

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.	- Attended office training on decision making models - Attended office training on child abuse reporting in AZ - Reviewed all updates from Supervisors regarding any changes from the Arizona Board of Behavioral Health Examiners	- Continue to abide by the ACA code of Ethics - Review decision making models periodically - Review meeting minutes and rules from the Arizona Board of Behavioral Health Examiners

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.	- Attended office training on cultural diversity - Researched articles on different cultures related to my clients - Listened to podcasts on different religions and cultures related to my clients	- Continue to research and learn about my clients cultural diversities - Find local resources to help clients - Open my practice to welcome all clients - Continue to advocate within my counseling network the importance of worldviews
Human Growth and Development: Acquire knowledge and skills to meet the diverse needs of individuals in the context of human growth and development.	- Attended office trainings on cultural diversity - Researched and listened to podcasts targeting different ages and diagnosis - Purchased and worked through CE courses on different diagnosis and age groups	- Continue researching to find new ways to help my clients - Continue learning from CE courses targeting different life spans - Continue asking questions and learning from my supervisors and mentors - Continue to network with other therapists and learn their modalities and interventions
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.	- Met w/supervision and other therapists in the office and shared interventions from different therapeutic modalities - Worked w/supervisors and other interns on case conceptualizations - Worked at Psychiatry office to learn the psychiatry side of client care - Spoke with my mentors to learn more about the industry	- Continue to research, take CE courses and learn different therapeutic modalities. - Continue to work w/sport athletes and programs to learn how I can help - Continue to meet and ask questions from my supervisors and mentors - Continue to learn from other therapists in the office about their modalities and interventions

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.	- Completed CE course: Sport Psychology & Athletic Counseling Course for Clinicians: Strategies to Improve Mental Health, Performance, and Resilience Across the Lifespan - Researched evidenced based articles on positive self-talk and sports - Created a psychoeducation presentation on how therapists can help student-athletes - Conducted group psychoeducation counseling group	- Complete CE course: Athletic Counseling & Sport Psychology Workshop for Therapists: Strategies to Improve Mental Health, Performance & Resilience in all Athletes - Complete CE course: Sport & Performance Psychology for Clinicians: A Holistic Framework for Helping Athletes to CEOs Excel and Thrive - Work on group presentations for student athletes - Work on group presentations for parents of student athletes - Connect w/ high school and community sport coaches
Research and Program Evaluation: Learners will acquire the knowledge and skills needed to identify, evaluate, and utilize research to inform best practices in counseling.	- Researched and reviewed peer-reviewed studies - Discussed knowledge and sources with supervisors and mentors - Researched and read books targeted to different diagnosis such as ADHD - Researched and practiced conducting different assessments	- Continue researching peer-reviewed research - Continue seeking out books authored by experts - Research different assessments, practice using them and watch educational videos to learn from them - Practice assessments and measuring results with supervisors

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.	- Reviewed career counseling text book - Reviewed career tools such as the interest profiler assessment - Used career tools such as the interest profiler assessment so I could explain it to my clients - Spoke with therapists in the office that work with students and school counselors to learn	- Continue to research career counseling tools - Continue to research job seeking tools - Research books and peer-reviewed papers on career counseling as a therapeutic modality and - Utilized the skills I learned from my career counseling course
Assessment and Testing for CMHC: Learners will demonstrate and apply skills that adequately and consistently use assessments for diagnostic and intervention planning purposes.	- Followed private practice policies and utilized assessments to rule out and diagnose clients - Researched evidenced based assessments that were not available at the practice - Discussed different assessments with my supervisor to ensure they were acceptable for both the AZBBHE and insurance	- Take CE courses on DSM manual and diagnosing - Review DSM book and study diagnosis and comorbid diagnosis - Review and practice taking assessments and reading results - Research different assessments based on diagnosis - Continue talking with supervisors on the use of assessments
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.	- Practiced case conceptualizations in class - Practiced case conceptualizations weekly with supervisor and other interns. - Researched educational videos of demonstrations - Talked to more experienced therapists in the office and asked them for advice and guidance	- Continue to practice and learn what is needed for each session and note - Practice intakes and biopsychosocials to fit my style and reflect the client to create a comfortable conversation to help build rapport - Research and watch demonstrations of other therapists online - Ask supervisors to shadow some of their sessions - Work with supervisors to create goals for improving counseling skills and knowledge

