



## CNL-624: Topic 1 Counselor Disposition Worksheet

**Directions:** Review the counselor disposition document located in the class resources.

**Part One:** After reviewing the dispositions, complete the table below and total your score at the bottom of the table. Use only a sentence (or two) to discuss each of the following. APA formatting is not required; however, citations should be included as appropriate.

<b>Counselor Disposition</b>	<b>How strong are you in this area? Ranking: 1-10 (10 being the strongest)</b>	<b>What areas have you made progress on since being in the program?</b>	<b>What strategies will you use during the practicum to improve the weaker scores? Provide at least one example for any score under 5.</b>
<b>Psychological Fitness</b>	7	I have made significant progress in this area since the beginning of the program, and I've been challenged proven such since starting a job in an in-patient setting. Of all of these dispositions, I am most proud of the progress made for this.	I will continue to engage in self-care routines and psychological care, specifically by continuing my own therapy.
<b>Self-Awareness</b>	8	I've always considered myself to be very self-aware. I've honed this further to be specific to a therapeutic environment, being careful how my actions and expressions may be perceived by others.	I will continue to act mindfully and check myself on a regular basis.



<b>Counselor Disposition</b>	<b>How strong are you in this area? Ranking: 1-10 (10 being the strongest)</b>	<b>What areas have you made progress on since being in the program?</b>	<b>What strategies will you use during the practicum to improve the weaker scores? Provide at least one example for any score under 5.</b>
<b>Cultural Diversity</b>	7	I've long embraced diversity of friends and peers, and this continues in the therapeutic environment. I am occasionally intimidated by a sense of ignorance when interacting with those who come from a background of which I am entirely unaware. This can, however, serve as an opportunity to express interest in the other person.	I will continue to challenge myself to learn about each individual's cultural background, seeking additional education and insight from other professionals if necessary.
<b>Acceptance</b>	6	Similarly to my thoughts of the disposition of patience, I flip flop on whether or not I rate myself highly in this area. My ability to accept the state of clients is absolute, but my ability to contextualize treatment planning with that in mind needs honing.	I will continue to consciously recognize where each client is at in the stages of change, and incorporate this into each treatment planning; I will consult with my supervisor as necessary.



<b>Counselor Disposition</b>	<b>How strong are you in this area? Ranking: 1-10 (10 being the strongest)</b>	<b>What areas have you made progress on since being in the program?</b>	<b>What strategies will you use during the practicum to improve the weaker scores? Provide at least one example for any score under 5.</b>
<b>Empathy</b>	8	I am an extremely empathetic person and have grown in my ability to recognize the specific circumstances that others are facing and frame it in a therapeutic capacity.	While I want to continue to foster my sense of empathy, I also want to ensure I empathize appropriately; I sometimes have a habit of viewing a person's presenting issues through my own history. While this increases empathy, it can also cause a significant miscommunication.
<b>Genuineness</b>	7	I am generally a very genuine person, and supervisors and educators have encouraged me regarding the importance of genuineness. Clients are not dumb and they can easily tell if a practitioner is ingenuine.	I will continue to foster genuine interactions in the therapeutic environment. I will do this by honestly recognizing my strengths as a counselor-in-trainer and leaning into those.



<b>Counselor Disposition</b>	<b>How strong are you in this area? Ranking: 1-10 (10 being the strongest)</b>	<b>What areas have you made progress on since being in the program?</b>	<b>What strategies will you use during the practicum to improve the weaker scores? Provide at least one example for any score under 5.</b>
<b>Flexibility</b>	5	I recognize the importance of flexibility, but I currently lack the context in which I should apply flexible approaches and grow my skill set to better implement a wider range of approaches.	I will continue my education now and later on via continued education and training courses, particularly those sponsored by the American Counseling Association. I feel compelled to grow to the extent that I can at least speak intelligently on different therapeutic approaches that may benefit clients.
<b>Patience</b>	5	I regularly flip flop of my self-perception of patience. In many areas of my life, I am impatient; when dealing with others, particularly in a therapeutic setting, I believe that I am less so. In any case, I recognize that this is an area in which I should continue to seek growth.	I am already being challenged in relinquishing whatever sense of control I may think I feel while in session. My supervisor and I reviewed the steps of counseling, per the acronym PCPAMR. For those clients short of the action phase, I can only accept it and meet them where they are.



<b>Counselor Disposition</b>	<b>How strong are you in this area? Ranking: 1-10 (10 being the strongest)</b>	<b>What areas have you made progress on since being in the program?</b>	<b>What strategies will you use during the practicum to improve the weaker scores? Provide at least one example for any score under 5.</b>
<b>Amiability</b>	8	I believe I am significantly strong in this area, both in my personal life and thus far in a therapeutic setting. I recognize my limitations and consistently praise the strengths in others.	I will continue to display humility and act with kindness and challenge myself when I face circumstances in which I do not feel capable of doing so.
<b>Professional Identity</b>	5	Despite my best efforts, this is an area that has significantly been impacted. I am proud to be seeking licensure, yet I am less sure of what will mean for my professional identity than ever.	I will continue to engage in professional organizations, including the American Counseling Association. I will also seek regularly guidance from my supervisor, both any future supervisor and my current practicum site supervisor (who I am sure I will remain in contact with).
<b>Total Score: 66/100</b>			

**Part Two: Short Answer Question**

Provide a short answer of 100-150 words for the following question. Do not exceed 200 words for your response. Use the textbook, and any other scholarly resources to support your response; include at least one scholarly source.



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Consider the personal characteristics outlined in the counselor disposition statement and select one. How will the selected characteristic impact your future clients? Provide at least one example in your response.

Being genuine is an essential component of efficacious and competent counseling. Clients can discern between genuine and ingenuine interest in a therapeutic environment. As Rizq and Target (2008) write, clients often have a strong aversion to *play acting*, as if a counselor is fulfilling some acting role as a caring person rather than *actually* being a caring person. Being genuine contributes to a strong therapeutic relationship; it can also increase client disclosure, as the client believes that the counselor truly is interested, caring, and trustworthy. Gehart (2016) highlights that being genuine is a skill and not always inherent in a person, though as with all skills and talents, some are naturally more inclined than others. Being genuine can take practice, especially early on in one's career and even early on with a specific patient. Conducting an intake that involves very structured forms in a limited amount of time leaves less room of genuine connection and therapeutic relationship building, and budding practitioners may simply be intimidated and adrift in a new setting. In any case, it is essential for a practitioner to begin fostering a genuine therapeutic relationship, as impressions can form quickly.

## References

Gehart, D. R. (2016). *Theory and treatment planning in counseling and psychotherapy* (2<sup>nd</sup> ed.). Cengage

Rizq R, & Target M. (2008). "Not a little Mickey Mouse thing": how experienced counselling psychologists describe the significance of personal therapy in clinical practice and training. Some results from an interpretative phenomenological analysis. *Counselling Psychology Quarterly*, 21(1), 29–48. <https://doi-org.lopes.idm.oclc.org/10.1080/09515070801936578>