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Journal of the College of Education/University of Hawaii at Manoa

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About the cover: Tamara Aloma Mailclani Watson-Wade, a University of Hawaii at Manoa graduate student in counseling, posed for the cover to depict a story of counseling/psychotherapy. The transformation of a substance abuser into a healthy and contributing citizen is but one of the many examples of how counseling/psychotherapy achieves enhancement of the quality of life.

The rehabilitation and prevention thrusts in counseling/psychotherapy are combined in a significant proportion of cases. In all rehabilitation and prevention there is a large measure of self-help. Maintaining changed behavior requires constant vigilance. The transitions encountered in a lifetime are increasing. Every transition is a crisis-producing life event. The quality of life is directly related to the availability of help.

Photo by Carl Viti

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