

## CNL-664A Topic 7 Professional Development Reflection Template

**Directions:** Professional counseling development provides counselors-in-training with opportunities to gain essential skills and knowledge to deliver 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)
<p><b>EXAMPLE: Wellness Plan/Self-Care:</b> The section includes a written statement detailing how the CIT plans to engage in self-care.</p>	<ul style="list-style-type: none"> <li>• 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).</li> <li>• Creating a support system in my personal, professional, and educational lives.</li> <li>• I have attended a weekly yoga at my community recreation center.</li> </ul>	<p>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.</p>
<p><b>CMHC Professional Development Opportunities</b></p>		
<p><b>Philosophy of Counseling:</b> This section includes a description of the CIT’s personal view of counseling and approach to counseling.</p>	<ul style="list-style-type: none"> <li>• I feel part of the philosophy that my site has and is oriented on client-centered approach. The focus is on the client.</li> <li>• I thankful that other aspect of the philosophy is centered to must observe ethical principles as we do counseling protecting the client and counselor.</li> <li>• And the last aspect is to focus on a therapeutic relationship where highlight trust, rapport, and communication as the</li> </ul>	<p>The plan is to continue growing on personal values and beliefs that help me to approach clients Aline with laws and regulations in my state. Continue with education to grow and understanding each one of the ethical principles that the most recently ACA code of ethics stipulate to protect clients. It is a responsibility to take care and protect the well fare of each client.</p>

	foundation for change.	
<p><b>Clinical Skills and Theory Development:</b> 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.</p>	<ul style="list-style-type: none"> <li>• The first observation it to understand that skills and theory development are cultivated through education, practical experience, and supervision to build a strong therapeutic alliance and see it in each individual supervision session.</li> <li>• One of the important ones that comes to my mind is active listener and doing so is a learning experience because you are learning from the experts of their lives and those are my clients.</li> <li>• The other two are goal setting and evaluation, where the process of finding where we are going to guide, help and where we are going is essential to bring the next step and that is challenging and reframing.</li> </ul>	<p>As a counselor I will continue my professional development through continuing education, supervision, and specialization which will ensure competence and ethical practice, attending to workshops, webinars, and seminars focus on specialized topics. Supervision and mentorship will be critical and essential to have a feedback on performance. The association to professional associations, reviewing and updating theoretical orientation and specialized training, research and publications and self-care practice.</p>
<p><b>Research and Scholarly Activity:</b> 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.</p>	<ul style="list-style-type: none"> <li>• One of the aspects as my supervisor expressed is to focus research and scholarly activities on transforming theoretical knowledge into practical evidence-based skills through experiential learning.</li> <li>• We have been doing homework on deliberate practice repetitive skills on</li> </ul>	<p>I will continue working on research and scholarly activities, acting as a bridge between theoretical knowledge and clinical practice to use and enhance evidence-based care. One of the most important aspects of developing counseling skills is conducting empirical research or collecting empirical studies which inform evidence-based counseling approaches according to the needs of each client.</p>

	<p>specific skills with immediate feedback to improve performance.</p> <ul style="list-style-type: none"> <li>• Researching highlights the importance of intensive supervised training in clinical setting to make self-effected and the focus on better care for each client.</li> </ul>	
<p><b>Professional Service: Leadership and Advocacy:</b> This section will include advocacy and volunteer efforts of the CIT.</p>	<ul style="list-style-type: none"> <li>• Professional services that involve leadership and advocacy on my site involve advancing the profession through strategic, evidence base practice which counselors foster growth and protecting the client welfare.</li> <li>• Also, we include social justice, leadership and proactive into counseling. One of our branches take care homeless clients and working with the case managers in some cases look for them many times in the streets to continue with services.</li> <li>• Leadership will develop focusing on nurturing future counselors to serve in diverse setting. And professional advocacy will promote addressing systematic issues improving polices and fostering professional identity.</li> </ul>	<p>I will continue developing leadership and advocacy by integrate social justice systematic change, and empowerment into daily practice, moving beyond what is common on individual therapy to address what we know by environmental barriers. Engagement on policy matters and looking to serve on state licensing boards and promote education on social issues including leadership models.</p>
<p><b>Mentorship:</b> This section will include any general mentorship in the counseling field, to include a plan of choosing a professional mentor.</p>	<ul style="list-style-type: none"> <li>• In our site mentorship bridges clinical expertise with career guidance which focused on fostering supportive relationship, and with the help of mentors stablish clear</li> </ul>	<p>I will continue looking for professional development and mentors that help me structure activities that enhance clinical guidance skills, meet licensing requirements, and foster ethical</p>

	<p>goals and ethical practice.</p> <ul style="list-style-type: none"> <li>• Mentoring is one of the focus of supervision and promote skills enhancement with workshops on coaching, communication to guide mentees in the right way.</li> <li>• Another important aspect of mentorship is to build a safe environment which establish trust for mentees to sheer challenges and failures.</li> </ul>	<p>practice. This will include structure mentoring programs like ACA mentoring, ski developmental focusing on caching cross-cultural competence and ethical dilemmas. Clinical supervision training that helps me on gaining skills in different approaches which help and counts for professional development hours.</p>
<p><b>Wellness Plan/Self-Care:</b> The section includes a written statement detailing how the CIT plans to engage in self-care.</p>	<ul style="list-style-type: none"> <li>• One of the focus on my site , they promote specialized training which the attention is to recognize burnout symptoms and creating sustainable work habits.</li> <li>• The second aspect is to establish clear boundaries with clients and turn off work devises to protect personal time.</li> <li>• And the last one is to apply manfulness practices that are incorporated daily practices between cases including meditation and stretch to clear our minds.</li> </ul>	<p>I will continue using practices that promote self-care like exercise and the one that I like is summing which I enjoy a lot, clears my mine and work like a reset. I will get more attention and focus on recognize sings of fatigue and managing emotional stress from trauma work. I will explore the way to incorporate physical health which include exercise and healthy diet. Also, a essential aspect is to incorporate spiritual care into my personal wellness.</p>