

“What am I doing with my life?!”

Using a CIP Manualized Approach for College Career Counseling Groups

Objectives:

- *Familiarize the audience with establishing a manualized career counseling group with adherence to a theoretical model*
- *Discuss assessment use for intervention as well as measuring group outcomes at the group and individual client level*
- *Engage the audience in a dialogue regarding career group experiences and logistics*

Manualized Cognitive Information Processing Group (Sampson et al., 2004) Logistics

- Five, 90 minute sessions
- Influence of CIP, TWA (Dawis, Lofquist, & Weiss, 1968), and Holland (Holland, 1997)
- Clients are either self-referred or class credit
- Training clinic-based
- Co-leader model and training benefits
- The Intake Process

CIP Group Session Themes

- Session 1: Intros, Goal Establishment, Metacognitions
- Session 2: Self Knowledge
- Session 3: Options Knowledge & Decision Making
- Session 4: CASVE Continued
- Session 5: Next Steps, Termination, Post-Testing

Assessment within the Group Process

- Formal Assessments for Individual Intervention
 - Strong Interest Inventory (SII; Campbell, 1974)
 - Minnesota Importance Questionnaire (MIQ; Weiss et al., 1964)
 - Career Thoughts Inventory (CTI; Sampson et al., 1998)
- Formal Assessments used for research only
 - Career Decision Self-Efficacy (CDSE; Taylor & Betz, 1983)
 - Neuroticism Extraversion Openness Inventory (NEO; Costa & McCrae, 1985)
 - Depression Anxiety Stress Scale (DASS; Lovibond & Lovibond, 1995)
- Non-Objective and Informal Assessment Processes Used

Research Findings with a sample from this Group (Leuty et al., 2015)

Current Efforts at Recruitment and Retention of Group Members

Audience Suggestions and Experience

References

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