

Self-Reflection and Self-Care Evaluation Plan

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Feedback Received

When I first started, open-ended questions were the skill on which I got the most feedback. I struggled in the beginning with either being able to include them when needed or changing my closed-ended questions to open. But as I progressed, I was able to correct that. According to the feedback, later on, I had some difficulty with facial expressions or movement and summarization, being uncomfortable with silence, and using immediacy. Again, I worked on this after getting the feedback, and it improved as I moved along. My most recent feedback has been on how my wording and summarization could appear judgemental and opinion-based. I noticed this myself in my recent self-reflection assignment. I am currently working on this. I sincerely appreciate all the feedback I have been given and know I need to work on my body language, wording, and paraphrasing. Also, thanks to their guidance, I no longer struggle with open-ended questions and immediacy.

Christian Worldview

After all this training, I am more open-minded about handling a situation that contradicts my beliefs as a Christian. I am not denying that it will be hard to counsel students who have done things I consider morally wrong without having any opinion. However, I can be more open to not allowing my personal beliefs as a Christian to get in the way of providing the best care for my client. I admit that offering my services to students who are part of the LGBTQ community or students who struggle with an alcohol/drug/sex addiction right now while I am still working through my life would not be a wise choice. I hope that will change once I continue my self-healing/ spiritual journey.

On the other hand, I would have difficulty providing services in the unlikely event I ever got a student who had harmed another student in any way. I have a long way to go regarding growth and an open mindset before providing counseling services. I will continue seeking counsel from my peers and professors and my relationship with God to balance my Christian faith and my client's needs.

Counselor Self-Care

In my personal life, I have struggled with the paradox of taking care of others and taking care of myself. I've always put others' needs above my own. Growing up, I wanted to be loved so badly that I would do anything to please someone, and I hated when I disappointed them or couldn't meet their expectations. I have grown a lot since then, but I am currently in anti-people-pleasing recovery. I still struggle with following the advice I give others and applying it to my life. According to the chapter *Valuing The Person of the Psychotherapist*, This paradox is not availing myself of what I provide or recommend to clients. (John C. et al., 2018, pg. 8).

My self-care is holistic currently. I have much more time to take care of myself than usual. In my busy months, I struggle to balance work and enjoyment. I often feel like I should always be working on something, never allowing myself to rest and breathe. This is one area that I am currently working on improving. Some ways I can ensure that I am providing my self-care are time management strategies, pursuing current hobbies, and creating new ones. Also, I like trying new things with friends, spending time with friends and family, and pursuing new relationships. These are just some ways I can work on myself and build my home in Alabama.

Next Steps for Skills

As mentioned in the first paragraph, I learned that I still have much to learn and practice before offering my services to anyone. I need to work on balancing my values and work-related issues. I also want to avoid being afraid to summarize and paraphrase what my client has shared with me. In future sessions, I want to include reflection more and be more conscious of my word choices. I need to work on myself in therapy and self-growth books so that I can be a competent counselor for my clients.

I am too self-efficient sometimes and do not allow myself to depend on others. Recognizing this fault, I have been working on allowing others to help me when I need it, especially in getting feedback on my counseling skills. I am semi-confident in my ability to be a good counselor. My family members often came to hear my thoughts on a particular matter on which they needed guidance. Although I am far from perfect, I am honest, and because of my slow executive thinking, I take my time to formulate my thoughts before responding to people.

Thanks to the feedback from the professor in my sessions, my views on counseling have changed in a few ways. One of the things I learned early on is that the sessions allow the client to lead the conversations. Attentive silence gives your client time to process what you reflected and gives them time to formulate their thoughts. You are more of a facilitator in a session than a leader. Secondly, be careful when letting moments go. As a counselor, if you feel that there is a need to reflect after something your client said, do not be afraid to reflect and let the client process what you had to share. Your reflection can help them come to a realization about

themselves that can change your session's direction. I plan to apply these to lessons in future sessions.

References

Norcross, J. C. ..., & VandenBos, G. R. (2018). *Leaving it at the office: A guide to psychotherapist self-care*. Guilford Publications.