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)
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.	• Collaborate with state counseling association to contribute to ongoing advocacy efforts. • Volunteer experience: Habitat for Humanity • Exploring multicultural competence through clinical skills during supervision.	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 c ommunity to advocate for diverse client needs.
Clinical Mental Health Counseling Program Objectives		
Counselor Identity and Ethics: Develop best practices and counselor identity as informed by ethical and professional standards and GCU dispositional values.	• Attended the 2026 Ethics in Counseling Seminar hosted by the American Counseling Association (ACA). • Participated in weekly individual clinical supervision and university group supervision. • Applied ethical standards related to confidentiality, informed consent, professional boundaries, and clinical documentation. • Consulted with my supervisor and professor regarding ethical considerations, clinical decisions, and professional responsibilities.	I plan to continue strengthening my professional identity through ongoing education, clinical supervision, and professional consultation. As I transition toward associate licensure, I intend to pursue additional ethics training and remain current with the ACA Code of Ethics and applicable professional standards. I will continue developing my clinical judgment, maintaining appropriate professional boundaries, and practicing thoughtful self-reflection. I also plan to seek guidance when navigating complex ethical

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		situations to ensure that client welfare remains central to my decisions.

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.	• Established a strong therapeutic rapport with an adolescent client from a war-affected country through cultural exchange, shared experiences, and exploration of his personal interests. Reinforced his resilience by presenting a plaque recognizing the challenges he had already overcome. • Demonstrated cultural sensitivity by recognizing the client's individual strengths, maturity, values, and circumstances rather than making assumptions based on his age or background. • Provided international mental health, family support, and safety resources to assist the client with his return to a country experiencing armed conflict. • Advocated for the client's educational goals by connecting him with the appropriate international student contact at a U.S. university, identifying higher education resources, and providing a letter of recommendation to support his academic aspirations.	I plan to continue strengthening my multicultural counseling competence through ongoing education, supervision, and exposure to diverse populations and worldviews. I want to further develop my ability to recognize cultural influences, challenge personal biases, and adapt therapeutic approaches to each client's unique circumstances. I also intend to expand my knowledge of community and international resources so I can advocate effectively for clients facing cultural, socioeconomic, or systemic barriers. My goal is to remain culturally responsive while empowering clients to pursue their individual goals.
Human Growth and Development: Acquire knowledge and skills to meet the diverse needs of individuals in the context of human growth and development.	• Provided counseling to adolescents experiencing ADHD, anxiety, suicidal ideation, and non-suicidal self-injury, incorporating developmentally appropriate interventions, interactive activities, emotional regulation strategies, and safety planning as appropriate. • Supported an older adult experiencing anticipatory grief, stress, and anxiety related to her husband's declining health and end-of-life concerns.	I plan to continue expanding my knowledge of human development across the lifespan through continuing education, clinical supervision, and specialized training. I want to strengthen my ability to recognize developmental differences and adapt interventions to clients' emotional, cognitive, and relational needs. I am particularly interested in further developing my skills with

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	• Worked with couples across different age groups and life stages, addressing relationship challenges, communication patterns, and changing developmental needs. • Adapted therapeutic interventions and communication styles to clients' developmental stages, emotional needs, and individual circumstances.	adolescents experiencing complex mental health concerns and older adults navigating grief and life transitions. I will also continue exploring how developmental stages influence family dynamics, relationships, and individual coping strategies.
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.	• Participated in Soldier's Best Friend by delivering a one-hour training on PTSD symptoms, warning signs, and practical strategies for supporting veterans experiencing anxiety or panic attacks. • Participated in NAMIWalks to support mental health awareness, reduce stigma, and promote community engagement. • Served as a volunteer Big Sister with Big Brothers Big Sisters, providing mentorship, emotional support, and positive role modeling to promote a young person's personal and social development. • Provided individual and couples counseling, integrating therapeutic approaches, active listening, emotional regulation strategies, and communication skills to strengthen therapeutic relationships and support client growth.	I plan to continue strengthening my counseling skills through clinical supervision, continuing education, and specialized training in evidence-based therapeutic approaches. I also intend to remain actively involved in community outreach, particularly initiatives supporting veterans, youth, and mental health awareness. My experiences have reinforced the importance of building meaningful relationships and connecting individuals with appropriate resources. I want to further develop my ability to integrate counseling theories into clinical practice while collaborating with community organizations to promote mental health education, advocacy, and access to care.

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.	• Participated in group presentations during university coursework, strengthening collaboration, communication, and group leadership skills. • Developed an anxiety-focused psychoeducational group, incorporating CBT principles, coping strategies, interactive exercises, and emotional regulation techniques. • Prepared an anxiety group presentation for the internship site, including educational materials and	I plan to continue developing my group counseling skills through additional training, supervision, and opportunities to facilitate psychoeducational groups. I am particularly interested in developing groups focused on anxiety, trauma, and emotional regulation. I want to strengthen my ability to manage group dynamics, encourage participation, and create a supportive environment where

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	therapeutic activities, although the group was not conducted due to insufficient participation. • Expanded my understanding of therapeutic theories and their application to group work, including CBT, EFT, FFT, and SFT, through coursework, clinical experience, and supervision.	members feel comfortable sharing their experiences. I also plan to pursue specialized training in trauma-informed approaches to better serve veterans, first responders, and others experiencing PTSD and anxiety.
Research and Program Evaluation: Learners will acquire the knowledge and skills needed to identify, evaluate, and utilize research to inform best practices in counseling.	• Researched evidence-based counseling approaches, including CBT, EFT, FFT, SFT, and other family systems theories, to expand my clinical knowledge and inform treatment interventions. • Applied research on anxiety, trauma, emotional regulation, and relationship dynamics to develop individualized interventions and psychoeducational materials for clients. • Utilized scholarly articles, professional resources, and clinical research to prepare counseling sessions, strengthen case conceptualization, and support treatment planning. • Evaluated therapeutic approaches through clinical supervision, client feedback, and ongoing reflection to determine their effectiveness and appropriateness for individual client needs.	I plan to continue strengthening my ability to evaluate and apply current research to ensure that my counseling interventions reflect evidence-based best practices. I intend to stay informed through professional journals, continuing education, and consultation with experienced clinicians. I am particularly interested in expanding my knowledge of trauma-informed treatments, family systems theories, and interventions for anxiety and PTSD. I also want to develop greater proficiency in evaluating treatment outcomes and using client feedback and assessment measures to determine effectiveness and guide adjustments to treatment plans.
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.	• Supported an adolescent client from a war-affected country in exploring higher education opportunities in the United States, connecting him with a university international student contact and providing a letter of recommendation. • Engaged adolescent clients in conversations about their future educational and career interests, encouraging exploration of personal strengths, interests, and aspirations. • Discussed the field of psychology with an adolescent client who	I plan to continue developing my knowledge of career counseling through continuing education, supervision, and practical experience. I want to strengthen my ability to help clients identify their interests, strengths, and career aspirations while recognizing how education, employment, family responsibilities, and life transitions influence mental health. I am particularly interested in helping

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	expressed interest in pursuing that career, providing age-appropriate information about educational pathways and professional opportunities.	adolescents explore educational and vocational opportunities and develop confidence in their future goals. I also intend to become more familiar with career assessment tools and community resources that can support clients in making informed decisions.

Assessment and Testing for CMHC: Learners will demonstrate and apply skills that adequately and consistently use assessments for diagnostic and intervention planning purposes.	• Conducted biopsychosocial assessments and intake interviews to evaluate clients' presenting concerns, mental health histories, family dynamics, and psychosocial functioning. • Utilized PHQ-9 and GAD-7 assessments routinely administered to clients through SimplePractice to monitor depression and anxiety symptoms and inform treatment planning. • Independently administered assessments and screening tools addressing suicidal ideation, borderline personality disorder, generalized anxiety disorder, and attachment-related concerns. • Integrated assessment results, clinical observations, and client feedback to inform diagnostic impressions, treatment planning, and therapeutic interventions, consulting with my clinical supervisor as appropriate.	I plan to continue strengthening my assessment and diagnostic skills through clinical supervision, continuing education, and specialized training. I want to expand my knowledge of standardized assessment instruments, particularly those addressing trauma, personality disorders, attachment concerns, anxiety, and suicide risk. I also intend to become more proficient in interpreting assessment results, distinguishing between overlapping symptoms, and developing accurate diagnostic impressions. As I progress toward licensure, I will continue using assessment findings, clinical observations, and client feedback to guide individualized treatment planning and evaluate therapeutic progress.

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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.	• Conducted comprehensive intake interviews, mental status examinations, biopsychosocial assessments, and mental health history evaluations to identify presenting concerns and establish a foundation for treatment. • Administered and interpreted psychological screening and assessment instruments to support diagnostic impressions, identify clinical needs, and develop individualized treatment plans. • Managed an active caseload of individual and couples counseling clients, maintaining clinical documentation, monitoring treatment progress, and adjusting interventions based on client needs. • Considered developmental, cultural, familial, relational, and environmental factors when conceptualizing cases and selecting appropriate therapeutic interventions, incorporating clinical supervision and consultation to support ethical, effective care.	I plan to continue strengthening my clinical competencies through supervised practice, continuing education, and professional consultation as I work toward independent licensure. I intend to pursue specialized training in EMDR and trauma-focused cognitive behavioral therapy (TF-CBT) to expand my ability to treat trauma, PTSD, and anxiety. I am particularly interested in working with veterans, military families, first responders, adolescents, and couples. I will continue refining my diagnostic skills, case conceptualization, treatment planning, and clinical judgment while integrating evidence-based approaches with a trauma-informed, relational perspective.

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