

CNL-664A Topic 2 Choosing a Mentor to Support Your Counseling Practice Template

Directions: As an emerging counselor, having a professional mentor is vital to your counselor identity development. Use the following template to develop a plan to effectively choose a mentor.

Mentorship Prompts	Address each of the following prompts in 100-150 words.
Mentorship and Supervision: Compare the similarities and differences between mentorship and supervision.	Having both a mentor and supervisor is essential to a counselor's success. A mentor is essential as this person can help guide, challenge and assist in building your expertise and business. A mentor can also help with networking connections and opening doors for new opportunities based on their connections and experience. A supervisor is also essential for a therapist as guides to the daily functions such as notes, treatment plans, diagnosis and complex decision making. A supervisor is often responsible for a therapist's treatment plans if they are pre-licensed or have a Licensed Associate Counselor (LAC) license. The main differences between a mentor and supervisor are the supervisor is most likely responsible or serving as an expert in daily decision-making experiences and a mentor is one who helps the overall growth of the mentee's career.
Mentorship Characteristics and Skills: Discuss the characteristics and skills important for selecting a professional mentor (e.g., experience/ professional background, mentorship style, availability).	The characteristics and skills important to me as a mentor include experience, success in their specialized field, growth mindset, and someone who will challenge me to get better. An ideal mentor would be available in different time frames as needed due to my experience level. Times frames could consist of bi-weekly, monthly and quarterly check-ins where time spent could be hourly to a few hours of planning and growth during quarterly meetings. My ideal mentor would be in the sports psychology field and work with children and adults. In addition, my mentor would have connections to youth community outreach programs where we can give back to the community and help those in need that may not be able to afford therapeutic services.

Professional Mentor Support Goals: Describe the goals (SMART) the CIT aims to achieve with professional mentor's support.	Specific: Goals I aim to achieve with the help of a professional mentor's support would be to grow my knowledge and counseling skills in the area of sports psychology for kids and adults. Measurable: I would measure my growth of knowledge by the amount of returning clients and different modalities and treatment plans I can create to meet the different needs of my clients. Achievable: Short term goals that are achievable are to work with current supervisors on my direction of sport psychology and look to acquire a mentor that can help with CE or allow me to volunteer to assist them as I learn from them. Relevant: My short-term goal of including my supervisor, looking for mentor and volunteering is relevant to my long-term goals of specializing in this area and growing my skills set with this population. Time-bound: My short goals of communicating with my current supervisor and reaching out to a mentor has a time line of April 2026 which is the end of my second internship. This timeline will help me explore this area of specialization and allow me time to grow it in internship two under the same supervision.
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