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CNL-505 Counseling Disposition Reflection Worksheet

Directions: Refer to the GCU Counselor Dispositions or the GCU Professional Dispositions of Learners. Consider your development regarding the dispositions related to your field of study and the ways you incorporated them into the counseling relationship. Select three dispositions you consider to be a strength. Complete the chart by listing the dispositions you consider to be your strengths as well as describe how the dispositions are considered strengths for you. Each description response should be 75-100 words in length. Please note you do not need to be actively practicing to complete this worksheet. You can respond in the first person: however, please make sure you cite and reference the counseling dispositional expectations as required.

| Disposition | Description of how the disposition is a strength |
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| 1. empathy | The concept of client welfare refers to the ability of counselors to honor the uniqueness of every individual while promoting respect and dignity in a therapeutic setting (ACA,2014). This code of ethics is aligned with empathy.The ACA states that primary responsibility is to ensure that the client's well-being is the counselor's top priority(ACA,2014). I believe this concept is related to empathy, as it involves putting the individual's needs first and not taking into account personal judgments or beliefs.Cultural and developmental sensitivity also pertains to empathy, which is a vital skill that enables clinicians to remain respectful and mindful of their clients. I believe that it is very important for counselors to develop empathy in order to be able to relate to their patients. |
| 2. self-awareness | I chose the disposition of self-awareness. This discipline prompts participants to reflect on their values and how they affect their professional and personal relationships. As counselors, it is our responsibility to be authentic in our relationships with others and ourselves.When interacting with people who have different ideas or beliefs, CITs should |

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| | <p>put aside their own values and principles. Doing so helps them avoid hurting others (Grand Canyon University, 2022). Several ethical codes apply to this disposition. Section A is focused on developing and promoting client relationships among counselors. Section D involves developing and maintaining professional relationships with other healthcare workers(ACA,2014). This discipline is ideal for counselors who are working with individuals or groups. It will teach me how to build trusting relationships with my clients and colleagues.</p> |
| <p>3. flexibility</p> | <p>The various dispositions that a good counselor should have are important, but flexibility is a must. This is because it allows clients to have a deeper understanding of the therapy they're going through. They should also not allow their own biases or world views to dictate how the treatment is conducted. When it comes to handling diverse clients, counselors should be able to be flexible and ambiguous. Each person has their own unique beliefs and backgrounds. This allows counselors to accept change. Grand Canyon University reported that this trait helped them embrace change (GCU,2022). The ACA Code of Ethics provides that counselors should treat their clients with dignity and respect. Section A of this code states that it is their responsibility to promote the welfare of their clients(American Counseling Association, 2014,p.4). According to the Code of Ethics, counselors should refrain from making personal judgments about their clients. Section B states that they must remain cognizant of and sensitive to clients' varying cultural and personal values and demands to ensure that their trust and relationship can continue to grow (American Counseling Association,2014,p.6). The concept of Section E is relevant because it involves the treatment consideration of the client. This is because it involves being sensitive to the client's values and beliefs. During the course of the investigation, it was</p> |

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| | discovered that various ethical codes were also relevant to the disposition of flexibility. |
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Directions: Now that you have identified dispositions you consider a strength, review the disposition document again and consider any dispositions for areas of growth. Complete the chart below by adding two dispositions for areas of growth as well as a preliminary plan regarding your plan to develop your counselor identity. Each description response should be 75-100 words in length. You can respond in the first person; however, please make sure you cite and reference the counseling dispositional expectations as required.

| Disposition | Description of how you plan to develop |
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| 1. Cultural Diversity | Cultural diversity can be beneficial when it comes to opportunities for growth. Although I am respectful and embrace multicultural and diversity aspects. According to Grand Canyon University, one of the most important factors that can strengthen the relationship among people is learning about other cultures (GCU,2022). As a counselor in a more diverse setting, I want to develop a deeper understanding of the cultures of the clients. This can be done through the exploration of more cultures and the sharing of personal stories. |
| 2. Genuineness | I believe that I can become more authentic by improving my response to situations. According to Gcu genuineness tells me that I should be honest and open-minded towards others (Gcu,2015). This allows patients to feel comfortable and gain valuable insight into themselves. In a therapeutic relationship, respect is important. Although some roles are performed unconsciously, counselling can help a person see more clearly. It can also help them manage their emotions. The concept of genuineness refers to a therapist's ability to be authentic. Being able to share one's emotions with clients can be beneficial for them. People tend to dislike the truth and respond poorly. This is why I aim to become more authentic by searching for ways to be more truthful while still not hurting |

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| | others. Being authentic does not mean that I can talk about my problems with my clients. It does mean that I can share my feelings about my clients' experiences with empathy. |
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Directions: Now that you have identified strengths and areas of growth, review the **specific** dispositions listed below depending on your program of study. Describe how you plan to develop your Professional Identity or High Expectations and Dedication dispositions. Clinical Mental Health Counseling students will review the Professional Identity dispositions from the GCU Counselor Dispositions. School Counseling students will review the High Expectations and Dedication dispositions in the Professional Dispositions of Learners documents located in the Class Resources. Please respond within 75-100 words. You can respond in the first person; however, please make sure you cite and reference as needed.

Short Answer Response:

Upon entering GCU's Mental Health Clinical Program, I felt like I had entered uncharted waters. I had initially believed that I was making the right decision, but I also had doubts. I struggle with the idea of being too young or too old to gain the necessary life experience to fully understand my limitations. But I am capable of molding ideas and developing my abilities to learn because of my age. Also, it is important that I maintain our ethical standards and scope of practice in order to be the best counselors. Not only does this protect my future clients, but it also keeps me up-to-date with the latest techniques in counseling.

References

American Counseling Association (2014). 2014 ACA code of ethics.
<https://www.counseling.org/resources/aca-code-of-ethics.pdf>

Grand Canyon University. (2015). Counselor Dispositional Expectations. Grand Canyon University.

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<https://halo.gcu.edu/resource/8ac0c268-6bb3-47d5-8771-e8d193385583?nestedResourceId=43c6f9df-d6bb-4ecd-9a48-1fb48788ecbd>

Grand Canyon University. (2022). Counselor Dispositions. Grand Canyon University.
<https://aws-files.gcu.edu/ssc/chss/Counselor%20Dispositions.pdf>