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Development

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Component 2 Report

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Introduction

In this report I will be reflection on my role play interview that I have completed for assignment one with my partner. I will be using the Gibbs Reflective cycle to reflect on my experiences before, during and after the interview. I will also be speaking about my Career plan that I am currently developing for the future. In addition, I will be using the SWOTS tools to analyse myself.

Gibbs' Cycle of Reflection

Gibbs Reflective Cycle is a 6 steps self-reflection tool, that helps a person to think and reflect clearly as well as systematically about an experience they had during an event or something similar, to help them to come to a conclusion. (Bhasin, 2021)

"This is where Gibbs' Reflective Cycle is useful. You can use it to help your people make sense of situations at work, so that they can understand what they did well and what they could do better in the future." (Bhasin, 2021)

(Semaphora, n.d.)

Recruitment and Selection

For our task one assignment we had to look for a job advertisement that we would consider applying for in the future, we also had to find a job application form template to fill it in as if we were applying for a job. After that was completed, myself and my partner had to exchange the job specifications that were required from our chosen jobs. We also had to form 5 questions each, so that we could ask each other when taking turn to interview one another.

During the process of looking for a job, it was a bit exhausting as I had not thought that far ahead just yet as to where I wanted to take my career, I just knew that I wanted to work in children's mental health. After I had read through many jobs' advertisement, I finally came across a job that resonated with me. Everything that were mentioned on that job advertisement were exactly what I had described to a friend once regarding my ideal career and much more. As I read the advertisement, I had a small glimpse into my future. The job and my ideal career were not so far from reality after all. This gave me the confidence that I was on the right track to my future career. The job that I applied for was "Child & Adolescent Clinical Specialist / Psychologist (CAMHS)".

When it came to do the day of the interview, I was a bit nervous, and I just wanted to get on with the interview and be done with as quick as possible. This was because I was so tired from being up all night with my daughter. I was very anxious, and I did not want anything to go wrong and fail the roll play and then having to resist this assignment all over again.

I started to interview my partner first. Although we both were very nervous at first but after we took turns to interview one another as if we were conducting a real interview, we became much more relaxed and managed to complete the interview better than we practiced and anticipated. We both were very satisfied with the questions we asked one another and how

we answered those questions too. We maintained eye contact, spoke loud and clear as well as remembering to speak slowly so that we could understand each other.

Once we had finished the interview, we got a bit of a feedback from our tutor. We had done a good job interviewing one another, but the fact that we forgot to smile can be seemed a bit too serious. We agreed with the feedback because if it was a real interview, it might feel more of an interrogation. I took this on board as I knew that this was a room for an improvement and that I should practice smiling more whenever I remember, as I aware that I have a bit of a serious face expression so it can look like I am upset or angry at times without wanting to. This all come at a perfect time as I remembered about this feedback during a job interview I recently had.

Career Development Plan

For my career, I have plan to start my 3 years of Psychology with Counselling at the university of Greenwich, that will start this September 2022. I have also started to apply for teaching assistant job through agency and through school directly. This will allow me to work and gain experiences with children from different backgrounds and disabilities. As I can only achieve this unique experience by being hands on, present and very much involved. I will also be doing volunteer works at different Mental Health organisations such as Minds and few others.

By doing so, I will have the opportunity to be trained and work along with amazing organisations and team of staffs, as well as learning from them and their experiences and gain new skills that I can continue to develop, as I may need it in the future to succeed at a roll that is like the job, I chose for my assignment one or wherever in my new adventure.

I will also continue to read books and do research on different ways someone can deal with Mental health problems. Such as learning to deal with emotions, because currently most of us do not understand our own feelings, we are walking around with so many pressures from out daily life troubles and we are not dealing with it or learning to express it and that can lead to other server mental health problems.

I will also be investigating what other therapeutic ways there is that a person can heal from such as Art, Yoga, Meditations, Exercise, Nature, Dancing, Singing and many others. To understand in which ways, they all contribute to our peace of mind.

“a powerful tool in a therapy setting. It can give you the opportunity to express your inner thoughts, while helping you to better understand and make sense of your emotions and your mental health.” (Priory Group, Online)

I know that Art therapy, Yoga therapy and many others can be very therapeutic and calming to some, because since we all have different learning capabilities, we also have different coping mechanisms.

As for me personally, because I am very creative, I tend to turn to art, music, dancing and yoga whenever I am dealing with my anxiety attacks, it calms me down and I am able to fully express myself through art. As well as Yoga and meditating, focusing on my thoughts and trying to understand them.

"This form of Yoga therapy draws on yogic principles and practices, such as physical yoga postures, meditation, breathing techniques, and relaxation exercises, to improve mental and physical well-being." (Gupa, 2021)

"Meditation therapy is *"a method of relaxation and consciousness expansion by focusing on a mantra or a keyword, sound, or image while eliminating outside stimuli from one's awareness"* (Mosby's Medical Dictionary, 2009).

There are many types of meditation. Examples include mindfulness, body scan, loving-kindness, walking, Zen, mantra, and transcendental meditations." (Miller, 2021)

I will also be reading self helps books by Drs and Therapists that have worked and studied everything with mental health and human development and any other books that will contribute to my knowledge to better growth in my career.

I will also continue with my own therapy, as the best way to make a change is to start with yourself.

SWOT Analysis

SWOT stand for Strengths, Weakness, Opportunities and Threats, it is an analysis technique tools that allows a company to be able to assess these four aspects of their business, whenever they are looking to improve. It can also be used on a person to give them the full ins and outs when they want to achieve something, and where they can improve. (MindTools, n.d)

Strength

- Great people skills
- Research Skills
- Creativity Skills
- Able to adapt to different circumstances
- Writing Skills
- Good Communication skills
- Quick Learner
- Understanding Skills
- Reflecting Skills
- Listening Skills
- Critical Analysis
- Transferrable Skills
- Academic Skills
- Able to work under Pressure
- Computer Skills
- Problem Solving Skills
- Able to work in a team
- Leadership
- Reasoning skills
- Taking notes
- Good time management

Weakness

- No qualifications in Psychology and Counselling
- No experiences as a therapist
- No experience in working with children or children with special needs
- No knowledge about the workloads and work environments
- Need to improve in my reading
- Need to improve on public speaking

Opportunities

- Need to complete 3 years of Psychology with Counselling at university to gain Qualifications that I will need
- To do Voluntary work in different placements to gain experiences
- Work in schools or organisations that allows me to gain experiences in working with Children and adults with special needs
- Speak more in front of people so that I may gain more confidence in public speaking
- Learn more about Art, drama, and yoga therapy as well as others over the next few years
- Learning new Skills
- Gain more knowledge
- Opportunities to work in different environment and sectors

Threats

- Delays in achieving my qualifications that I require on time
- Not getting enough experiences
- Changing my career to a different sector of health and Social Care
- Over working
- Not being able to handle the work loads
-

Conclusion

Now that I have completed my Career Action plans and my personal SWOT, I have a better insight as to what I must now do to achieve my goals. As well as where I need to improve or what step I need to take next.

I have also learnt to apply the Gibbs Reflection Cycle, that I will be using as from now on and as well as in my career because I know my job will require me to reflect on cases and events that will be happening. Although I was quite anxious about doing the roll play, it has given me more confidence to speak out more in an open public. As this will only increase my confident to speak without feeling shy.

Overall, this has been an eye-opening course that has helped me through a real life interview and I have gain so much knowledge that I can put to action at work. I am excited to start this new journey in my career with all the ups and down that it will bring me.

Although I am very much anxious about the workload that I will be taking on and the intense course that I will be studying over the next few years, from lectures to researches and essays as well as assignments to complete. I look forward to battle it out as it is the path that I have chosen. I know that I will not be easy for me as I do have 2 young children that depends on me very much. As well as having to work and still trying to build a life for myself and children outside of my career, but I will continue to complete and achieve every goal that I set. One step at a time with load of reflecting to do.

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Child & Adolescent Clinical Specialist / Psychologist - CAMHS

[Add the name of your organisation]

Application form

Application for [job title]

Your details

Name: Carina Ribeiro

Address: 17 Good Wood Grove

Postcode: NW5 6NG

Phone:02058693856

Email: 2026806@student.uwtsd.ac.uk

Education and training

Please give details:

Education- Level 4 Health and Social care at University of Wales Trinity Saint David

University of East London- Counselling (3 years)

University of East London- Clinical Counselling and Psychology (3 years)

Training at- (SLAM) South London and Maudsley NHS Foundation Trust Centre

Please give details:

- Recognised professional qualification in any of the following: nursing, occupational therapy, clinical or counselling psychology, psychotherapy, social work (latter with related CAMHS experience), art, play, drama therapy
- Professional registration with one of the following accepted statutory registration bodies as listed in person specification: NMC (Nursing Midwifery Council) HCPC (Health & Care Professionals Council), ACP (Association of Child Psychotherapy), UKCP (UK Council of Psychotherapy) and BACP (British Association of Counselling and Psychotherapy).

Your current or most recent employer

Name of employer: Martha Smith

Address: Regent Street

Postcode: W1B 3HH

Job title: Child & Adolescent Clinical Specialist / Psychologist Trainee

Pay: £23,000

Length of time with employer: 3 years

Reason for leaving: new opportunity raised

Duties:

Learning to: Tier 3 CAMHS service for children in care, closely linked to our partnership agencies, aiming to offer a holistic treatment service to our children and young people (0-18 years), to assist with their emotional wellbeing and mental health difficulties.

Previous employers

Please tell us about other jobs you have done and about the skills you used or learned in those jobs.

Work Experience at mind for 2 weeks

Please tell us why you applied for this job and why you think you are the best person for the job.

I am interested in this job because I have a passion and a drive to help to make a difference, I have taken time over the years to fully learn by going above and beyond to acquire skills and new knowledge through volunteer work. To fully understand my line of duty so that I may succeed in this field. As well as leaning different ways to put something into practice, whether it is through Art, Music or meditating and now I believe that I am ready to put this into practice.

If you have a disability, please tell us if there are any reasonable adjustments we can make to help you in your application or with our recruitment process.

N/A

Are there any dates when you will not be available for interview?

I am very Flexible

When can you start working for us?

From Monday

Do you need a work permit to work in the UK? Yes / No

References

Please give the names and contact details of 2 people who we can ask to give you a reference. We may ask them before an employment offer is made. We will not ask your current employer until we get your permission.

Referee 1

Julia Spur

Juliaspur_tb@gmail.com

Referee 2

Martha Smith

Marthasmith@gmail.com

I confirm that to the best of my knowledge the information I have provided on this form is correct and I accept that providing deliberately false information could result in my dismissal.

Name: Carina Ribeiro

Signature: C. Ribeiro

Date:05/04/2022

Questions that i asked my partner

- 1) Do you know how to operate a computer?
- 2) How are you at working underpressure?
- 3) Do you think you will have a problem following our code of conduct?
- 4) Are you okay with travelling to our different facilities?
- 5) Do you think you will have a problem with following the rules of diversity?