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)
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.	• Collaborate with state counseling association to contribute to ongoing advocacy efforts. • Volunteer experience: Habitat for Humanity • Exploring multicultural competence through clinical skills during supervision.	I plan to attend an ACA presentation on advocacy at the ACA Annual Conference in March of 2025. This presentation will cover conversations around multicultural awareness. Learn strategies to broach topics with colleagues and in your community to advocate for diverse client needs.
Clinical Mental Health Counseling Program Objectives		
Counselor Identity and Ethics: Develop best practices and counselor identity as informed by ethical and professional standards and GCU dispositional values.	• Refining my routine of obtaining informed consent and explaining the limits of confidentiality. • Gained knowledge of mandated reporting and safety procedures through experiences with clients and research. • Learned to recognize my limit in competence and seek supervision when needed.	I plan to continue reviewing ethical standards, agency policies, and best practices for handling ethical concerns. I will use supervision, trainings, and ongoing self-reflection to strengthen my decision-making, recognize the limits of my competence, and ensure my counseling practices remain ethical and aligned with professional standards.

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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.	• Helped clients connect with community resources that can help address needs outside of counseling (e.g. food resources, domestic violence resources) • Refined skills of adapting communication and rapport building based on cultural differences and backgrounds • Had time to reflect on my personal biases and how they could influence interactions with clients.	I plan to continue expanding my understanding of multicultural counseling approaches and how cultural backgrounds influence clients' experiences and perspectives. I will reflect on my own biases, seek opportunities to learn from diverse perspectives, and explore community resources that can help me advocate for clients and address barriers affecting their well-being.
Human Growth and Development: Acquire knowledge and skills to meet the diverse needs of individuals in the context of human growth and development.	• I used games, activities, art and other creative approaches while working with younger clients • Identified ways to adjust therapeutic approach and interventions based on clients age and developmental ability. • Used supervision to gain insight on how childhood experiences and developmental stages influence clients' coping skills and behaviors.	I plan to continue learning how developmental stages influence clients' emotions, behaviors, relationships, and coping skills. I will explore age-appropriate counseling interventions and review developmental theories to better understand clients' needs across the lifespan. This will help me adapt my approach to support clients at different stages of development.
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.	• Had opportunities to collaborate with caregivers/parents of my clients to support client progress. • Explored counseling theories and interventions during supervision to identify approaches that best fit client needs. • Adapted counseling interventions based on the client's interest to encourage participation and communication.	I plan to strengthen my counseling skills by continuing to practice active listening, empathy, reflection, and therapeutic communication. I will explore different counseling theories and evidence-based interventions to better understand which approaches may benefit different clients.

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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.	• Refined skill in providing clear group instructions and maintaining structure and cohesion in group sessions • Refined skill in finding balance of guiding discussions and allowing members to share • Refined skill in redirecting and maintaining appropriate boundaries when needed.	I plan to continue developing my group facilitation skills by learning more about group dynamics, leadership approaches, and the stages of group development. I will explore strategies for encouraging participation, managing conflict, and maintaining appropriate boundaries. I will also seek feedback to improve my ability to create a supportive and collaborative group environment.
Research and Program Evaluation: Learners will acquire the knowledge and skills needed to identify, evaluate, and utilize research to inform best practices in counseling.	• Learned to monitor client responses to counseling interventions to determine whether adjustments were needed. • Learned how to consider research findings when selecting developmentally appropriate interventions. • Used staffing and case discussions during supervision to evaluate presenting concerns and appropriate treatment approaches	I plan to continue strengthening my ability to locate, evaluate, and apply current counseling research to clinical practice. I will explore evidence-based interventions for presenting different concerns and consider how their effectiveness can be evaluated. This will help me with making informed clinical decisions and recognize when counseling approaches may need to be adjusted.
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.	• Helped clients to identify SMART goals to improve daily functioning to help with work or school stressors. • Gained knowledge of how work or school challenges affect client's confidence and self-esteem. • Helped clients understand how life transitions may influence clients' sense of identity, confidence, and well-being.	I plan to attend more career counseling training courses to understanding of how career choices, academic demands, work experiences, and life transitions affect mental health and overall well-being. I will explore career counseling theories and strategies for helping clients identify strengths, set realistic goals, and navigate challenges that may affect clients.

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Assessment and Testing for CMHC: Learners will demonstrate and apply skills that adequately and consistently use assessments for diagnostic and intervention planning purposes.	• Discussed the appropriate use and limitations of assessment tools during supervision. • Refining skills in considering multiple factors before drawing diagnostic conclusions (e.g. screening tools, assessments, DSM-5 TR, client reports) • Reviewed assessment results with a supervisor to better understand their clinical implications.	I plan to continue developing my understanding of clinical assessment tools, diagnostic criteria, and their appropriate use in counseling. I will continuously review the DSM-5-TR and learn more about interpreting assessment findings alongside client reports and contextual factors.
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.	• Strengthened my ability to explore presenting concerns through the intake assessment process. • Observed and documented clients' presentation, affect, mood, behavior, and communication during sessions. • Maintained timely and accurate clinical documentation in accordance with agency procedures.	I plan to strengthening my clinical skills in intake interviewing, mental status examinations, biopsychosocial assessments, and treatment planning. I will review documentation standards and seek feedback to improve the accuracy of my clinical observations and records. I will also continue learning how to integrate clients' presenting concerns, histories, and contextual factors into individualized treatment plans.

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