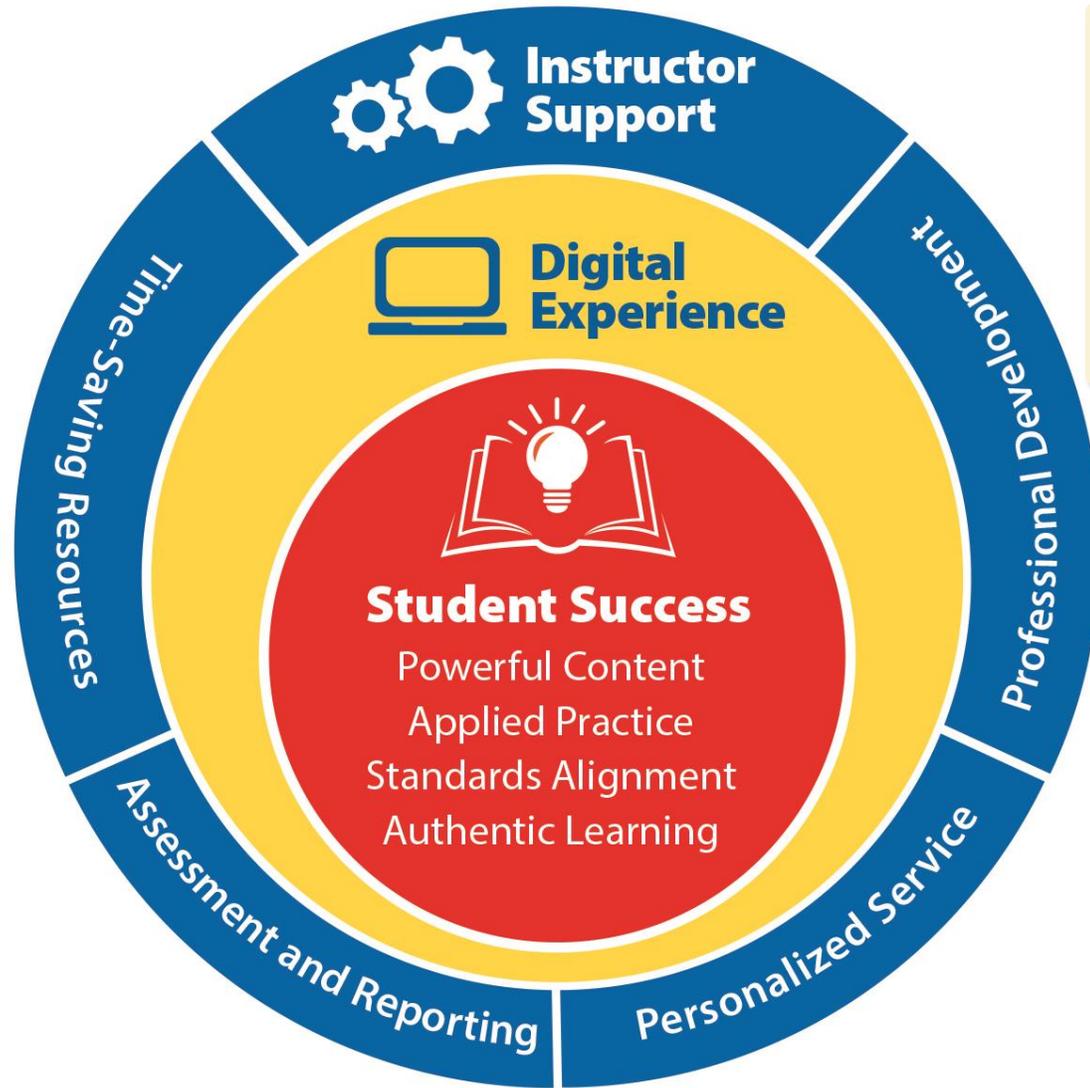


Counseling and Mental Health Services



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*Shown are examples across various titles

- ✓ Prepare for class
- ✓ Reinforce new concepts
- ✓ Assess learning

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Online Instructor Resources**



Counseling and Mental Health Services: Lesson Plan

Instructor:
Course:

Date:
Unit:

Lesson 1.1: Perspectives on Counseling and Mental Health

Learning Outcomes

After studying this lesson, students will be able to:

- 1.1-1 analyze dimensions of health and well-being of individuals.
- 1.1-2 summarize the role of counseling and mental health professionals, or "helpers."
- 1.1-3 explain the evolution of the counseling and mental health field.

***Support Reading and Language Acquisition:** Reading these outcomes aloud can aid in phonics and phonemic awareness.

Key Terms

Key terms are listed at the beginning of the lesson or in the Glossary at the end of the text:

- well-being
- health
- mental health
- emotional health
- social health
- physical health
- alone
- integration of self
- trephining
- movement
- community-based
- mental healthcare
- model

***Support Reading and Language Acquisition:** Reading these outcomes aloud can aid in phonics and phonemic awareness.

Instructional Resources

- Textbook: Lesson 1.

Student Resources

- Reading and Study Guide
- Workbook L
- Workbook L
- Digital Activities

Instructor Resources

- Instructor's Manual
- Pre-Assessment
- Textbook answer key

Activity Types and Descriptions

Select from the following:

Introduction to Chapter

- Before reading the chapter, use the Pre-Assessment to gauge student understanding of this chapter.



Counseling and Mental Health Services
Reno A. Palombit • Alyson L. McIntyre-Reiger
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FCCLA

Presentations for PowerPoint

Counseling and Mental Health Services



Lesson Plans, Presentations, and Answer Keys



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LMS and CMS Integration Easy Navigation

2: E-Flash Cards

Definition (1 of 31)

Item of value that is owned.

2: E-Flash Cards

Term (1 of 31)

asset

Select to flip

Previous Remove Next

E-Flash Cards & Vocabulary Practice

2: Vocabulary Game

Select a point value. Choose the term that matches the definition.

Score: 800

<input checked="" type="radio"/> 100	100	100	100
200	200	200	200
300	<input checked="" type="radio"/> 300	300	300
400	400	400	<input checked="" type="radio"/> 400

Definition: Act of giving money, goods, or services to meet the needs of others and support causes that are important to an individual.

- pay yourself first
- variable expense
- recordkeeping
- philanthropy

Check Answer

Interactive Activities

Counseling and Mental Health Services: Lesson 1.1 Review

Name:

Date:

Class:

Lesson 1.1 Review

Directions: Answer the following questions using what you learned in this lesson.

1. Which *best* describes the relationship between mental and physical health of individuals? (1.1-1)
 - a. A person's mental health and physical health do not impact each other.
 - b. A person's mental health and physical health frequently impact each other.
 - c. A person's mental health is less important than their physical health.
 - d. A person's mental health is more important than their physical health.

Answer:

2. As a result of working with a mental health counselor, Rue has found more joy by reducing the amount of time she spends going out to nightclubs and has formed new friendships through evening pottery classes. This story *best* represents _____. (1.1-2)

- a. atonement and forgiveness
- b. challenges and temptations
- c. authenticity and integration of self
- d. objective guidance

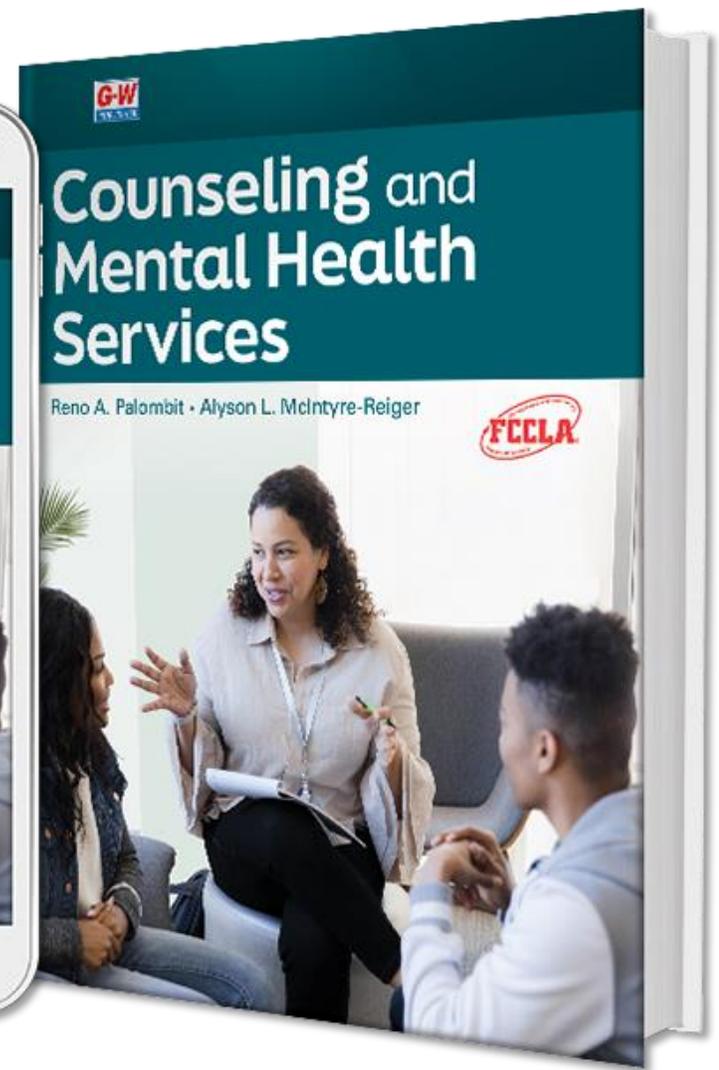
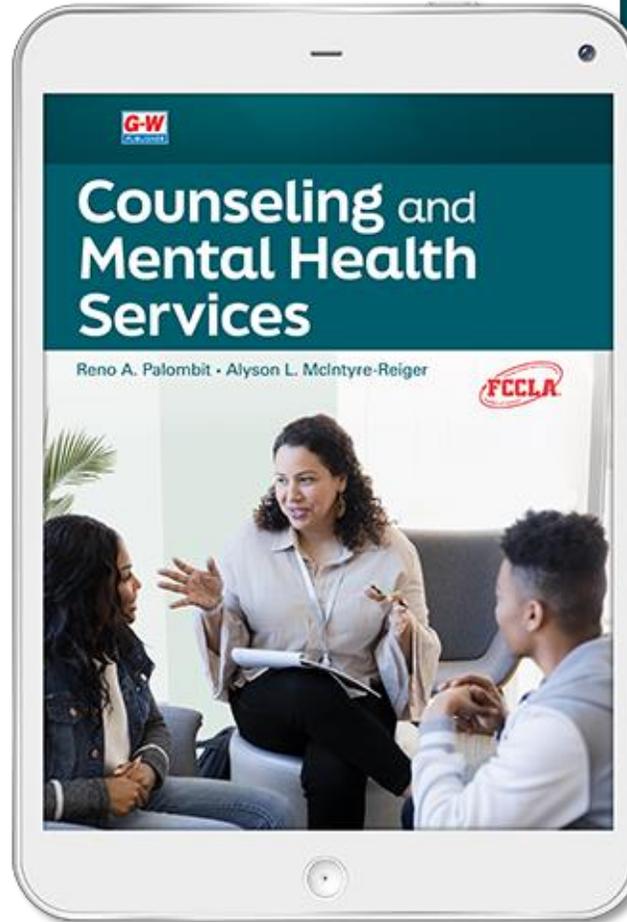
Answer:|

3. Which *best* describes the evolution of counseling and mental health? (1.1-3)

- a. Less stigma and shame
- b. Less science and research
- c. Less openness and acceptance
- d. Less transparency and access to information

Digital Activities

Integrate G-W Digital Resources



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by Reno A. Palombit & Alyson L. McIntyre-Reiger

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Guided Tour



The Counseling and Mental Health Career Pathway

LESSON

1.2

Learning Outcomes

After studying this lesson, you will be able to

- 1.2-1 **remember** a variety of occupations related to counseling and mental health.
- 1.2-2 **compare** career pathways related to mental health.

Key Terms

practice setting	psychology	social work
private practice	clinical psychologist	psychiatry
body of knowledge	counseling	interpersonal skills

“If you want to be happy, set a dream that commands your thoughts, liberates your energy, and inspires your hopes.”

—Andrew Carnegie

Essential Question

How do mental health careers differ from one another?

Reading Activity

Before reading this lesson, scan the headings. Write a paragraph describing what you already know about these topics. Explain where you got

Getting Involved in FCCLA



Interpersonal Communication

An important part of working in counseling and mental health is communication. In this chapter, you will learn about the role that communication plays in helping relationships. To assist you in developing strong communication skills, consider completing the FCCLA STAR Event, Interpersonal Communication.

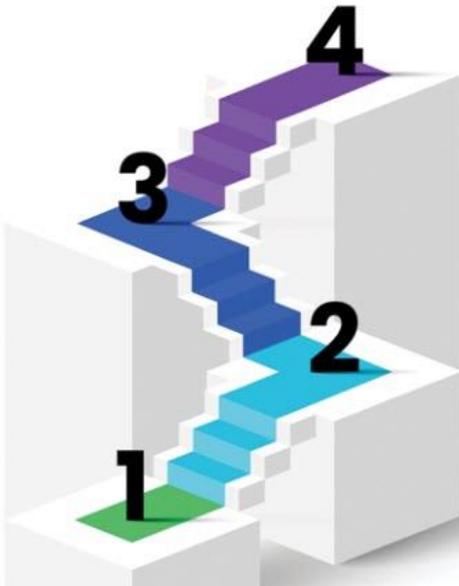
The Interpersonal Communication event recognizes participants who use family and consumer sciences and/or related occupational skills and apply communication techniques to develop a project designed to strengthen communication in a chosen area: family, peer groups, school groups, community, or employment relationships. The project also utilizes a case study to which participants must respond at the competition.

For practice, use case studies to prepare for the event. You can break into groups and each write a case study. After writing the case study, trade them to practice responding to case studies. Continue this activity until you have reviewed all the scenarios. Then, it is time to start on your project. To get started on this project, do the following:

- As a class, discuss some areas where communication breakdowns occur within your life, school, and community.
- Break into groups to address these issues based on interests.
- Brainstorm some project ideas for improving the communication issue.

Chapter-Opening Materials

Stages of Group Development



Norming

- Team members focus on the work, build relationships, and enjoy each other's company
- Team culture is established

Forming

- Members get to know one another
- Group defines its purpose, scope of work

Performing

- People inside and outside the team can see the impact of the team's work
- Team members celebrate successes

Storming

- Teams encounter conflict
- How teams handle the conflict can set a precedent for subsequent conflicts



Trend Alert

Kicking the Stigma

Pop culture is an approach to educating the public about mental health. The use of pop culture helps to open up dialogue and engage the public in a larger conversation around various sensitive topics. It also helps to eliminate stigmas or isolation people may feel. One pop culture example to highlight is from the NFL team, the Indianapolis Colts. The Colts and their owners, the Irsay family, helped to launch a campaign called *Kicking the Stigma*.

This initiative has two key elements. The first is bringing awareness about the rates of mental health disorders in their community. For this element, they leverage the popularity of the Colts organization and team members. The Colts have incorporated *Kicking the Stigma* into games, merchandise, and advertisement spots to bring awareness to the Colts' millions of followers. The second element is raising and distributing funding to Indiana initiatives that help expand treatment and research. The funds raised have provided over \$4.1 million dollars in *Kicking the Stigma* Action Grants to mental health focused organizations.

The Colts, with this initiative, are helping to bring an important conversation to the living rooms of the American public. By utilizing the pop culture approach, the ability to have

open and honest m
individuals realize th
It normalizes taking
physical health.

Another trend ha
health interventions
with just mental he
professionals in oth
human services, he
resources to recogni
procedures and deve
the process of gettin

Reading Activity

Skim this lesson and list all of the headings in your notes. Identify unfamiliar key terms and scan through the lesson to find their definitions. Write a "topic sentence" and a brief summary for each heading, using the terms to explain what you think you will learn. After you read the lesson, write a new topic sentence and summary for each section, outlining the main points you learned.

"Children have never been very good at listening to their elders, but they have never failed to imitate them."

— James A. Baldwin



Personal Journal Prompt

Reflect on your talents. What talents have emerged in school? What talents have emerged outside of school? How do you feel when you get to use your talents? Which talents do you want to use in a career? Which do you want to use recreationally?



Career Connection

Therapist to Mental Health Professionals

Providing help to the helpers is a critical career in the world of counseling and mental health. Mental health workers, counselors, and therapists are compassionate people drawn to helping others. Helping others with trauma can have its own negative impact on the helpers in the situation. They may experience compassion fatigue or secondary traumatization, in which the helper experiences high distress from treating someone for trauma. Helpers may also experience burnout.

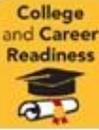
Due to the need for helpers to maintain their mental health, they may choose to seek therapy themselves. They will want to find a therapist who specializes in working with mental health professionals. These individuals understand the type of stress experienced by helpers in the field. They also know how to address secondary trauma and compassion fatigue. Additionally, a therapist might suggest other methods to support the helper, such as a peer support group of others working in mental health or related fields.

The job outlook for therapists to mental health professionals is the same as for other mental healthcare providers and specialized counselors. This is a unique career that provides help to the helpers.



FangXiaNuo/E+ via Getty Images

College and Career Portfolio



School and Community Involvement. Organizations, clubs, and community engagement are a great way to show your commitment, leadership skills, and accomplishments from your school experience. In your portfolio, include examples that highlight your major projects, offices held, leadership positions and community engagement. Some great examples might reflect your roles in FCCLA or other career and technical student organizations, honor societies, student council, or other related organizations. Share examples that support your portfolio objective and the job or program for which you are presenting your portfolio.

This is an important part of a portfolio, as organization and community engagement are especially critical for those individuals who want to work as helpers. Good work in that area demonstrates a variety of skills and

1. Create a doc part of your
2. Include lead
3. Include awa
4. Don't forget your organiz



Research paper, Professor commenting on my writing skills.” Update your master portfolio as you add testimonials to it.
any evaluations from supervisors of any jobs you may have, review them and decide whether they would be appropriate to include.

Check Your Knowledge

1. How would you classify the stress from a deadline for a project at work that helps motivate you to complete the project on time? (11.1-1)
2. Which of the following scenarios is an example of a flight response? (11.1-1)
 - A. Two students get into a heated discussion over a group project.
 - B. A person stops talking during a meeting that involves a tough topic.
 - C. A student leaves the lunchroom and goes to the office to avoid an argument.
 - D. No answers apply.
3. Survivor’s guilt is a symptom of which disorder? (11.1-2)
 - A. Posttraumatic stress disorder
 - B. Grief disorder
 - C. Chronic stress
 - D. Anxiety disorder
4. What are the three stages in the cycle of violence? (11.1-3)
5. Why is suicidal ideation a serious issue? (11.2-1)
6. Which practices are blended in pastoral counseling? (11.2-1)
 - A. Music therapy and religious practice
 - B. Theology and behavioral sciences
 - C. Grief counseling and psychotherapy
 - D. Dissociation and behavioral sciences
7. Acceptance and commitment therapy focuses on _____. (11.2-2)
 - A. helping people achieve their mental health goals
 - B. trauma-informed care
 - C. psychotherapy accepting life decisions
 - D. helping people begin to resolve grief
8. A sudden onset of an emotional illness or other mental disorder that causes severe distress is called a(n) _____. (11.3-1)

9. Which defense mechanism is illustrated by the following example? You knock over a glass of water and make a joke, “The floors were thirsty.” (11.3-1)
 - A. Anticipation
 - B. Humor
 - C. Rationalization
 - D. Regression
10. What is it called when someone suffers from a substance use disorder *and* another mental health disorder? (11.3-2)

Critical Thinking

1. **Differentiate.** Compare and contrast big “T” and little “t” trauma. (11.1-2)
2. **Classify.** Compare and contrast the three types of grief. (11.2-2)
3. **Analyze.** Why do you think different types of treatment options (inpatient, residential, or outpatient, as examples) exist for substance use disorders? (11.3-2)
4. **Discuss.** Why do people use coping strategies? Give an example of a strategy someone might use when they have two friends who are not getting along. (11.3-1)
5. **Explain.** Why do people exhibit physical responses to stress? Share examples of the physical reaction process in your explanation. (11.1-1)

Core Skills

1. **Use technology.** Create a social media ad for a stress management technique. (11.1-2)
2. **Research and use technology.** Create a presentation about trauma-informed care practices based on research. (11.1-2)
3. **Read and write.** Read a novel dealing with grief. Write a book review of the novel. (11.2-1, 11.2-2)
4. **Research and write.** Research a non-substance-related disorder (addiction) and the treatment approaches available for it. Write an essay about your findings. (11.3-2)
5. **CTE Career Readiness Practice.** Building a support system is a strategy for stress management. Practice skills by thinking about the network of people in your life that can be your support system.

Summary

Lesson 1.1 Perspectives on Counseling and Mental Health

- 1.1-1 The dimensions of health include mental, emotional, and physical. All dimensions are critical to overall well-being.
- 1.1-2 The counselor serves as the mentor and guide on a person’s hero’s journey. Counselors empower clients to build skills and overcome obstacles and achieve well-being.
- 1.1-3 The evolution of counseling and mental health has been a long journey from viewing mental health issues as forms of punishment to building a more accepting culture surrounding treatments.

Lesson 1.2 The Counseling a Pathway

- 1.2-1 The practice setting is the place nature of the working environment pathways available in the field of including psychology, counseling coaching.
- 1.2-2 Many occupations and industries health pathway benefit from four These may include human resources and nurses.

LESSON 13.1 REVIEW

1. During which time period did school counseling shift from vocational guidance to include more emphasis on psychology and students’ mental health? (13.1-1)
 - A. 1900-1919
 - B. 1920-1939
 - C. 1940-1959
 - D. 1960-2000
2. The evolution of school counseling can best be described through the transition from loosely defined positions to guidance services to _____. (13.1-1)
 - A. a national, unifying professional organization
 - B. reactive services to meet student needs
 - C. vocational appraisal and advisement
 - D. a school counseling program
3. Which of the following would be considered program inputs? (13.1-2)
 - A. Emotional regulation training program
 - B. Career development planning services
 - C. ASCA student and professional standards
 - D. Increased student attendance and engagement

End-of-Chapter Content



Lesson 2.1 Reading and Reflection Guide

Reading Guide

Directions: As you read and study Lesson 2.1 in the text, answer the following questions. Cite important notes from the text to help support your answers. Review your responses with your classmates and adjust any responses as needed to ensure you understand the key concepts being presented in the lesson.

1. How do nature and nurture impact human development? (2.1–1)

Answer:

Supporting notes:

2. What are human needs, according to Maslow's hierarchy of needs?

Answer:

Supporting notes:

3. Describe the human systems theory.

Answer:

Supporting notes:

4. Describe the difference between nature and nurture.

Answer:

Chapter 2: Relating to Self and Others

Lesson 2.2 Activity F: Personality Assessments

Take a personality assessment as directed by your teacher. Then, complete the reflection questions.

1. After reading your results, which parts of your results do you think are accurate or true about yourself?

Answer:

2. Is there anything you disagree with or believe to be inaccurate? If yes, what?

Answer:

3. What did you find interesting? What sparked curiosity about your self-perception?

Answer:

4. How did the assessment help improve your self-awareness?

Answer:

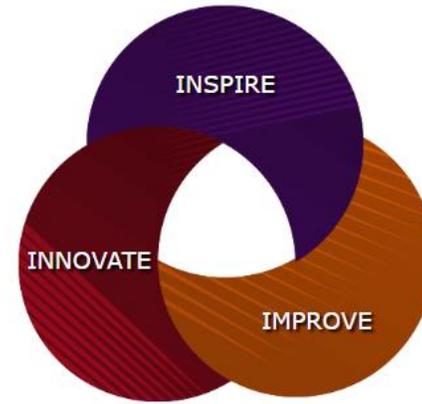
5. How might you use any insights gleaned from this assessment in the future?

Answer:

Workbook and Digital Activities



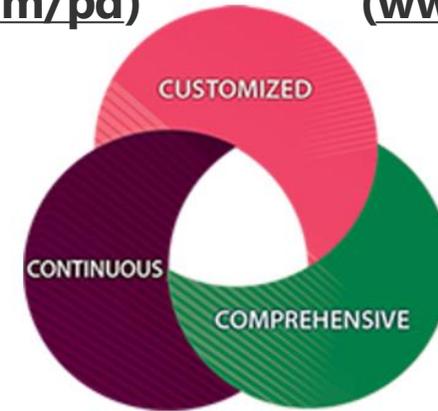
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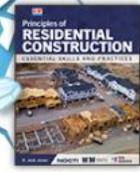
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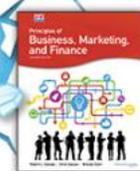
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Subject: Architecture and Construction

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Grade: 9-12
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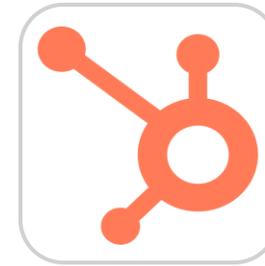


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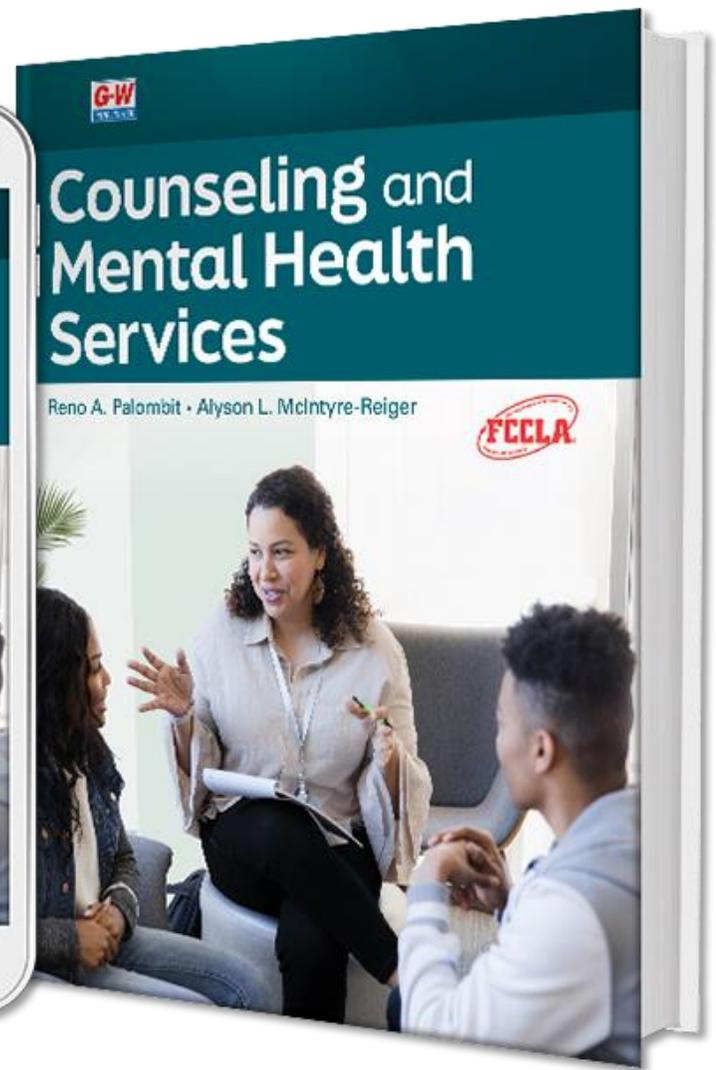
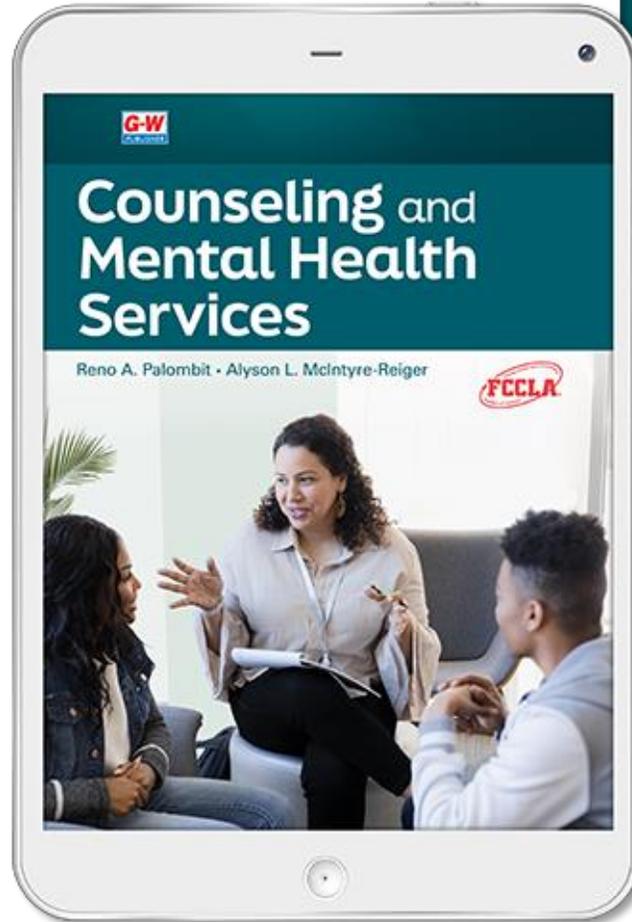


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