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# Counseling and Guidance

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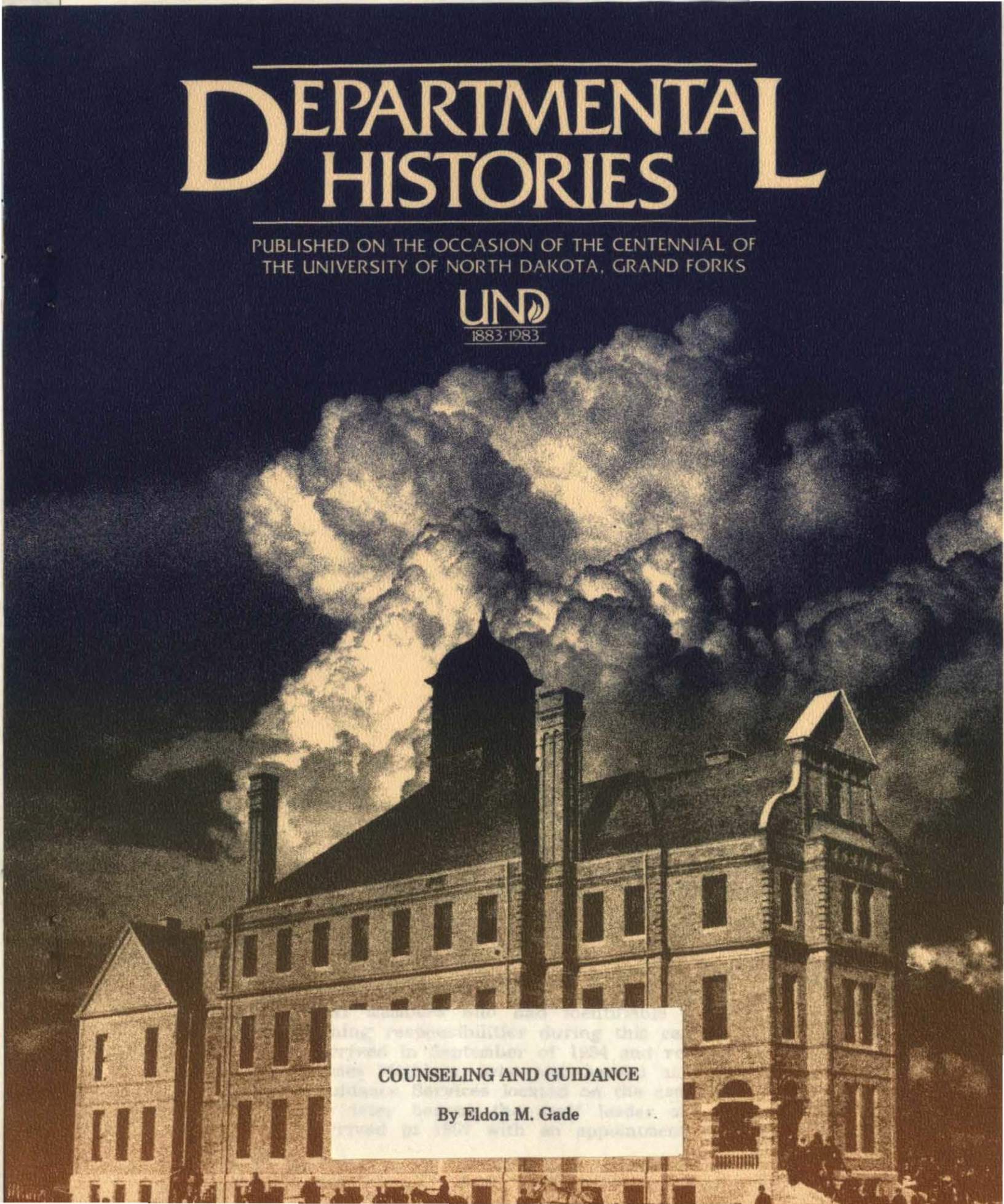
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# DEPARTMENTAL HISTORIES

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THE UNIVERSITY OF NORTH DAKOTA, GRAND FORKS



COUNSELING AND GUIDANCE

By Eldon M. Gade

## A BRIEF HISTORY OF THE DEPARTMENT OF COUNSELING AND GUIDANCE

by  
Eldon M. Gade  
Professor of Counseling and Guidance

### I. Precursors of the Department of Counseling and Guidance

Although the Department of Counseling and Guidance at the University of North Dakota was officially established 80 years after the University was founded, on July 1, 1963, the origins of guidance and counseling offerings can be traced to about four decades earlier.

In the summer session of 1924 a guidance related course entitled "Course for Advisors of High School Girls" was offered as a one credit course, two hours a week. The class was limited to junior and senior women enrolled at the University. By 1932 this course began to appear as an offering during the regular academic year (Education 466) and was taught by Miss Mabel Beatrice Olson, then Dean of Women. The first course offered with the title "guidance" appeared as an offering in the 1941 Bulletin of the University of North Dakota. The three credit course was offered as "Education 475 Guidance" and was taught by Dr. Erich Selke. The first 500 level graduate guidance course was Education 575 - Guidance, three credits, again offered by Dr. Selke in the first semester of 1942. In the 1946-47 Bulletin of the University of North Dakota, Education 474 - Guidance and Vocational Education, and Education 581 - Pupil Personnel Administration were added as offerings with Dr. Alfred Overn as instructor.

It was also during this early era that Dr. Erich Selke organized a two day guidance conference for school administrators held in Grand Forks on June 15-17, 1942. Among the speakers was Superintendent H. H. Kirk of Fargo who described the Fargo school guidance program and emphasized guidance help for the non-college student.

In the early 1950's course work in counseling and guidance also began to appear as offerings in the Psychology Department at UND. In the 1953-54 school year the following offerings were shown: Psychology 550, Occupational and Educational Information - 2 credits; Psychology 552, Counseling Techniques - 3 credits; Psychology 553 - Supervised Counseling Practice, up to 6 credits; Psychology 554 - Organization and Administration of Guidance and the Personnel Program - 2 credits. A full program of professional training in school counseling and guidance in the Psychology Department was evident by the 1956-1958 school terms. Staff members who had identifiable counseling and guidance course teaching responsibilities during this early era were Dr. Clinton Meek (he arrived in September of 1954 and remained until June, 1957) and Mr. James Mathisen, who also served as State Supervisor of the Office of Guidance Services located on the campus. Dr. Paul Munger, who was to later become the staff leader of the counselor training program, arrived in 1957 with an appointment as associate professor.

The passage of the National Defense Education Act of 1958 had a tremendous impact on counselor education at the University of North Dakota with new courses, staff additions, and a surge in student enrollment. In the summer of 1959, June 15 to August 8, the first, of what was to become five federally sponsored Counseling and Guidance Institutes, was offered at the University of North Dakota. This first NDEA Counseling and Guidance Institute enrolled 32 graduate students who were trained to become school counselors. Staff members for the institute were Dr. Paul Munger, Psychology Department, director, and Dr. Robert Rosenthal, Psychology Department, and Dr. James Laing, Department of Education. The semester-long Institute of the spring of 1961 and the year long NDEA Counseling and Guidance Institutes of 1961-62, and 1962-63 were also offered in the Department of Psychology. During the 1960-1963 period new full-time staff members to the psychology department who were primarily involved in the Counselor Training Institute were Drs. W. Levi Cash (1960), Eldon Gade (1961), Richard Johnson (1961) and R. Leo Sprinkle (1961). Other staff members involved in counselor training in the psychology department at this time included Dr. Betty Bosdell, Dr. Raymond White, and part-time staff members Darine F. Brown, Lloyd Jarman, Gerald Kranzler, and John Needham.

## II. Formation of the Department of Counseling and Guidance

Formally established July 1, 1963, the Department of Counseling and Guidance began course offering as an autonomous department in the fall of 1963. The main thrust of course offering during the academic year of 1963 was through the sponsorship of the 1963-64 academic year NDEA Counseling and Guidance Institute attended by 30 full-time students. Faculty members during the first year of the fledgling department included Dr. W. Levi Cash, Chairman, Dr. Eldon Gade, Dr. Thomas Koltveit, Dr. Darine Brown, and Dr. Raymond White. Instructors were John Teigland, Ronald Winkler, DeWayne Kurpius, William Edwards and John Needham.

In the 1963-64 year the department had 104 students enrolled in the summer term, 88 in the fall, 67 in the spring. These figures included the 30 NDEA Institute enrollees. There were 62 master degree students in the first semester and 28 post master degree students. First doctoral graduates of the department during the 1963-64 period were Drs. Darine Brown, Timothy Gust, Eugene Kasper, Gerald Kranzler, DeWayne Kurpius, John Needham, Mouritz Sorenson, John Teigland, and Ronald Winkler. During this year the department was also contracted to train five North Dakota State Employment Service counselors. In addition the department received a \$30,000 Cooperative Research Grant to study the effectiveness of counseling and guidance procedures with 4th grade students. Also during the summer of 1964 (July 13-17) the department sponsored the Seventh Annual School for Guidance Studies directed by Ansel Woldt.

The 1964 summer term in the Department of Counseling and Guidance continued to be busy with the sponsorship of an NDEA summer Counseling and Guidance Institute and with a Department of Labor

project-CAUSE Institute. Project CAUSE was an aspect of President Lyndon Johnson's Great Society efforts and was aimed at training both paraprofessional and professional level counselors for youth counseling programs sponsored by the U.S. Employment Service and other Manpower and Development Training Act entitlements. Project CAUSE was unique in that counselor training represented an effort by governmental agencies to reach out-of-school youth and the non-college bound. In contrast with the NDEA Counseling and Guidance Institutes which trained counselors for school positions with the purpose of "identifying and counseling talented youth", project CAUSE focused on community and vocational counselor training. Staff members for the 1964 summer NDEA Counseling and Guidance Institute included Dr. Eldon Gade, Director, Dr. Richard Mease, visiting professor from NDSU, Timothy Gust, DeWayne Kurpius, and William Edwards.

The project CAUSE Institute was also directed by Dr. Gade and included Richard Grosz and Ansel Woldt as staff members. A strong component of the Project CAUSE experience were on-the-job counseling experiences in such settings as the Fort Totten Indian Reservation, the Grand Forks Mission, U.S. Employment Service and Vocational Rehabilitation offices. There were also special experiences in counseling with the underprivileged at the YMCA, opportunities for home visit counseling, and "street corner" counseling. Juvenile Court and dropouts from area schools also provided an opportunity for the trainees of project CAUSE to receive realistic counseling experiences. Forty-eight enrollees participated in the Project CAUSE I experience.

In the fall of 1964 the Department of Counseling and Guidance, with the initial year of existence behind it, continued its involvement in another federally supported counselor training program. The 1964-65 academic year NDEA Counseling and Guidance Institute with 30 full-time enrollees commanded much of the staff time and curricular commitment. Dr. W. Levi Cash again chaired the department and also directed the NDEA Institute. New staff members in the department included Drs. Elwyn Nagel, Gilbert Mazur, and Joseph Zaccaria and instructor Ansgar Johansen.

A major event of the department in the summer of 1965 was the sponsorship of CAUSE II, funded by the U.S. Department of Labor to train counselors and paraprofessionals for Youth Opportunity Centers and as youth advisors in other social agencies. Like its predecessor, CAUSE II provided realistic on site counseling experiences with out-of-school youth, minority group youth, and the economically disadvantaged.

### III. 1965-1970 Consolidation

With the 1965-66 academic year, the department began without any federally supported counselor training programs. The golden era of the NDEA counselor training Institutes had ended! The department began a serious reexamination of goals and curricular and program offerings. Plans were initiated for a Specialist Diploma program and for course offerings in the preparation of elementary school counselors. The department also entered into a contractual agreement with the Minnesota

Employment Service for the training of employment service counselors. Senior faculty members during this year included Dr. Eldon Gade, Chairman, Dr. Joseph Zaccaria, Dr. Elywn Nagel and Dr. John Teigland.

The 1966-67 academic year saw the arrival of Dr. Peter Hountras as chairman and new staff members Dr. Donald Frye and Dr. Kenneth Roulx. Student interest increased in college student personnel work, pastoral counseling, and industrial - employment service counseling. One of the special features during the year were lectures delivered by Dean E. G. Williamson, nationally recognized author and counseling theorist, and long-time Dean of Students at the University of Minnesota.

Students enrollments continued to grow during this period and in the 1967-1968 school year 101 students were enrolled compared with 47 just four years earlier. The department made formal ties with the International School of Alcohol Studies with Dr. Hountras serving as co-director. A major program expansion was the establishment of a contractual masters degree residency program at the Grand Forks Air Force Base, one of the first such programs in the nation. Dr. Paul Munger, former Director of several earlier NDEA Counseling Institutes, returned in the spring to deliver a series of lectures on current issues in counselor education.

The 1968-69 student enrollments grew and the department continued to strengthen the curriculum with new depth and diversity in course offerings. A workshop on financial aids was offered, identification with the International School of Alcohol Studies was strengthened and the visitation of Dr. Lyle Miller, University of Wyoming and former President of the Association for Counselor Education and Supervision, provided students and faculty with a deeper vision of current counselor issues and trends and a historical perspective on counselor education. Dr. Robert Apostol arrived from the University of Maine as associate professor.

During the 1969-70 school year the department received full accreditation from the National Council on Accreditation of Teacher Education (NCATE) for its degree program at all levels retroactive to 1962. Prior efforts to strengthen course offerings, maintain high student admission and retention standards, and high staff qualifications had paid off. A lecture series on "Effective Problem Solving" by Dr. Thomas Magoon, Director of the Counseling Center at the University of Maryland, was the chief special event for the year. With the departure of Dr. Peter Hountras in the summer of 1970 to a deanship at Eastern Michigan University, Dr. Apostol assumed the chairmanship of the department.

#### IV. The 1970's - New Directions

For the 1970-71 academic year Drs. Elizabeth Schilson and Calvin Vraa were hired as new staff members. This year was characterized by a series of new curricular offerings and activities. Under the direction of Dr. Schilson the elementary school counseling and guidance program

was strengthened and student enrollment in this program began a dramatic upsurge. The practicum course was given a new face lift with more intensive and extensive field experiences and placements. Classroom activities in the course included a more experiential direction. The department began more involvement in adult basic education counseling. The department sponsored four major seminars on contemporary topics: drug abuse counseling, counseling procedures with Indian students, draft counseling, and strategies for self-enhancing actualization. The department continued its affiliation with the International School of Alcohol Studies with Eldon Gade as co-director. A lecture series by Gilbert Wrenn, internationally known counselor educator from the University of Minnesota, was a special event for the year.

A concern to be addressed in subsequent years was a growing gulf between school counselor training and skill needs and departmental emphasis. In response to these school counselor concerns, a major departmental focus in the 1971-72 academic year was the presentation of several dialogue-type seminars for school counselors in Grand Forks and department staff. Staff members received the benefits of new understanding and appreciation for the role and functions and pressures of the school counselors while the counselors in turn received updated information about new tests, counseling techniques and new research findings.

Another special feature for this year was the sponsorship of lectures by Dr. John Holland of Johns Hopkins University Counseling Center on career development theory and occupational classification systems. A third major event of the 1971-72 year was begun in the summer of 1972 with a training program of Native American Indian counselors. The department became a satellite center of a six state area program coordinated by the University of South Dakota.

A far reaching decision made by the department was to affiliate with the newly created College for Human Resources Development and to withdraw from the College of Education which was being merged with the New School of Behavioral Studies in Education to form the Center for Teaching and Learning. Dr. Robert Apostol, chairman of the department, was additionally named Acting Dean of the new college which came into being July 1, 1972. An indication of the quality of the staff during this period was the fact that all five full-time staff members (now augmented by the appointment of Dr. Thomas Scott in 1971) had received full membership on the Graduate Faculty.

In the fall of 1972 the Indian counselor training program included four students. Goals of the program included upgrading of reservation school counseling and the teaching of strategies for social change. Dr. Kenneth Peterson served as part-time coordinator of this program. The year also saw a marked increase in the departmental student enrollment.

Dr. Geoffrey Yager joined the department in the fall of 1973 making a complement of six full-time staff members. This year also saw the department programs at the masters, specialist, and doctoral levels

receive a continuation of NCATE full accreditation. Special departmental events included a visit and lecture by Dr. William Glasser, founder of Reality Therapy, and a one-day staff workshop presentation by Dr. Mark Cory, Administrator for the Minot Area Social Service Center. This was also the era of the streakers who made a surprise visit during our spring comprehensive examination!

In 1974-75 department enrollments showed a growth in women students who now made up almost one-half of the student body compared to about one-third or less in prior years.

The department continued to provide course credit for the annual International School of Alcohol Studies now in its 16th year. The departmental residency program at the Grand Forks Air Force Base continued to be strong and with 25 students enrolled, was larger by itself than over three-fourths of all the graduate programs on the campus. The department continued to have the largest single graduate student enrollment of any department on the campus.

1975-76 saw Dr. John Littrell replacing Dr. Yager who left for the University of Cincinnati. The department graduated 47 students this year with 39 masters degrees, two specialists and six doctorates awarded.

A main event of this year was the offering of a Sexuality Counseling Workshop featuring Dr. William Hartman and Ms. Marilyn Fithian of California. There were over 60 participants with Dr. Vraa as director. The department also sponsored seminars on job placement practices and on problems of first year school counselors.

In 1976-77 the department continued to be heavily committed to instructional activities and 50 students graduated including 44 with masters degrees. Special features included a two-day workshop on marriage counseling conducted by Dr. John Gottman of the University of Illinois. Dr. Calvin Vraa continued to offer a workshop on sexuality counseling featuring guest lecturer Dr. Merle Sonda Kroop of the Human Sexuality Program at Cornell Medical Center in New York City. There were over 50 participants in the workshop and it attracted students from several states. A major activity this year was the involvement of the department in consulting with the State Department of Public Instruction on the development of new educational standards for school counselors.

During the 1977-78 year, the department again received full accreditation of its programs by NCATE through 1982. New program features in the department included seminars on marriage counseling, individual differences of workers, and counseling with women.

During the 1978-79 year the department moved in January, 1979 to new quarters in Montgomery Hall. This physical location provided usable classroom and office space but accessibility for the handicapped to the upper floors was very limited. Special features for this year included the offering of a workshop on adjustment of Vietnam War Veterans by Dr. Charles Figley of Purdue University.



In the 1979-80 academic year faculty changes included Dr. Vraa on leave and the resignation of Dr. John L. Littrell in the summer. During the year the students in the department formed the Counseling and Guidance Graduate Association which sponsored several fund raising events, professional seminars, and social events.

#### V. The 1980's - Old Realities, New Directions

In 1980-81 Dr. Dale Fuqua from Indiana University joined the staff replacing Dr. Littrell. The department sponsored a two-day workshop on family counseling with Dr. Jim Knudsen, a former student in the department and currently a counselor at the Minot Area Social Service Center, conducting the workshop. The workshop featured a demonstration of actual family counseling. A second workshop featured still another former graduate, Dr. DeWayne Kurpius, now of Indiana University. He conducted a two-day workshop on consultation practices.

In 1981-82 the department conducted more research training with the use of a computer terminal and a video tape component on career counseling was added to the vocational counseling and guidance course. Jeffrey Baker from Southern Illinois University joined the faculty replacing Dr. Vraa. Dr. Lyle Eide, a former UND student and now Director of the Counselling Centre at the University of Manitoba, directed a workshop on faculty advising for our college and other university staff.

#### VI. Staff Highlights

##### Chairmen of the Department

1963 - 1965	William Levi Cash
1965 - 1966	Eldon Gade
1966 - 1970	Peter Hountras
1970 -	Robert Apostal

##### Full Time Senior Faculty (Academic Year)

1963 - 1965 Dr. W. Levi Cash (Chair), Dr. Darine (Jim) Brown, Dr. Eldon Gade (Chair 1965-66), Dr. Thomas Koltveit, Dr. Raymond White, Dr. Elwyn Nagel, Dr. Gilbert Mazur, Dr. Joseph Zaccaria.

1966 - 1970 Dr. Peter Hountras (Chair, 1966-70), Dr. Eldon Gade, Dr. Donald Frye, Dr. Kenneth Roulx, Dr. John Teigland, Dr. Joseph Zaccaria, Dr. Robert Apostal (Chair, 1970-71), Dr. Elizabeth Schilson, Dr. Calvin Vraa.

1971 - 1975 Dr. Robert Apostal (Chair), Dr. Eldon Gade, Dr. Elizabeth Schilson, Dr. Calvin Vraa, Dr. Thomas Scott, Dr. Geoffrey Yager.

1975 - 1979 Dr. Robert Apostol (Chair), Dr. Eldon Gade, Dr. Elizabeth Schilson, Dr. Calvin Vraa, Dr. Thomas Scott, Dr. John Littrell.

1979 - 1982 Dr. Robert Apostol (Chair), Dr. Eldon Gade, Dr. Elizabeth Schilson, Dr. Calvin Vraa (1979-81), Dr. Thomas Scott, Dr. Dale Fuqua, Dr. Jeffrey Baker, Dr. Edward Gunberg.

## VII. Graduates of the Department

In its 20 year history the department has graduated over 100 doctorate and over 500 masters degree students. As these graduates have entered various agency and educational work most have had successful careers. It would be difficult and even unfair to create a list of "famous" alumni. However, here is a representative list of some of our graduates and their activities.

Dr. Timothy Gust has served as chairman of the department of educational psychology at the University of Hawaii, and director of the Center for Human Development in Grand Forks. Dr. Gary Forrest has become a well known author of professional books on alcoholism and is a clinical psychologist in private practice in Colorado Springs. He recently appeared on the "Today Show" with David Hartman and has conducted several workshops on alcoholism. Dr. Victor Drapela has become a leader in international guidance associations and activities and is chairman of the department of counseling and guidance at the University of South Florida. Dr. John Teigland has served as director of the guidance program at North Dakota State University since the fall of 1966. Dr. Lyle Eide is serving as director of the counseling center at the University of Manitoba. Dr. Dave Lee for several years has been with the North Dakota Department of Public Instruction as head of the guidance and testing section while Dr. Dean Miller has been active in the Minnesota Department of Public Instruction as a guidance specialist in elementary school guidance and counseling. Dr. Gerald Kranzler has served as chairman of the department of counseling at the University of Oregon and authored a popular book on rational emotive therapy.

Many of our graduates are serving in counselor education or psychology departments in major universities. Other graduates are serving in responsible position in student personnel work at universities and colleges. Many of our students have had successful careers in mental health agencies, vocational rehabilitation and employment service settings. School counseling has been a principal career field for many of our graduates and over the years well over half of all school counselors in North Dakota have been trained at UND.

## VIII. Directions and Developments

As the Department of Counseling and Guidance completes nearly two decades of service in training professional counselors several directions

have emerged. Throughout its history the department has continued to maintain realistic curricular offerings that meet state and regional needs while resisting the temptations to provide trendy and faddish courses and curricula.

Over the years, training counselors for educational settings has remained a strong focus while at the same time the department has been responsive to the legitimate need to train professional counselors for the growing demand for employment in community mental health and non-school agencies. Despite pressure for narrow specialization training, the department has continued to view the masters level education of the professional counselor as comprising a basic generic core of courses supplemented with additional specialization courses for some types of counseling positions.

The department continues to view the masters degree as a one year program. The doctoral program has continued over the years to provide additional depth and breadth of coursework for employment as a professional counselor at higher levels of responsibility.

Several trends also appear to have emerged in the history of the department:

1. In the early years counselor training at the masters degree level focused rather narrowly on the preparation of secondary school counselors but over the ensuing years there has been a discernable movement toward counselor preparation for community agency employment. In the early years school counselor preparation attracted over 80 percent of the students while today only about 10-20 percent of the students are enrolled in this area. The vast majority of students recently enrolled plan community and non-school agency work.

2. The movement toward community counseling has diminished the guidance focus and created a broader curriculum development in individual and group counseling skills and in specialized seminar offerings.

3. Emphasis in counseling theories has broadened from the early years when a Rogerian philosophy prevailed to the presentation of a broad spectrum of counseling theories. Particularly, behavioral and cognitive-behavioral counseling theories have been introduced recently.

4. Career education has given a new impetus to career counseling in the last decade. The earlier focus on vocational and occupational information and trait and factor counseling has given way to life-career counseling.

5. Over the years the department has stood up well to national accrediting standards to counselor preparation. In recent years the issue of licensure has added a new dimension to counselor training.

6. The emphasis on individual appraisal has shifted from mere awareness of measurement characteristics and types of tests to training for active client involvement in test interpretation.

7. As counselors have moved into more therapeutic roles and as public sophistication about civil and private rights increases, there is a trend toward more emphasis in counselor training on counselor ethics and the law.

8. Counselor skill training which relied heavily on role playing and audio-tape feedback in the early years has added video-tape feedback experiences in recent years.

9. A balance of didactic study, theory, and practical experiences has continued over the years in counselor training.

10. Laboratory, practicum, and internship experiences have constituted a major commitment of the department training program throughout its history.

11. In the past decade the accountability demands placed on agencies has vitalized the counselor training emphasis on research and statistics.

12. Computer technology has also expanded counselor training in statistics and research methodology in the past decade.

13. Applied psychological foundations and general behavioral science have served as a major core of the curriculum over the history of the department.

14. Broadening out of curriculum offering to include courses in sexuality counseling, addiction counseling, marriage and family counseling, and consulting skills has occurred in the last decade.

15. Recently the department has proposed a name change to "Department of Counseling" and is seeking American Psychological Association approval of a counseling psychology program at the doctoral level.

In summary, the history of the department can be divided into four periods: the early 1960's might be called the era of federal support for school counseling, the late 1960's the era of the emergence of elementary school counseling, while the 1970's can be seen as the era of community counseling, and the early 1980's the era of increased technological sophistication in counselor training.

Compiled and developed by  
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