

# Free creative writing on dr. smith

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**Dear Sir,**

The efficient performance in employment positions requires the knowledge, skills and experience relevant to the field of employment. In this light, I am proud to write a reference letter for the applicant. He was my student throughout his years in the college; this puts me in a position of recognizing his skills, abilities, passion and weaknesses.

The applicant showed interest in psychology from the moment he joined freshman year; he sampled all the courses offered by the department.

Throughout the years in campus, I interacted with the applicant at various capacities. As a student, he exhibited activity, interest in classwork, diligence and excellence in academics. It led to his selection as a class representative; in this position he managed the psychological class efficiently. He was also selected severally to represent his class in external competitions, conferences and also conventions in connection to counselling psychology.

He scored high marks in tests, assignments, practical and final examinations; this trend is evident in his transcript since freshman year. He regularly asked for guidance from department lecturers and professors. He also managed his time well and ensured he covered and understood everything taught. Apart from school work, he focused on further studies through the library and internet. This helped in expanding his knowledge; it also made him able to aid his colleagues in academic studies.

Throughout his learning years, he explored a variety of theoretical approaches; he analyzed them and adopted the most appropriate for the provision of services in the health center. He used the approach regularly in the practical assignments I assessed during counselling. The applicant's

theoretical approach involved a combination of theories. Through analysis of the components of counselling psychology theories, he adopted the most efficient components. Through this, he developed a personal theoretical perspective in providing quality counselling services. It is a complex and sophisticated way of applying psychology theories to practice in the health center; this is because it involves the combination of theoretical concepts from varied theoretical approaches. Through his actions, he developed a new perspective in understanding practice and theory in counselling. His theory synthesizes varied methods of psychopathology, personality functioning and psychological change.

In a similar manner, he analyzed various approaches in therapy provision before adopting a specific one (James & Gilliland 16). After consideration of various techniques, he focused on a blend of person-centered and integrated therapy. It adopts the advantages of both techniques thus limiting the disadvantages faced during counselling sessions. In one, scenario, the applicant handled a practice client who dropped in her academic performance and social interaction. In an attempt to reach the root of the problem, he involved varied aspects of the girl's life. An integrative approach helped in identifying the connection between her performance and other aspects of life such as; home life and so on. By helping her identify and find solutions in these arrears, she gradually gained control and improved her academic performance. A person-centered approach helped in making the client comfortable and able to confide in the counsellor (James & Gilliland 15).

He focused solely on finding solutions and helping the girl face her problems. Integrative approach helps in applying various techniques, and person-

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centered approach helps in putting the client's needs first before anything. He helped the client regain control and face problems at home and in various aspects with great confidence (James & Gilliland 13).

Throughout the applicant's assignment, examinations and practical assessments, he showed cooperation and willingness to learn. He responded well to supervision and welcomed both positive and negative criticism. It resulted in progressive performance; in assignments and practice-assessments with clients. He adhered to set boundaries and sought a second opinion from professors and department lecturers whenever in doubt; this is evidence of his readiness to work with others.

Through a focus on his studies, he acquired knowledge on rules and ethics relevant to the provision of counselling services. In cases where the rules are unclear and contradict, he consulted high authority before making professional decisions. For instance, there was a situation where the practice client exhibited homicidal tendencies. Through the sessions, she voiced the desire to kill her stepfather for making life for her, her siblings and mother difficult. At first the applicant applied various techniques, but when the situation seemed serious, he consulted a senior professor concerning the matter. He established the importance of patient confidentiality. He also realized there are cases when patient confidentiality must be breached, especially when a criminal act may be committed or life is in danger.

A consideration of the above factors makes evident the experience and suitability of the applicant for a position in the community health center. Excellent performance in academics shows his wide scope of knowledge in counselling, theories, techniques and laws (James & Gilliland 16). Several counselling sessions with practice clients equip him with adequate

experience in dealing with a wide range of cases in the field. In the health center, he will be able to handle various cases. His recognition of authority and consideration of consequences before making professional decisions makes him a competent and diligent employee. Productive socialization and work with fellow counsellors developed him into a team player. Counselling is a profession that requires passion and a willingness to help others, through the years the applicant exhibited passion for counselling psychology and psychology at large.

Sincerely,

### **Works Cited**

James, Richard K., and Gilliland, Burl E. *Psychoanalytic Therapy. Theories and Strategies in Counselling and Psychotherapy* (Fifth Edition). Boston: Allyn and Bacon.