



Personal Development and Professional Profile

ASSESSMENT 2

ECHC 6001 1802264

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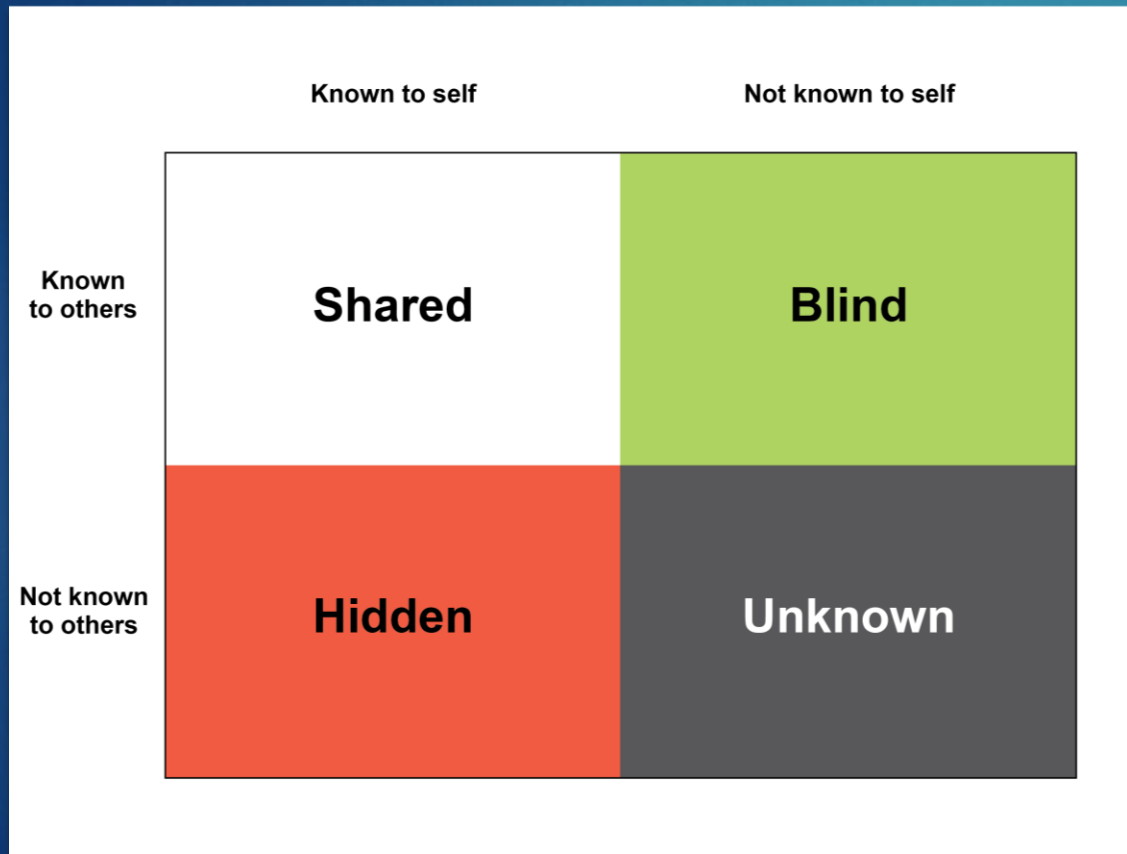
Who Am I ?

I AM INSIDE YOU ARE
OUTSIDE.....



https://freesvg.org/img/Anonymous_my_house.png

Joharis Window- Purpose



Increase the Shared and Blind areas- being more open with others

Decrease the Hidden and Unknown Areas- through self-awareness and reflection

Joharis Window-Personal and Professional

Personal

- ▶ Reluctant to ask for help- others assume I don't need it
- ▶ I become resentful to others - feel overwhelmed
- ▶ Plays into 'Karpman's Drama Triangle'
- ▶ Self-disclosure to help me understand myself and others more - prevent overwhelm.
- ▶ Others will feel more inclusive and autonomous

Professional

- ▶ Caution advised in timing, context, appropriateness and amount
- ▶ Continual reflection to monitor Internal rescuer
- ▶ Helps reduce clients sense of aloneness
- ▶ Helps redress the power-imbalance
- ▶ Promotes client autonomy

Year 1

- ▶ Foundational year
- ▶ Personal development
- ▶ Grief
- ▶ Placement- Sexual Violence
- ▶ Personal Therapy
- ▶ Guided Meditation

Year 2

- ▶ New Pathways Placement
- ▶ Volunteer Counsellor
- ▶ Sexual Violence (SV) Qualification
- ▶ Covid-19
- ▶ Online Learning
- ▶ Telephone and Online Therapy Training

(New Pathways, 2021), (GOV.UK, 2021), (BACP, 2020)

Telephone and Online Therapy-COVID-19

- ▶ Client Contact- Challenges
- ▶ Client Autonomy and Boundaries
- ▶ Power Imbalance
- ▶ Clear Contracting
- ▶ Suitability for remote therapy
- ▶ Ethical dilemmas- peer supervision

▶ (BACP, 2020)

Online Learning –Year 3

- ▶ Challenges and Benefits
- ▶ Counselling Theories:- Emotion Focussed Therapy (EFT), Gestalt, Motivational Interviewing(MI), Transactional Analysis (TA) and Attachment Theory.
- ▶ Counselling Specialisms and Populations:- Trauma, Addiction, Eating Disorders, Bereavement, Race & Culture, and Transpersonal Therapy.
- ▶ (Bretherton, 1992), (Greenberg, 2014), (Jones & Chawathey, 2014), (Joyce & Sills, 2010), (Rollnick, 2021)
- ▶ (Cruse.org.uk, 2021), (Fernando, 2010), (Morgan, 2009), (nice.org.uk, 2020), (Sweeney, et al., 2016)

Applying Knowledge to Assessments

- ▶ Counselling Major Project:- Eating Disorders when Counselling within Sexual Violence(SV) Settings
- ▶ Eating Disorders Highly prevalent within (SV) organisations
- ▶ Report:- Motivational interviewing when Counselling for Addictions in the Prison Sector -Criminality driven by Addiction
- ▶ Addiction - Frequent Coping Mechanism of Prisoners
- ▶ High correlation with Adverse Childhood Experiences (ACEs) and Attachment Theory
- ▶ (Holmes, 2014)(Konstantinovsky, 2020), (Morgan, 2009), (Rollnick, 2021)

Applying Skills to Practice

- ▶ 3 stage Trauma model
 - ▶ Transactional Analysis
 - ▶ Boundaries and Ego States
 - ▶ Supervision
 - ▶ Self-care
 - ▶ Personal Therapy
- ▶ (BACP, 2021) (BACP, 2021) (Berne, 2016) (New Pathways, 2021)

Where Next?

- ▶ Self-Care
 - ▶ Sessional Counselling
 - ▶ Telephone and online therapy
Qualification
 - ▶ Volunteer in Bereavement Sector
 - ▶ Masters?
- ▶ (Counsellingtutor.com, 2021)

Conclusion

- ▶ My Journey- Who Am I?
- ▶ Background Skills from Years 1 & 2
- ▶ Joharis Window- Self-disclosure
- ▶ Guided Meditation- Bereavement
- ▶ Year 3- Online Learning-New Skills
- ▶ Built on theories and skills
- ▶ Applied theories to assessments
- ▶ Skills to Practice
- ▶ Remote Therapy- Qualification
- ▶ Next Steps



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Thank
You!

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