



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)
<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 conversations around multicultural awareness. Learn strategies to broach topics with colleagues and in your community to advocate for diverse client needs.</p>
Clinical Mental Health Counseling Program Objectives		
<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"> • Review and apply the ACA Code of Ethics in clinical decision making. • Discuss ethical dilemmas and professional identity development during supervision with my site supervisor. • Participate in staff meetings and observe experienced counselors to strengthen professional identity. 	<p>Professional Identity, Self-Awareness, Psychological Fitness</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"> • Work with diverse clients during internship and practice culturally responsive counseling. • Reflect on personal bias and worldview during supervision and coursework. • Seek opportunities to support underserved populations through community outreach. 	<p>Cultural Diversity, Acceptance, Empathy, Self-Awareness</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"> • Apply developmental theory while working with clients across different life stages during internship. • Continue studying developmental models and integrating them into case conceptualization. • Discuss developmental considerations with my supervisor during case consultation. 	<p>Empathy, Patience, Self-Awareness</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"> • Practice person-centered counseling, CBT, and trauma-informed approaches with clients at my internship site. • Continue developing rapport-building and communication skills with clients. • Seek feedback from my supervisor to strengthen therapeutic relationships. 	<p>Empathy, Genuineness, Acceptance</p>

<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>	<ul style="list-style-type: none"> • Develop and facilitate the psychoeducational group “Courage to Connect,” which focuses on social anxiety and interpersonal skills. • Observe and learn from other group counseling opportunities when available. • Reflect on group facilitation skills and leadership development. 	<p>Flexibility, Empathy, Professional Identity, Amiability</p>
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<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"> • Review current counseling research to inform clinical practice. • Apply evidence-based interventions such as CBT and trauma-informed approaches in client sessions. • Continue developing the ability to evaluate research findings critically. 	Professional Identity, Flexibility
<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"> • Continue coursework in career counseling theories and assessments. • Explore the relationship between career stress, life satisfaction, and mental health in client sessions when appropriate. • Become familiar with career resources that may benefit clients. 	Empathy, Flexibility, Professional Identity
<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"> • Administer and interpret assessments such as the AUDIT and other screening tools when appropriate. • Integrate assessment results into treatment planning. • Continue learning ethical assessment practices through coursework and supervision. 	Professional Identity, Self-Awareness

<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">• Conduct intake sessions and complete biopsychosocial assessments during internship.• Develop treatment plans and maintain clinical documentation.• Continue building confidence in clinical skills through supervision and practice.	<p>Professional Identity, Self-Awareness, Empathy</p>
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