

*What did you learn as a result of your time with clients, peers, and supervisors?*

Every time I work with a new client, I learn more about myself and the counseling process, in addition to learning about the individual in front of me. I learn how to connect with different people from different areas of the country or world and how to see things through others' points of view, which helps me to understand both their perspective and further understand my own. My clients (patients) have also begun to teach me patience. I feel that while working with those with substance abuse issues, patience has been necessary and important as the stages of change begin to occur. My peers also continue to amaze me in their diligence and love of helping others and the craft of counseling. I love the experience I've had during my internship and am grateful for all I have learned from others in this same profession. Although I am not always able to find all of my faults and I am often at a loss regarding what I can improve, my peers seem to have become very nimble at being able to point out things about myself that could be better in a very loving and caring manner, so that I am not offended, but motivated. For this semester, I feel that I have received the great gift of mentorship from my supervisor, which has helped me to grow and learn from a new perspective. I have been able to receive gentle, but helpful feedback, which has helped me to process how I am able to conduct myself not only as a counselor, but also as a person.

*Review the objectives for this course; how has your experience during internship this semester increased your competency in these areas?*

Being able to learn about counseling skills, case conceptualization skills, self-awareness, and professional growth and development has been quite a task this semester. I have found that I have been able to expand my knowledge and most importantly experience as it pertains to each and every aspect of the counseling profession. I have found that experiencing a different path

with each individual I worked with while both finding and moving towards goals for them has brought a lot of information forward for me regarding my strengths and weaknesses as a counselor. I have now become more self-aware of what I can do well and what I need to work on. I think that my case conceptualization has been put to the test, and although I have a long way to go, I feel that I understand the process and can more accurately put into words from a clinical point of view the issue with the client and what needs to be explored. All of the experiences I have had this semester have helped me to focus in on my core theoretical orientation and I am starting to understand that mastery of one orientation is necessary to lead a counselor to the best outcome.

*What progress did you make toward your learning goals?*

I feel that over the course of this final internship, in addition to the rest of my internship, I was able to begin to put all of the pieces together that are necessary to help others in their quest to become better (in the form this is intended). I think that being able to see patients upon arrival to a facility, using assessments such as the biopsychosocial, treatment plan, case management, individual sessions, through program completion has been able to show me the larger picture as it pertains to each individual client. I have also become more adept at understanding how each person should be assessed and the planning that goes into each meeting to achieve a short-term and long-term goal for the client.

*What areas (in the course objectives) do you think are your key strengths and growth areas for your next clinical experience?*

I continue to need to make sure and remain curious. I feel that this strength has helped me thus far to try and understand from others' perspective what is going on in their lives, without

bringing in my own experiences. I believe that my curiosity, does lead to one of my many weaknesses, which is patience. I tend to overcommunicate and attempt to too quickly get to the crux of the problem on my time frame, where it needs to be on the time frame of the client. I feel that my main issue is that I need to slow down, understand the pause that is present and necessary in counseling both in session and for the patient to process outside of session. I think that this has been and continues to be one of my most difficult problems to overcome, but I think that slowly it will continue to improve.

*What are your new learning goals as you move forward toward your next clinical experience?*

As I move forward from here, I hope to further define my theoretical perspective and also my day to day skills as a clinician. I would like to understand how that perspective may be influenced by other people's experiences and at what point there is a discipline to specific perspectives that seem most helpful. While I tend to speak to most clients naturally and then look to see how what they are experiencing can be addressed theoretically, I would like to be more intentional and understanding of the work that I am able to do both short and long term. I think this will help better serve my patients/clients in the future. I feel that this has been something that has improved in me thus far and I am looking to being even better at this part as I move forward.