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# Counseling Psychology®

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## Special Section: The Future of Counseling Psychology

- 347 **The Scientific Future of Counseling Psychology: Five Specific Areas of Predictions**  
*Terence J. G. Tracey*  
To honor the 125th anniversary of the American Psychological Association, the scientific future of counseling psychology is highlighted in this special section. Five areas of research growth are covered. Each of these areas has specific, testable hypotheses that can serve as stimuli for future research.
- 349 **White Male Power and Privilege: The Relationship Between White Supremacy and Social Class**  
*William Ming Liu*  
The author describes the ways in which privilege is related to White supremacy and how it is used differentially among the White wealthy men as a means to access and gain power while White men in lower- and working-classes use privilege to build relationships and legitimize inequality. The author also discusses the different types of privilege for White women and people of color and how these privileges are limited by their overt marginalized identities and restricted to specific physical spaces.
- 359 **The Future of Counseling Psychology Research Viewed Through the Cultural Lens Approach**  
*Christine Robitschek and Erin E. Hardin*  
The Cultural Lens Approach (CLA) provides a step-by-step approach to assessing the extent to which counseling psychology theory is applicable across cultural groups. The CLA generates testable hypotheses through which researchers can assess the cultural validity of theory.
- 369 **Client-Focused Psychotherapy Research**  
*Jairo N. Fuertes and Elizabeth Nutt Williams*  
Although the field of professional psychology has definitive evidence that therapy is effective, we do not yet have a good understanding of how therapy works or what makes it so effective. In the current paper we argue that a key component of the psychotherapy enterprise that warrants additional empirical attention is the client.
- 376 **Improving the Lives of Sexual and Gender Minorities: The Promise of Psychotherapy Research**  
*Stephanie L. Budge, Tania Israel, and Caitlin R. S. Merrill*  
The conclusions of this article are notable for several reasons. First, the lack of psychotherapy research being conducted with sexual and gender minority populations indicates a lack of knowledge regarding best practices and evidence-based treatment with sexual and gender minorities. Second, psychotherapy research has been conceptualized from a hetero and cis-normative point of view; the recommendations in this article will allow for interventions that are more population-appropriate.
- 385 **Technology-Enhanced Human Interaction in Psychotherapy**  
*Zac E. Imel, Derek D. Caperton, Michael Tanana, and David C. Atkins*  
We discuss the opportunities and challenges of applying spoken language and machine learning technologies to psychotherapy. These technologies may enhance the care received by individual clients through improved implementation and theoretical understanding of treatment.

(Contents continue)

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## Articles

- 394 **Congruence and Discrepancy Between Working Alliance and Real Relationship: Variance Decomposition and Response Surface Analyses**  
*Dennis M. Kivlighan, Jr., Kathryn Kline, Charles J. Gelso, and Clara E. Hill*  
Clients reported greater session quality when their working relationship (working alliance; WA) and personal relationship (real relationship; RR) in a session with their therapist was strong but WA and RR were discrepant. In addition, some clients reported greater session quality when WA was stronger than RR whereas other clients reported greater session quality when RR was stronger than WA. This pattern of findings is compatible with a responsiveness framework, in which therapists varied the balance of WA and RR to suit situational demands or needs of different clients.
- 410 **Self-Reported Interpersonal Problems and Impact Messages as Perceived by Significant Others Are Differentially Associated With the Process and Outcome of Depression Therapy**  
*David Altenstein-Yamanaka, Johannes Zimmermann, Tobias Krieger, Nadja Dörig, and Martin grosse Holtforth*  
This study investigated the additional value of information from significant others on the interpersonal behavior of a person suffering from depression. Significant others seem to provide important additional information about patients' interpersonal styles. This information could be helpful to inform treatment planning.
- 424 **Therapist Effects on Dropout From a College Counseling Center Practice Research Network**  
*Henry Xiao, Louis G. Castonguay, Rebecca A. Janis, Soo Jeong Youn, Jeffrey A. Hayes, and Benjamin D. Locke*  
This study suggests that there are specific variables predictive of dropout for the college counseling demographic in a nationally representative dataset. It also suggests that different therapists experience different rates of dropout.
- 432 **Intentions to Seek Counseling in First-Generation and Continuing-Generation College Students**  
*Patton O. Garriott, Trisha L. Raque-Bogdan, Kim Yalango, Kathryn Schaefer Ziemer, and Jared Utley*  
This study suggests that views of oneself for seeking counseling may play a stronger role in help-seeking for first-generation college students. Additionally, how one believes others would view them for seeking counseling may play a stronger role in help-seeking for continuing-generation college students. These findings indicate first-generation and continuing-generation college students may benefit from tailored approaches to increase their use of counseling services.
- 443 **Inverting the Power Dynamic: The Process of First Sessions of Psychotherapy With Therapists of Color and Non-Latino White Patients**  
*Lia Okun, Doris F. Chang, Gregory Kanhai, Jordan Dunn, and Hailey Easley*  
The findings of this research highlight the ability of therapists of color to engage positively with White patients even in the face of challenges to therapists of color expertise and credibility. These findings begin to address the unique training needs of therapists of color.

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