



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"> • Applying ethical decision-making during real client situations • Consulting with my supervisor when unsure about boundaries or documentation • Reviewing ACA ethical standards when writing notes and treatment plans • Learning the difference between support and over-involvement with 	<p>To continue developing my counselor identity, I plan to consistently review the ACA Code of Ethics and apply it to real clinical situations rather than only academic ones. I will continue using supervision to process challenging decisions and strengthen my confidence in ethical judgment. As I transition toward licensure, I want to become more comfortable documenting, setting boundaries, and making clinical decisions independently while still remaining consultative and</p>

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	clients	reflective in my practice.
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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"> • Counseling children and families from diverse cultural and socioeconomic backgrounds • Adapting interventions based on developmental and cultural needs • Exploring bias and assumptions during supervision discussions • Supporting clients experiencing environmental and systemic stressors 	<p>I plan to continue growing in multicultural competence by remaining curious instead of assumptive in sessions and seeking understanding of each client’s lived experience. I will intentionally educate myself on cultural considerations that impact mental health and access to care. I also want to improve my advocacy by connecting families to resources and learning how counselors can support clients beyond the therapy room while maintaining appropriate professional boundaries.</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"> • Working with children at different developmental stages • Adjusting communication to match emotional and cognitive level • Using play therapy techniques to support expression • Observing behavioral patterns related to developmental transitions 	<p>To strengthen my understanding of development, I will continue studying how emotional and behavioral concerns present differently across age groups. I plan to expand my use of developmentally appropriate interventions and improve my ability to explain emotions in ways children understand. Continued experience and supervision will help me better distinguish between developmental concerns and clinical symptoms so I can respond more accurately and</p>

		confidently.
<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"> • Practicing active listening and allowing silence during sessions • Supporting clients across multiple sessions without rushing progress • Using play-based interventions that require pacing • Receiving feedback about slowing down problem-solving responses 	<p>I will continue strengthening patience by focusing on understanding before intervening and allowing clients to move at their own pace. Instead of trying to quickly fix problems, I want to remain present and trust the counseling process. I will use supervision to process moments where I feel urgency and practice sitting with discomfort in session. Developing patience will help me build stronger therapeutic relationships and create a space where clients feel safe to open up over time.</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"> • Observing group dynamics and participation patterns • Encouraging respectful interaction and emotional expression among members • Practicing structured activities that promote sharing and engagement • Learning how pacing, boundaries, and redirection 	<p>To strengthen my group counseling skills, I plan to become more confident facilitating discussions while balancing structure and flexibility. I will continue learning how to manage different personalities, encourage quieter members to participate, and maintain a safe environment for all participants. Through supervision and experience, I want to improve my leadership</p>
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	support group safety	presence and ability to guide conversations without dominating them. My goal is to facilitate groups that feel supportive, purposeful, and therapeutically beneficial for diverse clients
<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"> • Applying evidence-based interventions discussed in coursework • Connecting presenting concerns to appropriate therapeutic approaches • Reviewing treatment effectiveness across sessions • Adjusting interventions based on client response and progress 	<p>To strengthen my use of research in counseling practice, I plan to become more intentional about selecting interventions supported by evidence rather than habit or familiarity. I will continue reviewing counseling literature and discussing treatment effectiveness in supervision to improve clinical decision-making. As I gain experience, I want to better evaluate client progress and adjust interventions when needed so my approach remains purposeful, informed, and responsive to each client's needs.</p>
<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"> • Discussing future goals and motivation with adolescent clients • Helping clients connect school performance, behavior, and emotional functioning • Exploring interests, strengths, and confidence related to future roles • Addressing anxiety and self- 	<p>To continue developing competence in career counseling, I plan to strengthen my ability to connect mental health, identity, and life direction in session conversations. I will become more familiar with career exploration tools and learn how to guide clients in identifying strengths and realistic goals. Through supervision and continued learning, I want to better support clients who feel uncertain about their future and help them understand how</p>

	<p>doubt impacting decision-making and direction</p>	<p>emotional well-being influences motivation, school performance, and long-term planning.</p>
<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"> • Completing biopsychosocial assessments • Identifying symptoms and forming diagnostic impressions • Writing treatment goals based on client presentation • Learning documentation expectations and accuracy 	<p>I plan to continue improving my assessment skills by practicing clearer diagnostic reasoning and ensuring my treatment goals directly match presenting concerns. I will review criteria more consistently and use supervision to confirm clinical impressions. With more experience, I aim to feel confident gathering information efficiently while still allowing clients to feel heard rather than interrogated during assessment sessions.</p>
<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"> • Conducting intake interviews and gathering client history information • Completing biopsychosocial assessments and mental status observations • Developing treatment plans based on presenting concerns • Managing documentation and caseload expectations in a clinical setting 	<p>To continue building competence in clinical mental health practice, I plan to strengthen my confidence in assessment and case conceptualization by consistently connecting client information to treatment planning. I will use supervision to confirm diagnostic impressions and improve efficiency while maintaining rapport during intake sessions. With continued experience, I want to become more comfortable recognizing patterns across sessions and adjusting interventions accordingly. My goal is to provide structured,</p>

		ethical, and organized care while still keeping the therapeutic relationship at the center of treatment.
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