



WORK4PSY
AN INNOVATIVE MODEL FOR CAREER COUNSELLING SERVICES TO MH NEETs

LITERATURE REVIEW
(Io1 – LITERATURE REVIEW)

Title (original)	Effet du counseling de carrière sur la santé mentale : utilisation d’une méthode du changement clinique
Title (EN)	Effect of Career Counselling on Mental Health: Using A Clinical Change Method
Author(s)	Francis Milot-Lapointe, Réginald Savard, Yann Le Corff
Year	2016
Type (article, report, book etc)	Article
No of Pages	12
Reference (APA style)	Milot-Lapointe, F., Savard, R., & Le Corff, Y. (2016). Effet du counseling de carrière sur la santé mentale: Utilisation d’une méthode du changement clinique [Effect of career counselling on mental health: Using a clinical change method]. <i>Canadian Journal of Counselling and Psychotherapy</i> , 50(3), 278–289
Source (link)	https://psycnet.apa.org/record/2016-59181-005
Summary	Referring to the work on clinical change in mental health (Jacobson, Follette, & Revenstorf, 1984; Jacobson & Truax, 1991), this study investigated the effect of a career counselling process on the mental health of clients. The <i>Outcome Questionnaire</i> (OQ-30.2: Lambert, Finch, Okiishi, & Burlingame, 2005) was used to measure mental health. Of the 13 clients who participated in career counselling sessions, 8 were found to have experienced a “recovery” (30.8 %) or “improvement” (30.8 %) in mental health, while no change was experienced by the other 5 (38.5 %).
Does the paper refer to People with Mental Health Problems, NEETs or MH NEETs?	<input checked="" type="checkbox"/> People with MH Problems <input type="checkbox"/> NEETs <input type="checkbox"/> MH NEETs
What types of intervention or methodology of career counselling / vocational	<ul style="list-style-type: none"> Career counselling intervention model by Lecomte and Savard (2004)

<p>training / career intervention or good practice are mentioned?</p>	
<p>Does the paper mention any specific tools used during the work integration process (evaluation, counselling etc)? In case the paper refers to a good practice provide a brief description.</p>	<ul style="list-style-type: none"> • Outcome Questionnaire (OQ-30.2, Lambert et al., 2005) • Jacobson and Truax's (1991) method of clinical change
<p>Does the paper mention any barriers in the work integration process produced by family members, MH professionals or careers counselors?</p>	<ul style="list-style-type: none"> <input type="checkbox"/> family members <input type="checkbox"/> MH professionals <input type="checkbox"/> careers counselors
<p>Main Conclusions (in bullets)</p>	<ul style="list-style-type: none"> • In the career counselling process, personal and professional experiences are considered inseparable. • This study demonstrates that some career counselling users are experiencing positive clinical changes in mental health.