

Counseling in South Korea

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History of Counseling in South Korea

The Counseling Profession was established in South Korea through a cross-cultural collaboration. Counseling was introduced by the United States Educational Delegation in the 1950s in Korea (Jang, 2009; Seo, Kim, & Kim, 2007). Between 1952 and 1962, American delegates visited and initiated educational missions by introducing the western concepts of counseling, guidance theories and methods. In 1963, the Ministry of Education acknowledged the need to have “Disciplinary Guidance Teachers” in middle and high schools, and the 1963 Education Act was established. Due to ill-defined roles and structures for the Disciplinary Guidance Teachers, the counseling profession was not successfully incorporated into the Korean school system until the 1990s (Lee, Oh, & Suh, 2007). In the 1990s, the Disciplinary Guidance Teachers were retitled as “Career Counseling Teachers” and again changed to “Professional School Counseling Teachers” by the 1997 Elementary and Secondary Education Act (Lee et al., 2007). The 2004 Elementary and Secondary School Education Act had a significant impact on the School Counseling profession by providing federal funds for services and training. In the late 2000s, the Ministry of Education and Human Resources Development started placing full-time Professional School Counseling Teachers in secondary schools, and the number of student served by school counselors has increased.

Due to the public demand for mental health services attributed to rapid social changes in South Korea (e.g., high unemployment rate, high suicide rate, high divorce rate, intergenerational conflict, interracial marriage, competitive nature of education system), counseling services and settings have been extended and diversified (Lee, 2012; Seo et al., 2007). Counselors have been placed in a variety of setting in addition to schools. These settings have included universities, business companies, local youth counseling facilities, and government-sponsored public counseling settings (Jang, 2009). In addition, there has been an increased number of regional and national conferences which facilitated active discussion regarding the practice and training of counseling (Jang, 2009). The counseling profession has been considered one of the fastest growing fields in South Korea. The number of counseling training program has been increased in public and private colleges and universities across the nation. The professional identity of counselor is still evolving to reflect the cultural and societal needs of South Korea.

Various Settings in Counseling

School Counseling

In Korean schools, school counselors mostly refer to the certified teachers who were trained as “Professional School Counseling Teachers.” School counselors provide individual and group counseling services to facilitate emotional, social, academic, and career development of children and youths (Lee et al., 2007). Most prevalent behavioral, social and emotional problems among Korean students have been identified as attention deficit disorder (ADD)/attention deficit hyperactivity disorder (ADHD), addictions related to the Internet and other computer-related activities, bullying, depression, anxiety, disruptive behaviors, and suicide (Lee & Yang, 2008). School Counselors provide remedial and preventive interventions to deal with the growing problems that Korean students present, as well as work with community and governmental organizations to maximize their professional services (Lee & Yang, 2008). Such endeavors include installing school counseling hubs, called WEE (We + Education + Emotion) centers that provide comprehensive mental health services for youth at risk in collaboration with multidisciplinary professionals initiated by the National Youth Commission (Han & Son, 2012; Seo et al., 2007) (See Korean Educational Development Institute WEE project homepage: <http://www.wee.or.kr/home/main.php>).

To be qualified as a school counselor in South Korea, an individual must complete a bachelor’s degree from a counseling-related program (e.g., psychology, education, social work) or a master’s degree from the counseling program in the Graduate School of Education or the Department of Education, and obtain a school counseling teacher certification. School counselor training courses include psychological assessment, personality psychology, counseling students with disabilities, group counseling, family counseling, career counseling, counseling theory and practice. A 4-week practicum is also required and it is typically arranged through partnerships between universities and schools. The limited practicum experiences required for Korean school counselors-in-training (compared to the 700 hour practicum and internship requirement of the U.S. school counselors) has been a concern among counselor educators in South Korea. In addition, the lack of systematic counseling supervision has also been a concern (Lee & Yang, 2008; Lee et al., 2007; Yu, 2007). School Counseling is still a relatively new profession, a limited number of field supervisors are available for quality supervision for counselors-in-training (Cho, Yoo, Park, Yoon, & Chang, 2010; Choi & Kim, 2006; Lee & Yang, 2008). Furthermore, Korean school counselors and counselor educators would like to further develop the Korean School Counseling Model, which would define roles and responsibilities of school counselor, delineate school counselors’ interventions, and ascertain the professional identify of school counselors (Lee et al., 2007; Lee & Yang, 2008; Yu, 2007).

College Counseling

In 1962, the first university counseling center was established at Seoul National University (Lee et al., 2012). Since then, other universities and colleges have followed. By 2005, 175 counseling centers existed in 4-years colleges and universities (86%) and 83 in community colleges (53%) (Choi, 2012). In Korea, college counseling centers play

a crucial role in the counseling profession. The centers promote college students' well-being and healthy development, as well as generate counseling research and secure training practice places for counselors (Cha, 2005; Lee et al., 2012). The primary college counseling services include individual and group counseling, psychological testing (e.g., the Myers-Briggs Type Indicator, the Minnesota Multiphasic Personality Inventory II, the Strong Interest Inventory, the Holland Career Exploration Inventory), seminars (e.g., rape prevention and education programs, sex education), cultural fairs, surveys, publications of booklets, and career services (Choi, 2012; Kim, 2012).

The majority of college counseling centers (24.2%) in South Korea are integrated within Human Resources Development Center, compared to the majority of college counseling centers in the U.S. which either operate independently or are housed under Health Care Services. Approximately 10% of college students in South Korea utilized services (Choi, 2012). The average number of sessions of the college counseling service that Korean students receive is under six (52.4%). The status of employees was as followed: 69.2% were full-time, 26.9% were part-time, and 4.2% were temporary. Educational background of employees varied, including Counseling Psychology or Counseling (30.9%), Education (18.1%), Psychology (11.5%) and Social Work (6.6%) (Choi, 2012).

Online Resources:

- Seoul National University Mental Health Center
<http://wellbeing4u.snu.ac.kr/html/infor/infor01.html>
- Korea University Student Counseling Center
<http://kuscc.korea.ac.kr>
- Sungkyunkwan University Center for Student Counselling and Academic Guidance
<http://scc.skku.edu>

Workplace Counseling

South Korea has been known as one of the fastest growing economies in the 21st century: the sixth largest export and 10th largest import country in the world (Kwon, 2010). Along with the economic boom, there has been a rapid increase in demands for workplace counseling services, also known as Employee Assistance Program (EAP) at Korean companies in recent years (Lee et al., 2012; Jang, 2009; Wang & Kim, 2010). Leading business companies such as LG, Samsung, and SK have been providing counseling programs for their employees and reaching out to the family members and communities. Typical counseling services and programs comprise face-to face individual/group counseling, a telephone helpline, seminars, psychological assessments, career development, family support, on-line counseling, and meditation classes. It aims to offer employees a space which is confidential, easily accessed, and resourceful. However, confidentiality and social stigma toward "Counseling" are major barriers that hinder employees to take advantage of workplace counseling services. The fear that management may know that an employee has received counseling or has psychological concerns is prevalent among workers.

Online Resources:

- Samsung Life Coaching Center
<http://www.samsungvillage.com/blog/2012/02/samsungblog-samsung-life-coaching-center-manage-your-stress-find-inner-peace.html>
- LG Electronics
<http://www.lge.co.kr/lgekr/company/about/sustainability/stakeholder-engagement/people.jsp>
- Related News Articles (Korean):
<http://blog.daum.net/bluecity56/11799967>
<http://www.hani.co.kr/arti/economy/working/390388.html>
- SK
<http://www.sk.com/Contribution/>
- Related News Articles (Korean)
<http://cwelfare.tistory.com/entry/근로자-지원프로그램-EAP-도입-사례>
http://www.incoaching.com/InBoard/ib_View.aspx?board=bbs&cpageno=1&keyfield=&keyword=&seqno=432

Community Counseling

Community Youth Safety-Net (CYS-Net) was created to deliver a variety of counseling services for youths at risk in 2006 (Kim, Yoon, Seo, & Choi, 2008). CYS-Net consists of various helping professions and facilities (e.g., government, schools, police departments and law-enforcement, medical centers, other youth centers) tailored to the needs and resources of local communities. The services include but are not limited to the following: youth counseling, crisis intervention, rehabilitation, community services, medical services, financial support, food, clothing, emergency shelter and family services. To access the services, anyone can call the toll-free number 1388 (without area code) or email through the local CYS-Net. The services are available for 24 hours.

Online Resources:

- Seoul Metropolitan Counseling & Resources Center for Youth
http://www.teen1318.or.kr/html/Teen_M4/2013Teen_M4_41.jsp
- Korean Youth Counseling Institute
http://1388.kyci.or.kr/cys_net/cysnetinfo.asp

Counselor Education and Training Programs

Counselor training programs typically include courses as follows: counseling theory and practice, psychological assessment, research methods, personality psychology, counseling individuals with disabilities, group counseling, family counseling, and career counseling. Students are also required to experience a 4-week practicum. In order to become a certified counselor, candidates need to pass the written exam and submit documented evidence of counseling-related training experiences accompanied with a log of total hours of test administration and interpretation based on the certification system developed by Korean Counseling Psychological Association (KCPA, 2003).

However, it has been a big concern among Korean counselor educators that neither training standards nor a formal training model exist (Jang, 2009). The content quality of training varies across counseling programs and universities. In addition, the existing curriculum is focused on knowledge, techniques and skills but is less concerned about personal qualities and dispositions (Lee, 1996; Jang, 2009).

Resources

The following resources provide information about credentialing, professional associations, conferences, counselor education programs, and counseling journals.

Certification/Licensure/Credentialing Options for Counselors

Certification	Institution	Website
Professional Counselor Certification I, II, III	Korean Counseling Association	http://www.counselors.or.kr/sub_08_06.php
Professional Counselor Teacher	Graduate School of Education	Ministry of Education http://www.mest.go.kr/web/1110/ko/board/view.do?bbsId=149&boardSeq=41603&mode=view
Counseling Psychologist Level I, II	Korean Counseling Psychological Association	http://kr CPA.miraeis.com/sub03_1.asp
Youth Counselor Level I, II, III	Korea Youth Counseling & Welfare Institute	https://www.youthcounselor.or.kr/new/sub02_1_1.html

Professional Associations for Counselors or Other Helping Professionals

Association	Website
Korean Counseling Psychological Association	http://kr CPA.miraeis.com/
Korean Counseling Association	http://www.counselors.or.kr/
Korean Clinical Psychology Association	http://www.kcp.or.kr/
Korean Art Therapy Association	http://www.korean-arttherapy.or.kr/index.html
The Korean Association for Play Therapy	http://www.playtherapykorea.or.kr/

Conferences within Country and Regions that Counselors Typically Attend (SKL)

- **Korean Counseling Association**

March-December	Monthly case presentations
July or August	Yearly conferences

- **Korean Counseling Psychological Association**

March-June / September- December	Monthly case presentations and other academic conferences
July-August	Summer training workshop for the Certified Counseling Psychologists, Level II or Inspections of qualifications for the Certified Counseling Psychologists, Level I and II
January-February	Winter training workshop
January- December	36 Subsection study group activities (regional or school-based): monthly presentations, case study, counseling practice and training

Number of Counselor, Psychologist, and School Psychologist Training Programs

- **Master & Ph. D. Programs (Selected)**

Institution	Department	Level of Education	Program Details
Catholic University	Department of Psychology	Masters & Doctoral Degree	http://www.catholic.ac.kr/wcms/Site/jsp/psycho/sub.jsp?menuId=45537
Chungbuk National University	Graduate School of Education	Masters Degree	http://gsedu.cbnu.ac.kr/club/club_main.php?cb_id=c_b_02
Dong-Eui University	Graduate School of Education	Masters Degree (Youth Education-Counseling Major)	http://education.deu.ac.kr/graduate/edugrd/page/subLocation.do?menu_no=2005030104
EWHA Womans University	Department of Education Department of Psychology	Masters & Doctoral Degree	home.ewha.ac.kr/~ewhaedu http://home.ewha.ac.kr/~psych/
Hanyang University	Department of Education	Masters & Doctoral Degree	http://hedu.hanyang.ac.kr/indexC1.html

Hongik University	Department of Education	Masters & Doctoral Degree	http://cafe.daum.net/counHI/ http://edu.hongik.ac.kr/
Gyeongin National University of Education	Graduate School of Education	Masters Degree	http://sub.ginue.ac.kr/graduate/3/2.jsp
Jungang University	Department of Adolescence	Masters & Doctoral Degree	http://cafe.daum.net/youthcau/
Kangwon National University	Graduate School of Education	Masters Degree	http://www.kangwon.ac.kr/~edugradu/
Korea Counseling Graduate University	Korea Counseling Graduate University	Masters & Doctoral Degree	http://www.kcgu.ac.kr/korean/portal.php
Korea University	Department of Education	Masters & Doctoral Degree	http://www.koreacounseling.com/
Korea National University of Education	Graduate School of Education	Masters & Doctoral Degree	http://www2.knue.ac.kr/icons/app/cms/?html=/home/uni_g2.html&shell=/index.shell:61
Kwangwoon Graduate School of Counseling, Welfare Policy	Department of Counseling & Psychology Therapy	Masters & Doctoral Degree	http://isw.kw.ac.kr/community/area_view.asp?centrcode=A005
Seoul Cyber University	Graduate School of Counseling Psychology	Masters of Counseling Psychology	http://grad.iscu.ac.kr/03_AboutSchool/10_professor.asp
Seoul National University	Department of Education	Masters & Doctoral Degree	http://learning.snu.ac.kr/
Seoul National University of Education	Graduate School of Education	Masters & Doctoral Degree	http://grad.snue.ac.kr/area/02_2_5.jsp (Master's) http://grad.snue.ac.kr/area/01_2_1.jsp (Ph. D.)
Yongmoon Graduate School of Psychology	Yongmoon Graduate School of Psychology	Masters & Doctoral Degree	http://www.yongmoon.ac.kr/
Yonsei University	Department of Education Department of Psychology	Masters & Doctoral Degree	http://edu.yonsei.ac.kr/edu/ http://psylab.yonsei.ac.kr/

Local Journals in the Counseling Field

- ***The Korean Journal of Counseling***
Website: http://counselors.or.kr/sub_10_01.php
Description: *The Korean Journal of Counseling* is published six times a year by Korean Counseling Association. The journal publishes theoretical, empirical, and methodological articles. The journal is dedicated to publishing manuscripts concerned with research, theory, new techniques or innovative programs and practices.
- ***The Korean Journal of Counseling and Psychotherapy***
Website:
http://krcpa.miraeis.com/boardManagement/board.asp?bid=bid_1&menuCategory=6
Description: *The Korean Journal of Counseling and psychotherapy* is published quarterly per year by Korean Counseling Psychological Association. It is a journal devoted to the academic research of counseling and psychotherapy. The journal is dedicated to publishing manuscripts concerned with research, theory, new techniques or innovative programs and practices.
- ***The Korea Journal of Youth Counseling***
Website: <http://www.kyci.or.kr/research/research02.asp>
Description: *The Korea Journal of Youth Counseling* is published twice per year at Korea Youth Counseling & Welfare Institute. It is a journal devoted to the extension of youth counseling, such as the policy, theory, practice, research method, case study of youth counseling. The journal is dedicated to publishing manuscripts concerned with research, theory, policy, new techniques or innovative programs and practices.
- ***Asian Journal of Education***
Website: <http://bmdworld.com/>
Description: *Asian Journal of Education* is published quarterly by Education Research Institute at Seoul National University. It is a journal devoted to education research based on Asia area. The journal is dedicated to publishing manuscripts concerned mainly with education research, theory, etc.
- ***Journal of Human Understanding and Counseling***
Website: http://hompi.sogang.ac.kr/@bb/bboard.asp?db=counsel_UnderP
Description: *Journal of Human Understanding and Counseling* is published twice a year by Students Counseling Center at Sogang University. The journal publishes theoretical and practical articles in the broad field of counseling. The journal is dedicated to publishing manuscripts concerned with research, theory, new techniques or innovative programs and practices.

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