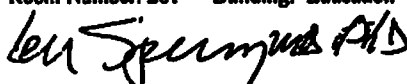




College of Education
Announcement of Dissertation Defense

| | | | | |
|---|---------------------------------|--|------------------|---------------------|
| Student : Christina Ladd | Date of Defense: 4/27/15 | Time 1:00 | Room Number: 261 | Building: Education |
| Major Advisor: Dr. Len Sperry | Signature |  | | |
| Dissertation Committee Member: Dr. Paul Peluso | Department: Counselor Education | College: College of Education | | |
| Dissertation Committee Member: Dr. Elizabeth Villares | Department: Counselor Education | College: College of Education | | |
| Department Chair: Dr. Paul Peluso | | | | |

Title: The Effect of Case Conceptualization Training on Counselor Competence and the Influence of Self-Efficacy

ABSTRACT

This study investigated the extent to which formal training in developing effective case conceptualizations increased counselor competence among participants compared to those who were not exposed to the training. A total of 145 counselor trainees were recruited from three South Florida Universities. Participants in both the treatment group and comparison group received a brief lecture on case conceptualization, while those in the treatment group were trained to develop effective case conceptualizations using an integrative model. The brief lecture effectively reduced myths about case conceptualization for both the treatment and comparison group participants ($p = .000$; $\alpha \leq .05$). Oneway ANOVA analysis showed the training made a significant difference for the treatment group ($M = 44.12$; $SD = 9.84$) compared to the comparison group ($M = 24.23$; $SD = 8.29$). The training had a significant effect on counselor trainees abilities to write effective case conceptualizations ($p = 0.00$; $\alpha \leq 0.05$). In addition, this study examined the influence of self-efficacy on counselor trainees' competence in developing effective case conceptualizations. Hierarchical regression analysis revealed a weak mediating effect of counselor self-efficacy on the relationship between the training and CCEF scores ($p = .42$; $\alpha \leq 0.05$). These results provide additional evidence in support of case conceptualization training to increase counselor competence.