

CNL-664A Topic 7 Professional Development Reflection Template

Directions: Professional counseling development provides counselors in training with opportunities to gain essential skills and knowledge for delivering 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)
EXAMPLE: Wellness Plan/Self-Care: The section includes a written statement detailing how the CIT plans to engage in self-care.	• 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). • Creating a support system in my personal, professional, and educational lives. • I have attended a weekly yoga at my community recreation center.	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.
CMHC Professional Development Opportunities		
Philosophy of Counseling: This section includes a description of the CIT's personal view of counseling and approach to counseling.	• Open-hearted presence: The clinician approaches counseling with openness, warmth, and receptivity, creating a safe environment where clients feel genuinely heard and valued. • Commitment to competence: The clinician maintains an intentional stance of helping each client to the best of their ability and seeks supervision when additional guidance or expertise is needed to support effective treatment.	I plan to continue developing a clear and grounded personal view of counseling while building confidence in the therapeutic process. I ultimately want to cultivate a unique approach that helps clients feel safe, supported, and emotionally regulated in session. This growth will be strengthened through consistent practice, ongoing skill development, and intentional reflection on therapeutic experiences.

	• Therapeutic use of humor: The clinician incorporates appropriate, sensitive humor as a therapeutic tool to reduce tension, support emotional regulation, and help clients (including those experiencing grief) feel more comfortable and connected in session	
Clinical Skills and Theory Development: 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.	• The CIT has worked to provide thoughtful reflections that help clients deepen their understanding of meaning, emotion, and contextual factors within their experiences. • In session, the CIT has explored interventions drawn from Cognitive Behavioral Therapy, Person-Centered Therapy, and Internal Family Systems, finding that an integrative blend of these approaches supports client insight and therapeutic progress. • The CIT has also observed that building strong therapeutic rapport allows clients to engage in challenging conversations while remaining grounded and emotionally regulated in session. This relational foundation has been essential in helping clients feel safe enough to explore difficult topics with openness and trust.	The CIT will continue strengthening confidence and competence in applying various counseling theories through ongoing practice and supervision. The CIT plans to seek out additional interventions that may enhance therapeutic effectiveness when working with clients. Looking ahead, the CIT is interested in pursuing advanced training in EMDR and somatic healing approaches as part of long-term professional development.

Research and Scholarly Activity: 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.	• The CIT reviewed peer-reviewed journal articles relevant to the clients' presenting concerns to strengthen diagnostic formulation and treatment planning. • The CIT engaged in session observation to evaluate how other therapists structure session flow, utilize therapeutic time, and apply counseling theories in practice. • The CIT conducted a focused review of the DSM-5-TR to refine diagnostic considerations and ensure alignment with current criteria. • The CIT consulted with a clinical supervisor to explore differential diagnoses and discuss potential evidence-based treatment options.	The clinician-in-training will continue engaging in ongoing professional development by reviewing peer-reviewed journal articles related to clients' presenting concerns, attending webinars and conferences led by experts in the counseling field, and staying informed about emerging interventions that may enhance therapeutic effectiveness. The clinician will also maintain consistent clinical research practices to support evidence-based decision-making in session.
Professional Service: Leadership and Advocacy: This section will include advocacy and volunteer efforts of the CIT.	The clinician-in-training has not yet participated in campus-based outreach; however, future options exist to engage in mental health advocacy on campus. These opportunities may include representing mental health services, promoting awareness, and encouraging open conversations about mental health within the student community.	The clinician-in-training anticipates participating in future outreach activities, including opportunities that may arise this week. Engaging with the student population is an important component of promoting mental health awareness, particularly given how students' mental health shapes their daily functioning and lived experiences. The clinician looks forward to contributing to initiatives that encourage open

		dialogue, reduce stigma, and support overall wellness on campus.
Mentorship: This section will include any general mentorship in the counseling field, to include a plan of choosing a professional mentor.	The clinician-in-training currently receives primary mentorship from their site supervisor. In addition, the clinician looks up to several therapists whose work they follow, including Tim Fletcher, as sources of inspiration and professional modeling.	Looking ahead, the clinician hopes to connect with a Christian marriage and family therapist who works with couples regularly and can provide mentorship in this area. I will need to complete research to find them. The clinician feels called to develop deeper competence in couple and family work and intends to pursue guidance that aligns with both clinical and faith-based values.
Wellness Plan/Self-Care: The section includes a written statement detailing how the CIT plans to engage in self-care.	- The CIT has consistently engaged in regular physical activity throughout pregnancy to support overall mental health, exercising every other day until the last two months. - The CIT has also practiced self-compassion by reducing expectations around household tasks and ongoing projects, allowing energy to be directed toward parenting responsibilities, academic demands, and clinical work. Although this stage of pregnancy has introduced additional challenges, the clinician remains focused on maintaining balance and prioritizing well-being.	The CIT plans to focus on postpartum wellness by gradually returning to a running routine to support physical and mental health. The CIT will prioritize rest, recognizing that caring for a newborn during the next phase of internship will require intentional balance and realistic pacing. As life stabilizes, the clinician anticipates engaging in personal counseling to maintain well-being and continue growing as a parent, employee, and counselor. I am dedicated to showing up fully for clients while also honoring personal needs and long-term sustainability.