Counseling is a complicated and difficult process. Clinical issues often present as ambiguous and incomplete (Welfare & Borders, 2010a), challenging counselors to become comfortable with ambiguity and move forward with confidence. Many factors have been suggested to contribute to the success of counselors despite this perceived deficit. The concepts of empathy and cognitive complexity may be the most effective way of making this difficult and sometimes awkward transition. Simple linear regressions were utilized to determine if age, number of client hours, empathy and intelligence of participants could accurately predict their level of cognitive complexity. In running of the univariate research design, it was concluded that this was not a predictive linear regression. A high effect size was established with alpha at .05 and power .80. 50 participants were utilized. The predictive variables do not accurately predict cognitive complexity. However, it was determined that there is a slight correlation between how this study defines and measure empathy and cognitive complexity.