

Using Cognitive Behavioral Techniques to Reduce Career Indecision

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Abstract

Cognitive behavioral therapy (CBT) techniques are examined to assist counselors to conceptualize and intervene with career indecision. Research shows variables that correlate with career indecision are successfully alleviated by CBT such as dysfunctional thinking, anxiety and depression, and poor problem solving skills. Examples of popular CBT techniques like assessment, cognitive restructuring, and skills training are given in relation to career counseling for persons with disabilities. Evidence based research is necessary to examine the effectiveness of these techniques with career indecision.

Key words: career indecision, cognitive techniques, vocational evaluation