

CNL-664B Counselor Identity Development Template

After referring to your acknowledgement and action plan from Week 2 of this course, reflect on experiences completed during this internship and how you plan to continue your professional development in the program objectives.

Please refer to the following example to guide you in completing your plan:

| Clinical Mental Health Counseling Program Objectives | List 3-4 internship experiences that best supported the professional development goals that you developed on your Week 2 internship plan. (Bulleted list) | Discuss how you plan to continue your professional development in this program objective. (50-100 words) |
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| <p>EXAMPLE: Diversity and Advocacy: Gain opportunities to practice ethically as advocates for social justice through exposure to multicultural counseling theories and experiential exercises that promote awareness of cultural bias and diverse worldviews.</p> | <ul style="list-style-type: none"> • Collaborate with state counseling association to contribute to ongoing advocacy efforts. • Volunteer experience: Habitat for Humanity • Exploring multicultural competence through clinical skills during supervision. | <p>I plan to attend an ACA presentation on advocacy at the ACA Annual Conference in March of 2025. This presentation will cover courageous conversations around diversity, equity, and inclusion can be challenging in the traditional setting of a rural community mental health settings. Learn strategies to broach these topics with colleagues and in your community to advocate for diverse client needs.</p> |
| <p>Clinical Mental Health Counseling Program Objectives</p> | | |
| <p>Counselor Identity and Ethics: Develop best practices and counselor identity as informed by ethical and professional standards and GCU dispositional values.</p> | <ul style="list-style-type: none"> • Collaborate with state counseling associations to remain abreast of changes. • Review updates on the Arizona Board of Behavioral health updates on a monthly basis. • Engage in available training programs | <p>I plan to attend conferences held by the Arizona Counseling Association to remain abreast of changes made in the state. I also plan to view the Arizona Board of Behavioral Health on a monthly basis at minimum. Lastly, I plan to attend training programs such as the classes offered by psychotherapy.net.</p> |

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| <p>Diversity and Advocacy: Gain opportunities to practice ethically as advocates for social justice through exposure to multicultural counseling theories and experiential exercises that promote awareness of cultural bias and diverse worldviews.</p> | <ul style="list-style-type: none"> • Collaborate with state counseling association to contribute to ongoing advocacy efforts. • Continue employment with Terros • Exploring multicultural competence through clinical skills during supervision. | <p>Attend conferences with organizations such as the Arizona Counseling Association to learn new skills, continue personal development, and build relationships with providers across diverse populations. At Terros, I work in the community, and this allows me to work with a diverse population. Continuing with clinical oversight by supervisor will allow me to utilize the best practice with my client.</p> |
| <p>Human Growth and Development: Acquire knowledge and skills to meet the diverse needs of individuals in the context of human growth and development.</p> | <ul style="list-style-type: none"> • Reading one article per month that supports my development. • Remaining curious about human development. • Exploring multicultural competence through clinical skills during supervision. | <p>My goal is to read at least one article per month that positively impacts my ability to be a competent counselor. I also plan to remain curious about my client's experience, which will influence me to read the necessary information to provide informed counseling. Lastly, I will maintain a relationship with my site supervisor to continue the development of my clinical skills.</p> |
| <p>Counseling and Helping Relationships: Learners will cultivate counseling and helping skills by integrating counseling theories and research, engaging in community collaboration and outreach, and developing skills to apply in professional and therapeutic relationships.</p> | <ul style="list-style-type: none"> • Challenging myself to utilize different theories when counseling my clients • Creating a book of community resources • Adhering to clinical recommendations from supervisor | <p>My plan is to determine the best theory to support my client's functioning with the support of evidenced based research. Moreover, I plan to create a book of community resources that will allow me to provide an integrated approach to therapy. In addition to this, I plan to alter my approach to counseling by seeking and adhering to clinical recommendations from my supervisor.</p> |

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| <p>Group Counseling and Group Work: Learners will integrate theoretical foundations and consider dynamics and therapeutic factors to gain knowledge of theories, develop techniques, promote leadership skills, and facilitate the therapeutic group process for diverse clients.</p> | <p>Not Applicable</p> | <p>Not Applicable</p> |
| <p>Research and Program Evaluation: Learners will acquire the knowledge and skills needed to identify, evaluate, and utilize research to inform best practices in counseling.</p> | <ul style="list-style-type: none"> • I acquired discernment to identify the type of research that is the best fit to inform my practices through my studies at GCU. I had several assignments that required the support of scholarly research. • Moreover, I learned to evaluate whether the research was appropriate by removing my bias and intentionally seeking information that would oppose my initial impression(s). • Utilize the research to create a textured response that provides insight, rather than supporting my perspective. | <p>I plan to continue to use the skills that I have developed in my research process. I have enjoyed learning about the various perspectives, and how the mental health field continues to evolve over time. Furthermore, the mental health field continues to evolve, and I enjoy being a part of the change process for the collective.</p> |
| <p>Career Development for CMHC: Learners will attain the knowledge that prepares them to demonstrate skills in vocational counseling and the relationship between roles in career, life, school, and mental health.</p> | <ul style="list-style-type: none"> • Collaborate with state counseling association to contribute to ongoing advocacy efforts. • Continue employment with Terros • Create relationships with peers in the mental health field | <p>Attend conferences with organizations such as the Arizona Counseling Association to learn new skills, continue personal development, and build relationships with providers across diverse populations. At Terros, I work in the community, and this allows me to work with clients in crisis that allows me to practice interpersonal skills</p> |

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| | | <p>and unconditional positive regard. Continuing to develop relationships with peers that can provide insight and gain a mentor for guidance as a new counselor.</p> |
| <p>Assessment and Testing for CMHC: Learners will demonstrate and apply skills that adequately and consistently use assessments for diagnostic and intervention planning purposes.</p> | <ul style="list-style-type: none"> • Applying feedback from clinical oversight • Gaining feedback from clients • Complete self-review of implementation of assessments | <p>I will adhere to feedback provided by supervisor to adjust approach to intake process and clinical assessments during treatment. I plan to gain feedback from my clients about their view of the counseling relationship through company assessments. Lastly, I plan to review my sessions with my clients to determine opportunities for growth.</p> |
| <p>Specialty Area for CMHC: Learners will demonstrate knowledge and skills in conducting intake interviews, mental status exam, biopsychosocial history, mental health history, psychological assessment for treatment planning and caseload management, contextual factors, and competence in clinical mental health fieldwork.</p> | <ul style="list-style-type: none"> • Applying feedback from clinical oversight • Complete pertinent skills that are relevant to a clinician • Complete self-review of implementation of assessments • Continuing to assess the client's treatment goals to determine the next course of action | <p>I plan complete intakes to gather an understanding of my client by determining their biopsychosocial and spiritual experiences, MSE and additional assessments to determine the best treatment approach. I will also complete a self-assessment and gain feedback from my supervisor to address areas that need growth. In addition to this, I plan to maintain focus of treatment goals, recognizing my client's growth in treatment, and change the goals of treatment based on the client's needs.</p> |