Psychology

[Author Name(s), First M. Last, Omit Titles and Degrees]

[Institutional Affiliation(s)]

Author Note

[Include any grant/funding information and a complete correspondence address.]

Psychology

**Introduction**

The article *Wellness: Paradigm for Training and Practice* by Mary Ann Hollingsworth is a research study about the use of wellness as a framework for counseling. Hollingsworth claims that wellness and counseling are intertwined rather the former is the category of the latter and counseling plays the role to empower people to stay normal, productive, and motivated to achieve life goals. She elaborates on the concept of wellness saying that wellness models are useful in providing the foundation for emotional, intellectual, physical, social, spiritual, and work areas. A research study was conducted to assess the needs of university students in complete wellness and the researcher found that time management and financial management were two more important factors that were important to assess in the context of wellness (Hollingsworth, 2015). The components of wellness like Financial Wellness and Time Management Wellness were analyzed. Application and importance of wellness education were also analyzed before performing the practical survey research.

**Body**

Two questions were raised before conducting the practical survey research. The first question was regarding the needs of the graduate students who are the representatives of components of wellness. The second question was raised to assess the role of a wellness paradigm in promoting effective self-awareness and skills’ practice for training to become a counselor. The qualitative research methodology was used and questions were presented to the participants (graduate students and faculty members) in two phases (Hollingsworth, 2015). In the first phase, the questionnaires were sent to 746 university graduate students and 64 graduate faculty members via email. In the second phase, The Personal Wellness Questionnaire and Plan (PWQP) was developed and added to the syllabus where the participants were supposed to participate in some practical activities regarding the second question.

After getting the answers from the participants, the results were analyzed first quantitatively and then qualitatively. For the first phase where 746 students were approached, the 45% of the total students held Financial Issues responsible for the lack of Wellness Counselling and 34.9% indicated towards Time Management. The researcher analyzed that these issues might occur because the majority of the students work along with their studies to self-finance their studies. 91.9% of the 64 faculty members revealed that to develop organizational skills and management strategies the students need counseling (Hollingsworth, 2015). Where the second question was concerned (asked in phase two), 67% of the approached students showed positive results regarding correctly using the randomly drawn skills with their client role-model (the students were asked to approach their fellow-students and use the skills they were taught to analyze their mates). The researcher argues that it was possible only after the students had been taught self-awareness on wellness. This research study revolves around the importance of wellness counseling for graduate student and faculty, Hollingsworth claims that the target of this study remained adult population related to university education, but this research can play an instrumental role for the future researchers to study adolescent students.

**Conclusion**

An interpersonal relationship developed by professionals to help individuals, families, and/or other groups to sustain or accomplish mental normality to achieve their life goals and live a peaceful life. Wellness is part of counseling and Hollingsworth pursues her research on the concept of wellness. She explains the concept of Wellness and presents a study she did, to assess the need and importance of the concept for graduate students. Apart from taking the views of 746 graduate students and 64 faculty members the researcher did a practical study on the students who were taught self-awareness of counseling. The research was carried out after developing the Personal Wellness Questionnaire and Plan and the PWQP insists that wellness assessment and planning should be used as a tool for counseling practice.

**References**

Hollingsworth, M. A. (2015). Wellness: Paradigm for training and practice. *Ideas and research you can use: Vistas 2012*.