

Confidential assessment and treatment plan assignment

[Philosophy](#)



As I started on this path, I was confident in my abilities to excel as a counselor, however, somewhere along the way I lost motivation and confidence in myself. This project compelled me to examine critical components of myself and how it relates to the profession. In this paper, I will reflect on my role play experiences, internal dialog, feedback I received, my therapeutic perspective and a self-assessment, and plan for improvement.

Role Play-Class My anxiety subsided once the professor explained how to inject interventions by having the client to Journal or have a thought record and to summarize and apply goals by decreasing in reliance of automatic negative thoughts. The professor expounded on how to validate the client's feelings. Once my classmates were critiqued I no longer believed I was the only person perplexed in the counseling roles. This proved very helpful because the anxiety of applying CB and the pressure to be successful slightly dissipated when I realized we are here to learn.

However, as counselor in my role play I was still nervous because I was not confident I applied the interventions or goals of CB correctly. The class did not detect my anxiety and ultimately reviewed my role play as competent. The positive feedback from the class and professor encourages me to have the same assessment of myself. Role Play- Team Playing the role of the counselor in my learning team was unsettling in the beginning because I was very nervous. The anxiety of knowing your purpose is to help someone get through their problems except you are uncertain how to implement the theory correctly.

The role play in class helped to rebuild my confidence in my ability to apply the theory in our team role plays. In my mind, it seemed clear but when it was time to speak sometimes my mind would go blank. I would try hard to hit certain points of validation, interventions or goals, but I could not remember what had been said. I had to tell myself to breathe deeply to expel some of my anxieties but, it is easier said than done. Internal Dialogue My internal dialogue is very disconcerting. I have always been aware of the thoughts in my head but to actually write them down and to discuss it is embarrassing.

I am noticing I have countless automatic negative thoughts with only few positive thoughts. While I played the counselor there were so many thoughts running through my mind, I sent myself into panic mode. The thoughts were, “ I feel completely lost”, “ I don’t even think I can do this. “, “ Oh my goodness, what am I supposed to say,” “ where do I put the intervention” “ Just say something,” “ Tag, what did she just say’, “ you can do this Tames Just focus”, “ calm down”, “ blank... “, “ girl, you need to pick another profession because this is not for you. My mind is rampant with thoughts, and I have to tell myself over and over I can do this because the thoughts are endless and reoccurring. Once I recognized classmates having the same difficulties the thoughts are decreasing, maybe because I have applied my intervention of decrease in reliance automatic negative thoughts. Learning Team Feedback The feedbacks from my teammates were the obvious of fidgeting, looking away from the client and reminded to summarize and rephrase with the client. Our team played fairly simple client roles which enabled me to apply Cab’s interventions and goals.

At times, I felt I was not applying my theory however my teammates believed I was successful in the application. I was shocked my teammates did not detect my anxiousness, but I know I have to work on it. Theoretical Perspective Cognitive Behavioral Therapy complements my personality because I believe thoughts affect feelings and behaviors. CB is to correct faulty learning patterns which lead to irrational thoughts and identifying dysfunctional beliefs that maintain maladaptive behavior, and you modify them.

Once cognitive distortions are recognized the intervention can be applied to achieve the goal of correcting these irrational beliefs. Self-Assessment I have focused my interventions of writing down the feelings with Journaling, challenging thoughts with a thought record, and cognitive restructuring by replace negative self-talk with positive self-talk. I usually summarize and rephrase in the role plays however it should become second nature as I have entered into my daily communication.

Validating has proved to be a challenge because once I hear the problem my focus is on the problem and not validating the clients' feelings. Truthfully all of my techniques were a challenge to me but, writing my interventions and goals on the board weekly have strengthened my confidence on the use of these cuisines. Plan for Improvement I have recognized counseling is a process, and I have to learn and grow from this experience. I plan to improve my knowledge of CB by researching assessments, treatment plans and watching counseling sessions online.

I believe this is helpful because I will have an actual reference of how techniques of interventions and goals are implemented in a session from different counseling perspectives. My continuation in this counseling program will also aide in mastering my skills. Conclusion I was hesitant of my abilities and how I would develop into a competent counselor because I lost my confidence. This assignment has restored my faith in my abilities, and I am more purposeful on this Journey to becoming a counselor.

I am grateful that each week is becoming easier in the role play because I now understand the language and have rededicated myself to the profession. In conclusion, this paper has reflected on my role play experiences, internal dialog, feedback I received, my therapeutic perspective, a self-assessment, and plan for improvement.