

Kirby Cuellar

GNC 552

Foundations of Mental Health Counseling

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- What has led you to consider the helping fields?

-Personally, for me, the main thing that has led me into the helping field is my way of talking to people. Since I was young, people would gravitate toward me and just naturally want to talk to me about whatever things they had/have going on. People would also constantly ask me for advice or help with a situation, and I would usually guide them in the correct way. From a very young age, I decided I wanted to be some type of counselor. I realized I am very good at listening and helping the people who want help.

- Based on your beliefs, experiences, etc., what are the 3 most important things a counselor does during a counseling session?

-I would say the most important thing a counselor does in a session is listen – really listen and have a clear mind to stay focused on the client, showing attentiveness by asking questions.

-Next, I would say it is important for the counselor to encourage the patient to think and figure out solutions for themselves. Basically, as a counselor, I would guide and help heal the patient to self-enlightenment to do what needs to happen for themselves. I would guide them to self-realization when they are ready, with the help of me behind the scenes.

-Lastly, I would say depending on if the client is religious or not, saying a prayer at the beginning or end would be needed and appropriate. Just saying a quick prayer for the correct things to say, the correct things to be talked about, and then closure for the person's success until the next time you see them.

- Based on your beliefs, experiences, etc., what are the 3 most important things a counselor does not do during a counseling session (do not simply state the opposite of your response above)? Be thorough.

-The first thing a counselor should not do during a counseling session would be to talk too much or overpower the patient. A counseling session should go back and forth with sometimes a counselor explaining more but most of the time the patient doing the talking.

-The next thing a counselor should never do is be judgmental or state their true opinion on what a patient is telling them.

-Lastly a counselor should never make their patients feel uncomfortable or ever be inappropriate with them. That is morally wrong and just in general unprofessional to go for someone who is so vulnerable.

- What two or more personality characteristics of yours do you believe may serve as personal strengths in your role as a helping professional?

-I believe my two personal strengths that would help me in my profession would be, first, being able to talk to anyone about anything and be trusted and being able to guide my patients to allow them to make decisions by themselves.

- What two or more personality characteristics of yours do you believe may serve as personal barriers in your role as a helping professional?

-Some personalities of mine that might be a disadvantage would be caring too much about people and being too much on a personal level with them. By me saying this, I am meaning like I

care about people once I started getting to know them. Then, I feel very comfortable and get very personal with them. I am scared these downfalls will come out when counseling patients, and I need to really learn how to control it and how to separate the two. This will be something that I will work to improve.

- With what client population do you think you would have the most success counseling? Explain why thoroughly.

-I would love to counsel kids and teenagers. I feel I have personal experience and can relate to them more than other ages. I just in general feel like I am more helpful in this age group because of personal experiences that I experienced at these ages.

- With what client population do you think you would have the most difficult time counseling? How do you think you would deal with this when that client comes to you asking for your services?

-I think the client population that I would most struggle with would be older people. I feel like I am less likely to be of as much help to this population because of my personal lack of experience.

- Self-care is a particularly important task of the helping professional. How do you plan to take care of yourself and prevent professional *burnout* as you enter the helping profession of Mental Health Counselor?

-To do self-care on myself and to ensure I do not burnout I will journal, take self-care days, and listen to my body on what I need and do what I need to help myself.