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Transitions to the Journal of Counseling Research and Practice

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Transitions to the Journal of Counseling Research and Practice

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Abstract

This article introduces the 2022 the Journal of Counseling Research and Practice (JCRP) fall issue. The transition process of JCRP and the editors are explained through Schlossberg's Theory of Transition. This theory has been applied to several types of transitions in the lives of adults such as a person's situation, self, support and strategies also known as the 4 S's. Examples provided by Schlossberg were starting and finishing college, college graduation, starting to work, becoming a caregiver, military transitions and retirement. Transition theory has been applied to lives of adults who took on major life roles.

This issue focuses on topics of crucial importance to counselors in this decade. These topics include school counselor practices, multiculturalism, telemental health, trauma, emotional abuse and counselor supervision. With the COVID-19 pandemic, telemental health has been prominent in mental health, school counselor practices and supervision settings. These topics reflect the need for the field of counseling to be able to adapt and respond to the changing needs of society. These actions of adapting and adjusting to changes are related to the Theory of Transition.

As our field adapts and changes, so has the (JCRP). These changes included transitioning from being a member of the editorial board to that of an editor and adding the role of associate editor of the JCRP to the role of editor of another journal for the associate editor. The change in the schedules of current reviewers occurred and the need arose for new reviewers since some reviewers no longer had the time to review manuscripts. The change in the need for clerical staff became apparent in order to support the daily functioning of the journal. The desire for a change in the budget for JCRP emerged since the budget remained the same for many years. Lastly, a change involved an increase in emails and submissions. All of this has impacted the publication of the fall issue of 2022. Patience is desired, needed and requested, as the new editors have taken on new roles. As previously mentioned, there is a need for reviewers who can carve out time to review approximately 5-10 submissions annually. Finally, there is a call for volunteers who are willing to provide support with various functions. While we are still transitioning, it is important

for our readers, supporters, reviewers, and members of the counseling profession to be aware of the following changes:

1. The review process is now taking 12-18 months as we attempt to recruit new reviewers who can review at least 5-10 articles per year.
2. There is a need for volunteers who are willing to contribute at least five hours per week, to review articles, format documents and other functions.
3. There is a need for volunteers who can pursue funding sources outside of the modest budget received from Mississippi Counseling Association (MCA). This would relieve the editors of performing clerical tasks and free up time to focus more on editorial duties. A new section of the JCRP will be created to recognize volunteers.
4. There is a need to retain the support of the previous editor, Dr. Rebekah Reysen as she has taken on the new role as a reviewer.

Schlossberg's theory of transition appears to be relevant for the transitions related to the JCRP. A transition is defined as "any event or non-event that results in changed relationships as an event, or non-event and is defined by the individual experiencing it" (Schlossberg, 1981, p. 5). The components of an adaptation to the transition involved the features of the transition (anticipated, unanticipated and nonevents); the features of the pre and post transition settings (support systems and physical settings) and information about the person experiencing the transition). This was later updated to the 4 S's of situation, self, social support and strategies for coping. The examples of transition that were provided by Schlossberg were starting and finishing college, college graduation and starting to work, becoming a caregiver, military transitions and retirement (Schlossberg, 2023). Transition theory has been applied to students in a transitional summer program, veterans entering college, adult learning, African American caregivers, assisting loved ones in moving from independent living to care facilities and college students (Aslanian & Brickell, 1982; Unson, Flynn, Chukwurah, Glendon & Testul, 2020 & Schlossberg, Lynch & Chickering, 1989). While the transition process for heading JCRP does relate to the category of adults, it is a transition process of taking on a major role. Even though the transition to the new role was anticipated with the initial start date of April of 2022, the date was changed many times. In this respect, the transition process was both anticipated and unanticipated.

The second component of adaptation addressed support systems and physical settings. The support system of the JCRP platform, bepress was in place but learning the system was a totally new experience for these authors. In addition, there is not a manual for using the system. It is a process of learning by doing. This has resulted in a great deal of transition since there are many different parts of the editing platform. The final component of transition theory is the experience of the persons involved in the transition. The new authors have been engaged in pleasant experiences of interacting through email with counseling professionals. However, the time constraints of teaching full academic loads without the clerical support have presented new challenges. While the full-time teaching responsibilities of the new editors remained the same, they do not have access to clerical support and reduced teaching loads.

Schlossberg's theory of transition has helped the authors to conceptualize and understand what is happening to them. It also provided a sense of hope knowing that the process will improve. This theory of transition has helped us to explain our current situation to counseling professionals who are experienced in helping others navigate through change in their lives. It is our desire to reach out to counseling professionals who can step up to assist us and to help us advocate for additional funding.

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