggested to us that counselling in New Zealand was healthy, a growing profession and an activity about which many were writing (see Manthei & Miller, 1991 and Miller & Manthei, 1992).

Ten years later we were again curious about the range of topics covered and the number of publications pertaining to counselling, therapy/psychotherapy and guidance that had either originated in New Zealand or commented on New Zealand developments during the next decade, 1990 to 1999. Because the original two articles have been used frequently by counsellor educators, by students in

counselling courses and by researchers and graduate students, we thought that a second, up-dated bibliography would be worth doing for both practical and historical reasons.

Previous reviews

There have been four previous reviews of counselling-related research in New Zealand. The first, a review by Small (1980), surveyed guidance and counselling research (as distinct from our broader focus) originating in New Zealand between 1970 and 1979. Although his review covered an impressive (at the time) 187 items, it did not include many items from the fields of social and community work, psychotherapy or from other areas of helping such as remedial work, advising, pastoral counselling, psychiatry, nursing or medicine.

The second was a content analysis of the *New Zealand Counselling and Guidance Association Journal* covering the years from 1974 to 1989 (Manthei, 1991²).

This review confined its focus to the contents of the *NZCGA Journal*. This review, like Small's, was unable to determine what effect, if any, published research on counselling had on counselling practice. Manthei concluded that New Zealand research and writing on counselling at that point still seemed to be largely post-hoc analyses of practice. Areas of weakness identified by Small (sociological, political, economic, and philosophical analyses of guidance and counselling) had still not been addressed in the 1980s contents of the *NZCGA Journal*.

The third review (Manthei & Miller, 1991 and Miller & Manthei, 1992³) went well beyond the previous two reviews in that its perspective was broader than just counselling and guidance, or one journal's contents. Instead it was a list of **counselling, therapy and guidance-related** material that included a total of 560 items. The authors' commentary included the following observations:

1. There was little evidence that research influenced counselling practice.
2. Nevertheless, much of the counsellor training material written in New Zealand during the 1980s undoubtedly influenced other trainers and practitioners.
3. New Zealand family counselling literature had, no doubt, some impact on the work of many counsellors and therapists eager to learn more about it.
4. The bicultural literature, they believed,

had altered attitudes and, to some extent, practices.

5. Changes in practice seemed due more to political and social events than research findings and seemed to have been instrumental in several professional organisations beginning to implement accreditation and registration schemes.
6. Studies of counselling began to emerge in the 1980s with the publication of several interesting analyses of counselling.
7. Fast-developing areas of practice were family counselling and counselling related to family violence, child abuse and sexual abuse.
8. The main source of the most rigorous research was university education departments and university-based psychologists.
9. It seemed notable that a substantial number of writings (descriptions, commentary, training materials) had been produced by practitioners.

The fourth review (Manthei, 2001⁴) was a second content analysis of what had become the *New Zealand Journal of Counselling*, this time covering the years 1991–2000.

Method

Our first step in this project was to review the criteria that we had used in our 1980s search to determine if they were still workable or needed to be revised in some significant way to take

account of recent developments in the profession. We decided, initially at least, that the original criteria – with a few changes – were still valid and that a system for categorising the materials similar to that used in the previous article would be useful to readers and other researchers. The criteria were:

1. An item had to be publicly accessible in printed form. Books, official reports and monographs, and articles in academic, professional, practice journals, or occasionally magazines, were included. We decided against including material that was produced in electronic form: e.g. on the internet, CDs, videos, audiotapes, etc. While such material is being produced – especially videotapes – it was felt that there were not enough of them to warrant extending an already huge search.
2. Material had to either originate in New Zealand or be largely about New Zealand counselling and therapy. Thus, a few articles have been authored by non-New Zealanders.
3. The material had to be published between 1990 and 1999 inclusive. These dates were chosen largely because they matched Small's review (1980)⁵, our previous review of the 80s, and extended them both by another decade.
4. Items to be included were material that informed, critiqued, evaluated, analysed, applied and/or explained counselling, therapy, guidance or a related activity in a variety of settings:

schools, social work agencies, medical practices, private practice, psychiatric settings, communities, hospitals, educational programmes, correctional sites.

5. Finally, the material selected was judged to
 - (a) have (i) the terms counsellor, counselling, therapy, psychotherapy, psychiatrist or psychologist in the title or text, or (ii) be related to or extensions of the work or professional development of counsellors, therapists, psychiatrists, psychologists or guidance personnel;
 - (b) be direct examples of counselling, therapy, psychology or guidance;
 - (c) portray or describe activities or settings that were relevant to the practice of counselling, therapy, psychology or guidance, or the training of such personnel.

NOTE: The quality of the contents of the items was not evaluated or assessed in any way. We merely selected for inclusion those items that we thought met the criteria listed above.

Finally, items from newspapers, newspaper-type publications (e.g. *NZGP*) and popular magazines like *Women's Weekly* were not included, for the most part.

Three methods of searching for items were employed:

- computer searches of available databases such as ERIC, PsychLit, Expanded Academic Index, Index New Zealand, ProQuest, etc;

- hand searches of relevant New Zealand journals, e.g. those in counselling, social work, medicine, nursing, psychology, law, social policy, etc;
- follow-up searches of the reference lists of some items, especially those found in edited books in the areas of psychology, counselling, psychiatry, public health, etc.

The bibliographic software, EndNote 4, was used to build and manage the data file. This software allowed us to manage a huge amount of material with minimum effort and maximum flexibility. We recommend it.

Our experience of searching confirms what we have always thought: electronic, database searching is inadequate on its own if what you are interested in is surveying the entire literature related to any one topic. In our efforts we found that too many articles relevant to our task were not identified by database searching. The obvious reason is that we were not using the right descriptors. While that may be true, there is virtually no way a researcher will be able to access all the relevant documents by 'guessing' all of the key descriptors the various authors and databases have used. So, no matter how valuable electronic searching is – and we were grateful for its availability – there is no shortcut for supplementing electronic services by (often tedious) hand-searching of relevant journals and the references contained therein.

The topic categories for this bibliography were derived by inspecting the articles/abstracts/titles as we found them. We wanted to use categories that were descriptive enough to have immediate face validity but not so narrow as to be unwieldy in their number and detail. Our list of 37 categories is not definitive; readers may have other ideas that they would find more useful or descriptive. We make no apologies for any selection or categorising inconsistencies. Assembling the list of references was a huge task and during the weeks and many hours it took to complete it our own criteria may have shifted unwittingly from day to day and from source to source. In addition, the categories probably reflect to a degree our current interests, e.g. the topic 'client's view of counselling' is one of our teaching and research interests. Nevertheless, the resulting list of references is, we believe, a useful resource for anyone interested in counselling generally, or in its application to specific problems or areas.

List of topics in the order in which they appear in the bibliography

1. Addictions counselling
2. Bicultural counselling
3. Career counselling
4. Client's view of counselling
5. Community factors in mental health
6. Community mental health services
7. Consumer rights
8. Counselling

9. Counselling approaches
10. Counselling children
11. Counselling for medical conditions
12. Counselling men
13. Counselling outcomes
14. Counselling relationship
15. Counselling the elderly
16. Counselling women
17. Counselling youth
18. Counsellor education
19. Cross-cultural counselling
20. Eating/diet counselling
21. Ethics in counselling
22. Family counselling
23. Grief counselling
24. History of counselling in New Zealand
25. Pregnancy, birth, genetic counselling
26. Professionalisation
27. Psychiatric/intellectual disorders
28. School counselling
29. Sexual abuse counselling
30. Sexual counselling
31. Spirituality in counselling
32. Sports psychology/counselling
33. Suicide and depression
34. Supervision
35. Testing and assessment
36. Trauma counselling
37. Violence

We have given individual mention to some counselling types or settings that could easily fit under another, more general heading, e.g. family counselling, sexual abuse counselling. We did this for

specific reasons. For family counselling we wanted to recognise the distinctiveness that family therapy has among counselling practitioners themselves. For sexual abuse counselling a separate category reflects 1990s' interest in sexual abuse as a pressing and disturbing problem for individuals, families and society. This is evidenced by the large number of items.

Finally, we used a simple method of 'cross referencing' for articles whose content was relevant to more than one of our categories. Thus, some entries have additional categories of relevance typed within brackets in capital letters at the end of the reference, e.g. [COUNSELLING YOUTH].

The list of items presented here is not exhaustive. We know that. In spite of our efforts to locate as much relevant material as we could, we are certain that numerous items are still to be discovered. If we have left one or more of your writings out of our listing, we apologise. It was not intentional, just a case of either mis-categorising it or not being aware of its existence.

Comments on the volume of literature of the 1990s compared to that of the 80s

While we were impressed with the 560 counselling-related items listed in our review of the 1980s literature, as well as its diversity, sophistication and critical orientation, the current list of 1557

items for the decade of the 1990s is simply overwhelming. However, such a simple comparison of quantity is of little value on its own, largely because the current search differed in some important respects to the earlier one.

1. This time we included material we did not search for previously – e.g., medical, social work, nursing, legal, social policy writings – because we had already discovered material in these areas that we considered to be useful to our counselling students. We only included those items which made reference to counselling and/or therapy.
2. We also included MA and PhD theses that were completed during the decade, again because this was found to be the source of much relevant and interesting research and literature. There were 227 such items that we chose to include – a substantial number, we think. We know that this is an underestimate because, as we found, there can be a time lag of one to three years between date of completion and inclusion in the official list of theses.
3. We included numerous reports written or funded by government and national organisations if they related to mental health issues and counselling/ therapy practices. This was in keeping with our impression from this literature that counselling in the 1990s has assumed a political/policy agenda as well as its traditional helping focus. This source of material provided a large number of

items, over 150. It is a pity, we think, that these reports are not more widely known and available. Most research libraries will have copies of them or be able to access them.

4. Between the 1980s and the 1990s there have been some substantial shifts in the number and type of articles in some categories. These indicate shifting professional and research interests, social problems and public concerns. Two examples are the categories of ‘career counselling’ and ‘testing and assessment’. In the 1980s there were sufficient articles in the vocational, careers and transition category (55 in total) to create six sub-categories, most of which were related to school guidance and careers counselling. In the 1990s, however, the 36 articles (not including theses) are predominantly related to particular occupational or personnel issues and the implications of government reviews and policies. Perhaps this shift in focus can be best captured in the partial title of Plimmer’s (1997) article, ‘Downsizing and vocational guidance’. Most of the testing and assessment articles in the 1980s list (27) referred to specific tests used in educational assessment. However, in the 1990s we found it necessary to include articles that dealt with the clinical assessment/diagnosis of mental health conditions such as suicidality, sexual abuse, and specific psychiatric disorders. Many of the

items in this category were cross-referenced to other topics (37 times).

Observations on the literature of the 1990s

Even without having made a detailed and exhaustive analysis of the contents of these 1557 items, there are three general observations we wish to make.

First, the figures in Table 1 indicate an overall – if somewhat inconsistent – rise in the number of publications per year produced during the decade. How this compares with the 1980s is hard to say since our search for materials for inclusion in this list was so much broader than it was in the earlier search.

Table 1: Number of publications per year: 1990–1999

Year	Pubs	Masters	Doctorates	Total
1990	107	13	2	122
1991	57	7	2	66
1992	94	16	1	111
1993	132	10	2	144
1994	163	27	2	192
1995	130	29	4	163
1996	142	22	5	169
1997	217	29	4	250
1998	164	21	5	190
1999	124	21	5	150

Second, as expected, ‘journal article’ was the most frequent reference type, followed by theses, sections or chapters in books, and reports (see Table 2). One hundred and twenty-one books pub-

lished in the area also strikes us as a healthy number, but, again, there is no way of comparing this directly with the results of the 1980s search given the different scopes of the two searches. This number of books is even more impressive given the growing use of computers, the web and electronically available material during the 1990s. It seems that the printed word is still a preferred method of disseminating research and opinion. Perhaps computer-assisted writing (via word processing and editing software) makes preparation of material for publishing easier rather than supplanting it.

Table 2: Type of reference

Reference type	Number
Book, authored	121
Book section or chapter	187
Book, edited	19
Conference proceedings	18
Journal article	823
Magazine article	3
Report/monograph	159
Theses: masterate/doctorate	227

Third, Table 3 sets out the number of publications, theses and cross-references by topic. This makes for interesting reading and could be taken as a direct indication of professionals’ therapeutic concerns/interests throughout the 90s: i.e. counselling youth, suicide and depression, sexual abuse, counselling approaches and community mental

Table 3: Number of publications and cross-references by topic

Topic	Pubs	Theses	Cross-refs	Total
Addictions	40	6	8	54
Bicultural	80	11	15	106
Career	36	25	9	70
Client's view	8	12	15	35
Community factors	20	0	3	23
Comm men health services	76	15	22	113
Consumer rights	10	0	12	22
Counselling	43	8	4	55
Couns approaches	44	10	65	119
Couns children	21	5	41	67
Couns medical conditions	51	8	15	74
Couns men	12	4	5	21
Couns outcomes	36	11	25	72
Couns relationship	10	1	3	14
Couns elderly	14	0	2	16
Couns women	15	2	24	41
Couns youth	68	6	66	140
Counsellor education	32	4	20	56
Cross-cultural couns	44	1	11	56
Eating/diet	21	5	2	28
Ethics in couns	32	1	17	50
Family couns	49	7	14	70
Grief couns	19	7	5	31
Hist of couns NZ	14	1	8	23
Preg, birth, genetic	21	0	7	28
Professionalisation	29	1	13	43
Psychiatric/intellectual	66	5	29	100
School couns	68	8	27	103
Sexual abuse couns	99	16	10	125
Sexual couns	10	4	10	24
Spirituality in couns	8	7	4	19
Sports psychology/couns	10	0	0	10
Suicide and depression	113	11	8	132
Supervision	12	1	0	13
Testing and assessment	19	12	37	68
Trauma couns	27	3	7	37
Violence	53	9	15	77

health services, in that order. While quantity alone is not definitive, there is support for our observation in the 1980s article that counselling literature related to family violence and sexual abuse was increasing (Manthei & Miller, see End-note 3). It may be, also, that the quantity of references in some of these categories is an indication of efforts to secure more public funding in these areas.

Additional comments

In addition to these three general observations, there are a number of more specific trends/findings we would like to comment on.

- Professional association newsletters have become more sophisticated in content and format and can be excellent sources of material. Good examples are the *New Zealand Association of Counsellors Newsletter* and the *New Zealand Psychological Society Bulletin*.
- Two current longitudinal studies of child/human development in New Zealand, the Christchurch Health and Development Study and the Dunedin Multidisciplinary Health and Development Study, have generated a wealth of valuable research, much of it of direct or tangential interest to counsellors and therapists. Material from these sources has been published in a variety of academic journals around the world.
- Nursing journals are more frequently

including articles on counselling and therapy and on ways to administer psychological support to patients.

- Medical journals are doing the same. This trend, we think, indicates a growing acceptance of counselling as a *bona fide* adjunct to other medical interventions. This is particularly important given the sometimes negative press counselling has received in the popular media.
- Law journals are useful and important in analysing the relationship of counselling and therapy to aspects of the law generally, and, more specifically, to problems such as sexual abuse, family violence, marital disputes and working with children.
- The literature on counselling and therapy is increasingly cross-disciplinary. As a result it is almost impossible to limit searches to a narrow specialisation like 'counselling'. We strongly recommend to other researchers and counsellor educators that they think of 'relevant' counselling literature as including material from many different sources. Broader reading will make counsellors better informed and will contribute to a cross-fertilisation of skills and ideas among the various sub-disciplines. To help make this happen, we invite readers to build on this bibliography. We are happy to furnish a copy of this file to anyone who has the necessary EndNote 4 software to support it. Just contact us: Bob –

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- Compared to our review of the 1980s, it was necessary to include many new topic categories, such as 'counselling for medical conditions', 'community mental health factors', 'eating/diet counselling', 'trauma counselling', etc. This diversity of new topics indicates a growing specialisation in the profession and a greater acceptance of the utility of psychological help and support in addressing/understanding these conditions.
- Although New Zealand practitioners are still using overseas theories, methods and research to inform their teaching and practice, they are becoming more selective and critical of such material. It is clear that the development of a New Zealand approach to counselling practice referred to in the 1980s review has continued and progressed immeasurably, e.g. Just Therapy, narrative therapy, Maori models of helping.
- Research – in the traditional or strict sense – is still a minor part of the counselling literature. However, the studies that have been done are relevant to local practice, well conceived and conducted, and demonstrate a diversity of methodologies being employed.
- There were fewer problems of dissemination and availability of such literature in the 1990s than there were

in the 1980s, we think. Authors seem to be seeking out a wider range of outlets for publication (over 110 different journals, newsletters, and/or bulletins are cited in this bibliography, for example). Whether such availability has led to a greater impact of such literature on professional practice is unknown. The answer to that question is beyond the scope of this type of review.

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Endnotes

- 1 We would like to acknowledge the input of Antony Kennedy, who worked with us on this project in its early stages.
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