



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

UWTSD (2020)

Personal Development

‘Critically assess own professional strengths and limitations and reflect on themes of personal support and self-care in your development as a trainee counsellor’

By Katie-Ann Lillicrap
P150137

Introduction

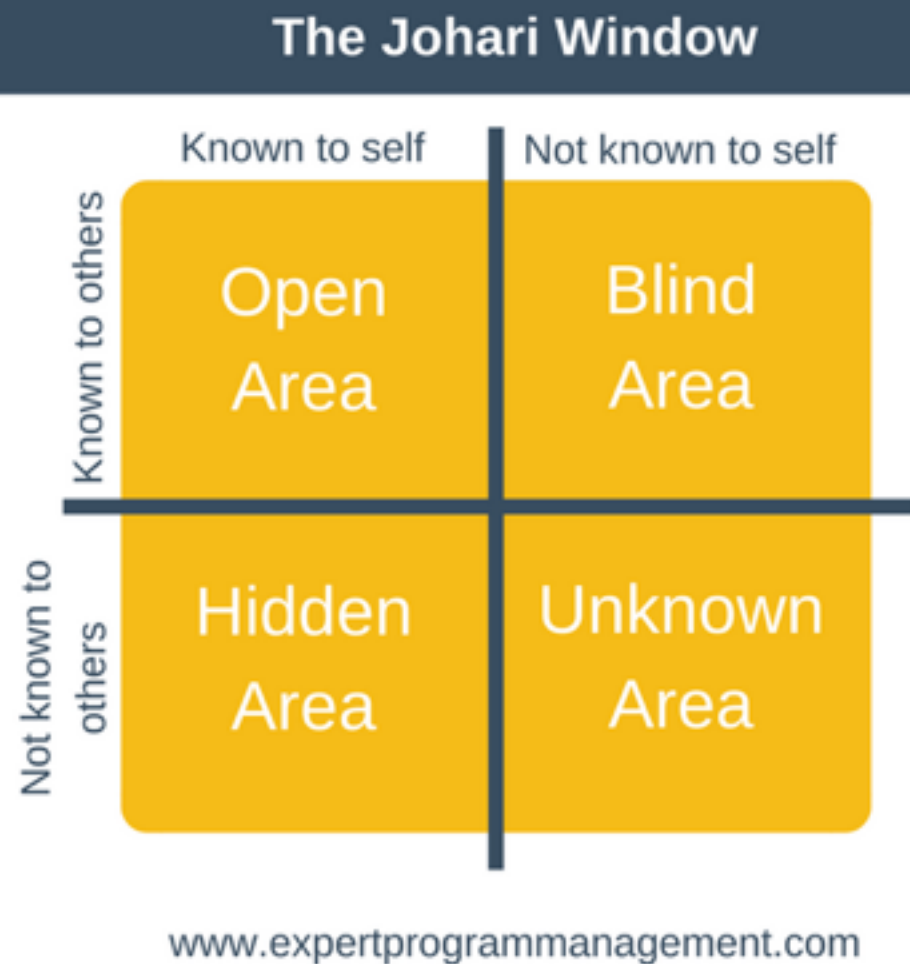
- Best fit my journey so far as a trainee counsellor.
- What new insights that have been experienced in the past year, what challenges, opportunities or growth have been outlined.
- Personal development and professional development
- Self awareness
- Placement challenges
- Personal therapy
- Self care
- Professional development- Supervision

EVERYTHING
happens
FOR A REASON

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(Lucido,2016)

My personal Johari window

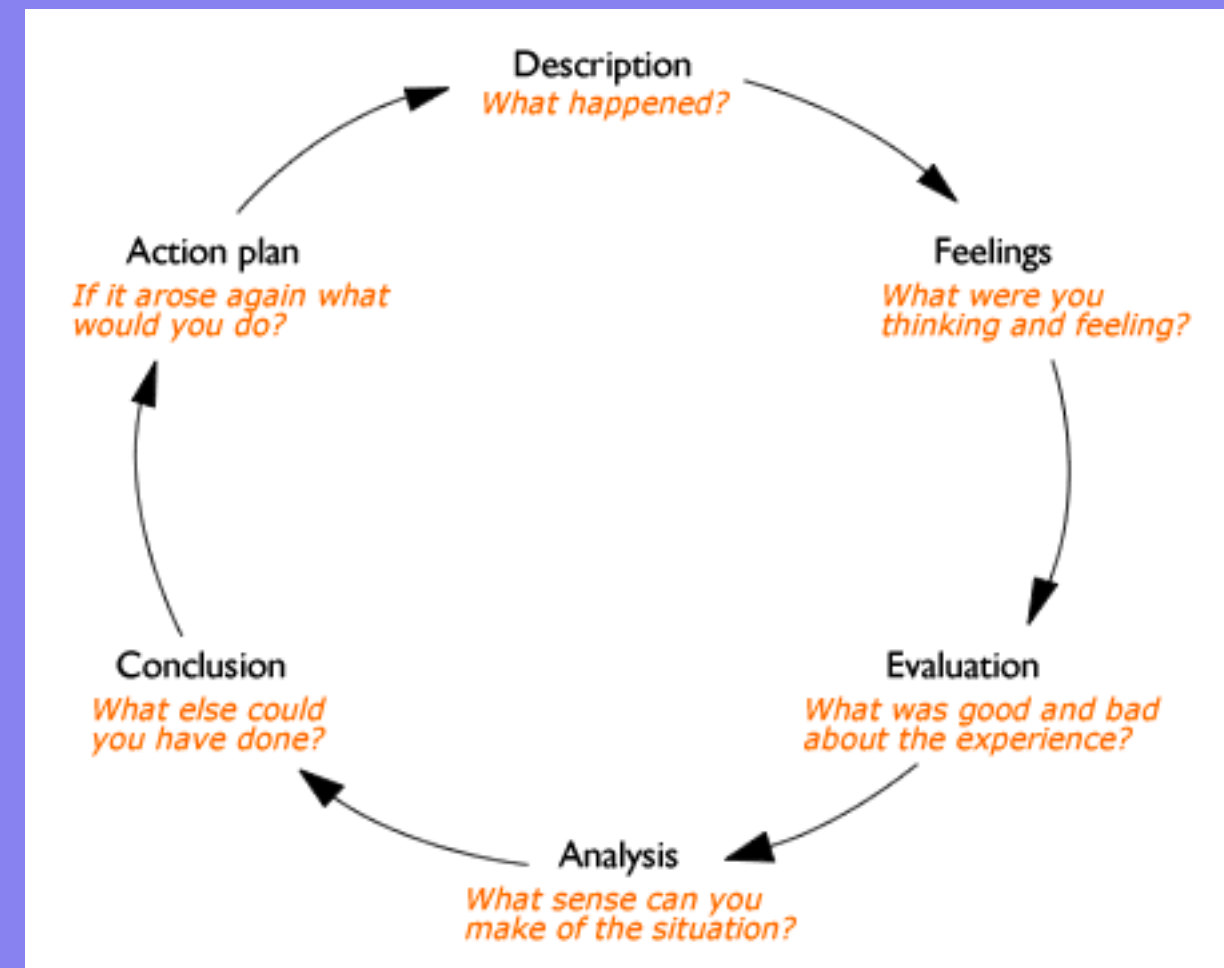


Kind, caring and funny	Stubbon
Worrier, over-thinker and lack of confidence	Suppressed feelings of being worthy and being enough for people.

- The Johari window model was created by Joseph Luft and Harry Ingham in 1955 by American Psychologists, They called it Johari after combining both of their first names.
- The development of a therapist's self-awareness must carry at least as much weight in his or her professional education and training as the accumulation of knowledge about theories and methodologies. (Edward and Bess, 1998, p.98)
- According to Courtney Ackerman (2020), "Other ways to stimulate self-awareness can include creating some time and space avoiding distractions, practice some mindfulness, practice listening skills and try and gain a different perspective of stuff so by asking for feedback all this can help someone develop their self-awareness".

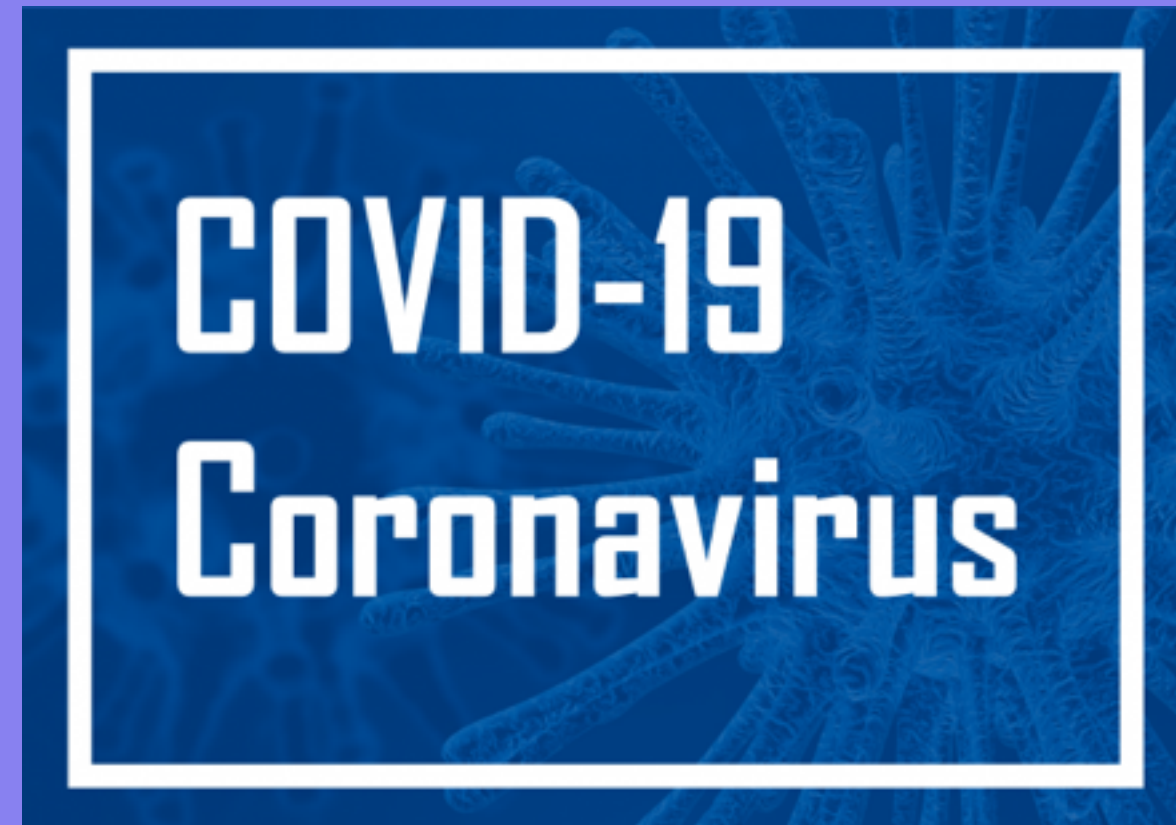
Challenges in professional development

- Gibbs reflective model (1988)
- Challenges within the placement
- Power imbalance issues between client and myself
- Autistic client
- Felt saddened that they felt as though they couldn't trust in the therapeutic relationship
- This was a challenge as trust is so important in a therapeutic relationship and the sessions are always open.



Challenges in professional development

- Face to face counselling has come to a stop due to a pandemic that is currently happening called Covid-19
- Adapting to changes such as telephone counselling.
- Trainee Counsellors to be trained over the phone on how to use telephone counselling
- Association for Counselling and Therapy Online (ACTO) “Counselling online is different” (counselling directory, 2020)

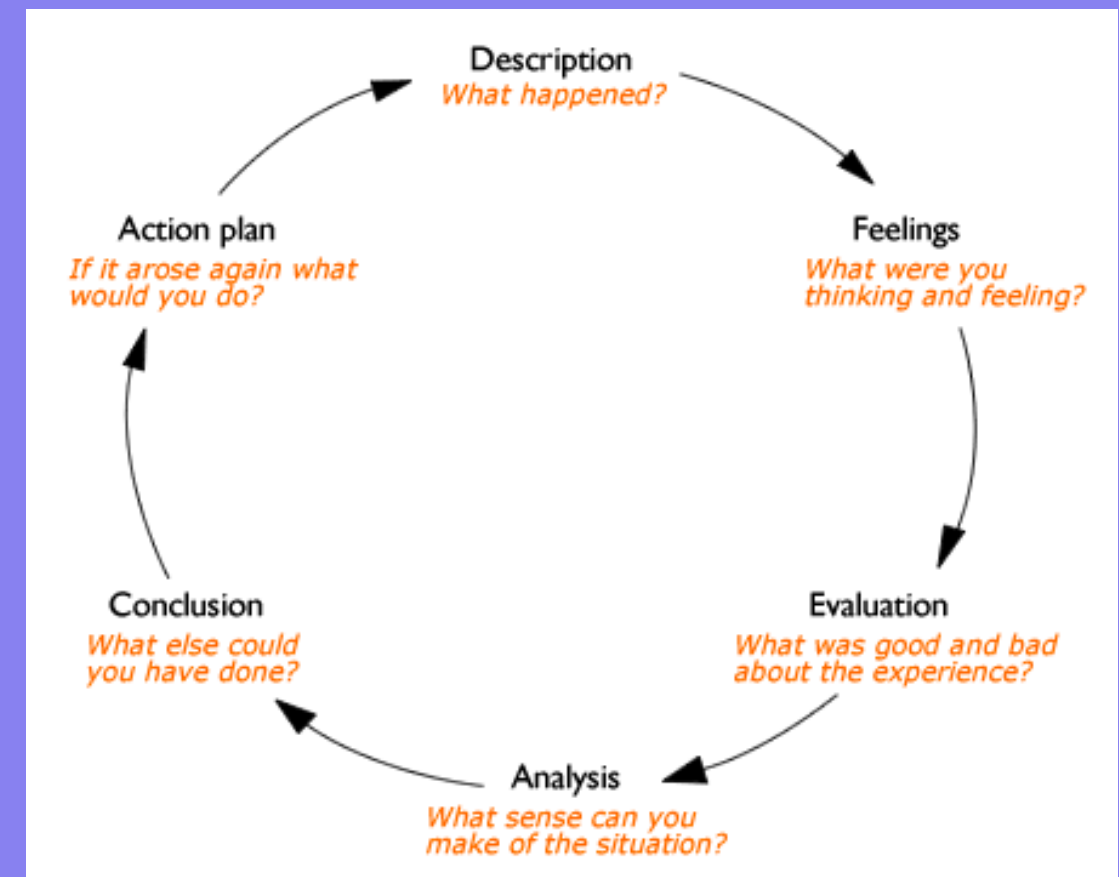


Limitations

- Gibbs reflective model (1988)
- BACP Ethical Framework is “Our Commitment To Clients” (BACP, 2018),
- Referring back to this section one point is to “work to professional standards by working without our competence” (BACP,2018)

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Self-care and Self support

- “Counsellors who neglect their own mental, physical and spiritual self-care eventually run out of ‘oxygen’ and cannot effectively help their clients because all of their energy is going out to the clients and nothing is coming back in to replenish the counsellors’ energy.” (Sandra Rankin, 2011)
- Following 3 components of their fitness to practice stated by the BACP these are “our wellbeing (state of feeling healthy and happy), Our competence (the ability to do something well), our conduct (behaviour) (BACP, 2018).
- “STS is the direct result of hearing emotionally shocking material from clients, while burnout can result from work with any client group” (Lliffie and Steed, 2000).



Professional development

- Being aligned with the BACP you have to ensure that one and a half hours per month to 8 hours of counselling is required.
- Supervision is perhaps the most important component in the development of a competent practitioner. It is within the context of supervision that trainees begin to develop a sense of their professional identity and to examine their own beliefs and attitude regarding clients and therapy. (Corey, Corey, & Callanan, 2007)
- PD lessons allow us to explore feelings and thoughts regarding professional development and also personal.

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Thank you for listening,
Any questions?

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