

CNL-664A Topic 7 Professional Development Reflection Template

Directions: Professional counseling development provides counselors in training with opportunities to gain essential skills and knowledge for delivering competent and ethical counseling services. Reflect on how you plan to continue your ongoing professional development and refer to the following example to guide you in completing your reflection:

CMHC Professional Development Opportunities	List 3-4 internship experiences that best supported the professional development goals. (Bulleted list)	Describe how you plan to continue your professional development in this program objective. (50-100 words)
EXAMPLE: Wellness Plan/Self-Care: The section includes a written statement detailing how the CIT plans to engage in self-care.	• I removed my employee email account from my cell phone to help maintain professional and personal boundaries (i.e., not answering my employer's emails while spending time with my family). • Creating a support system in my personal, professional, and educational lives. • I have attended a weekly yoga at my community recreation center.	I plan to continue to use self-awareness in times where I feel symptoms of burnout to ensure self-care is a priority to maintain my wellness plan. I also plan to continue to explore transference and countertransference within my supervision sessions. I plan to engage in my own mental health counseling, as needed.
CMHC Professional Development Opportunities		
Philosophy of Counseling: This section includes a description of the CIT's personal view of counseling and approach to counseling.	- I believe in creating a warm, safe, and nonjudgmental space for clients while also incorporating humor and lightheartedness when appropriate because counseling should feel human and not overly clinical. - I use ACT as my foundation while integrating other approaches, such as CBT, DBT, IFS, and client-centered techniques based on each client's needs. - My counseling approach is trauma-informed and focuses on understanding how past experiences influence emotions,	I plan to regularly engage in self-reflection, seek client feedback, and participate in ongoing professional development to ensure my counseling philosophy continues to align with ethical practice, evidence-based interventions, and the evolving needs of my clients. I want to remain open to growth while continually improving the quality and effectiveness of the care I provide.

	behaviors, and relationships.	
Clinical Skills and Theory Development: This section will include a CIT's discussion refining therapeutic techniques and interventions, while integrating and evolving counseling theories to improve practice and effectiveness in supporting clients' mental health.	- Gained additional training and understanding of trauma-informed care and how to adapt interventions based on each client's needs. - Continued building my skills in using unhooking techniques and emotion regulation strategies with clients experiencing trauma symptoms, dissociation, and emotional distress. - Continued developing my therapeutic style by balancing evidence-based interventions with building genuine connections and strong rapport with clients.	I plan to strengthen my multicultural counseling competencies by pursuing continuing education on how culture, family systems, and generational patterns influence parentification and trauma. My goal is to provide culturally responsive, trauma-informed care by better understanding the diverse experiences, values, and family dynamics that shape clients' lives and healing processes.
Research and Scholarly Activity: This section will examine how the CIT acquired the knowledge and skills needed to identify, evaluate, and utilize research to inform best practices in counseling.	- Conducted extensive research on Acceptance and Commitment Therapy (ACT) from a trauma-informed perspective using books, scholarly journals, and professional trainings. - Completed trainings in trauma and dissociation, trauma-informed care, DBT skills, and addiction treatment. - Regularly reviewed evidence-based literature to strengthen case conceptualization, treatment planning, and intervention selection.	I plan to engage in extensive research involving parentification and trauma-informed care practices to deepen my knowledge and understanding of this population. My goal is to become an expert in working with individuals who have experienced parentification by developing specialized knowledge and applying evidence-based, trauma-informed approaches to support their healing and long-term well-being.
Professional Service: Leadership and Advocacy: This section will include advocacy and volunteer efforts of the CIT.	- Helped clients connect with community resources that fit their needs, such as DDD services, ABA providers, and addiction counseling referrals. - Offered support to newer interns by sharing my experiences, ideas, and what I've learned throughout	I plan to restart my social media presence by raising awareness about the effects of parentification and educating others on how people who have experienced parentification can find healing through evidence-based interventions. I also want to create a blog where individuals have a safe

	my internship. - Actively participated in group supervision by sharing clinical perspectives, interventions, and evidence-based resources with the group.	space to share their experiences, connect with others who have gone through similar situations, and build a supportive community for people affected by parentification.
Mentorship: This section will include any general mentorship in the counseling field, to include a plan of choosing a professional mentor.	- Regularly asked my supervisor for feedback to strengthen my clinical skills, documentation, and interventions. - Participated in group supervision to learn from my instructor and fellow clinicians. - Sought out trainings to expand my knowledge of treatment planning, client engagement, and ethical practice.	I plan on participating in the PhD CES program at GCU and taking full advantage of the opportunity to gain knowledge and skills from the faculty throughout the dissertation residency process. I also want to ask one of my instructors to mentor me during this journey so I can be successful in the PhD CES program and ultimately help educate and support future generations of counselors.
Wellness Plan/Self-Care: The section includes a written statement detailing how the CIT plans to engage in self-care.	- Silenced work notifications outside of work hours to maintain work-life balance. - Respond to client emails and messages during business hours only. - Scheduled regular time each week for self-care activities.	I plan to start reincorporating movement into my daily routine by walking, cycling, and strength training on a regular basis. I also plan to spend more time outdoors by hiking, kayaking, and simply being in nature. My goal is to make these activities a consistent part of my lifestyle to improve both my physical health and overall well-being.