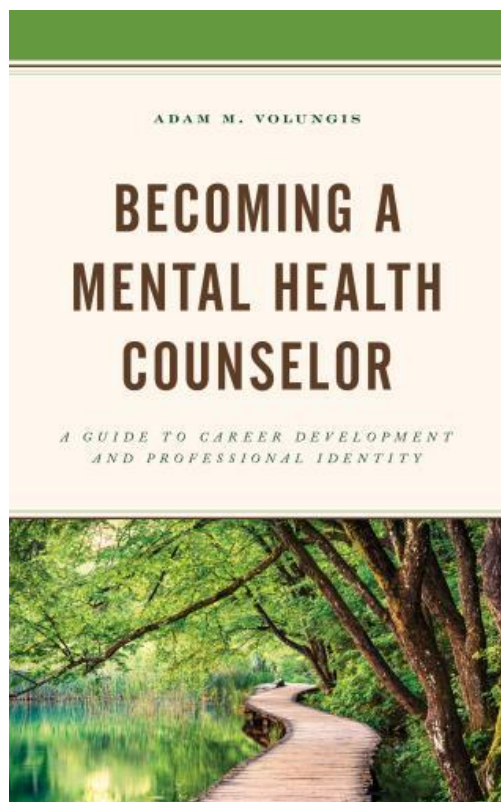


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## Becoming a Mental Health Counselor: A Guide to Career Development and Professional Identity

By Adam M. Volungis



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### About the Book

*Becoming a Mental Health Counselor* is a guide for students on the path to becoming licensed mental health therapists, as well as for those starting their careers. Filled with practical advice and tips, this book takes readers through early career milestones, including professional identity development, applying for jobs, and obtaining licensure.

### About the Author

**Adam M. Volungis** is a counseling psychologist and licensed mental health counselor. He has worked with a variety of populations in multiple settings using cognitive behavioral therapy (CBT) for more than fifteen years. Volungis is associate professor and the CBT concentration coordinator in the Clinical Counseling Psychology Program at Assumption University. He is also president of the New England Psychological Association and the author of *Cognitive-Behavioral Therapy: Theory into Practice*.

### Praise for the Book

“This book is perfectly poised to impact individuals interested in the counseling profession as well as students already studying the field. While the content provides invaluable information about counseling, the most powerful aspects of this book are the activities and reflection questions. As an experienced mental health provider, I enjoyed thumbing through the content and also found myself thoroughly engrossed in the exercises.”

— **Jessica D. Bartley, University of Denver**

“*Becoming a Clinical Mental Health Counselor* is what every starting counseling student should hear from their mentor. The author does a masterful job of introducing the field through the lens of moral and ethical development. There are a lot of things to consider when starting off as a professional counselor and this textbook provides an excellent starting point that increases the reader's professional awareness on their path to being an effective clinical mental health counselor.”

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