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PERSONAL DEVELOPMENT

Assignment two

MY TITLE



INTRODUCTION



- ✓ MY JOURNEY
- ✓ PERSONAL DEVELOPMENT
- ✓ SELF-AWARENESS
- ✓ FITNESS TO PRACTICE
- ✓ VALUES AND BELIEFS
- ✓ ATTITUDES AND BEHAVIOURS
- ✓ DIVERSITY
- ✓ DISCRIMINATION
- ✓ CONCLUSION

MY JOURNEY

The journey I'm on
at university is
turning out to be
quite a personal
shock to me.

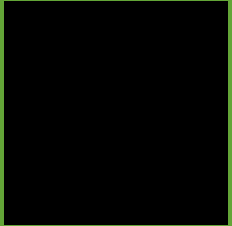


PERSONAL DEVELOPMENT

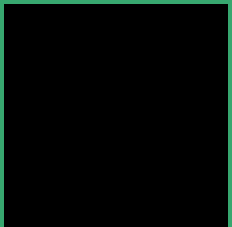
After so much reflection on myself this year I am finally looking after me, it's not selfish, and I'm not going to feel guilty about it.



SELF AWARENESS

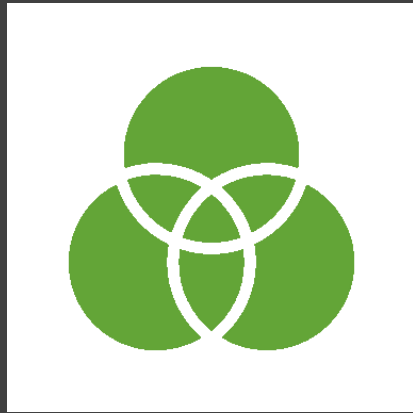


Self-awareness is a vital component in counselling practice and, is understood to be the counsellors own understanding and knowledge of themselves about values, beliefs, and experiences in life.



I've always been the type of person that doesn't like accepting help. All I've wanted to do in life is to help other people and be a giver.

SELF-AWARENESS



I love learning and learning from home. I can't wait for next year to see what's coming next. I am more than happy to face my strengths and weaknesses, and the areas where I know I am vulnerable (Baker-Charleson 2012).



I've had a tough life, and I do have incredible strength, but now I've turned the corner on a personal level, and it's going to be 100 per cent better when I start to work with clients.

VALUES

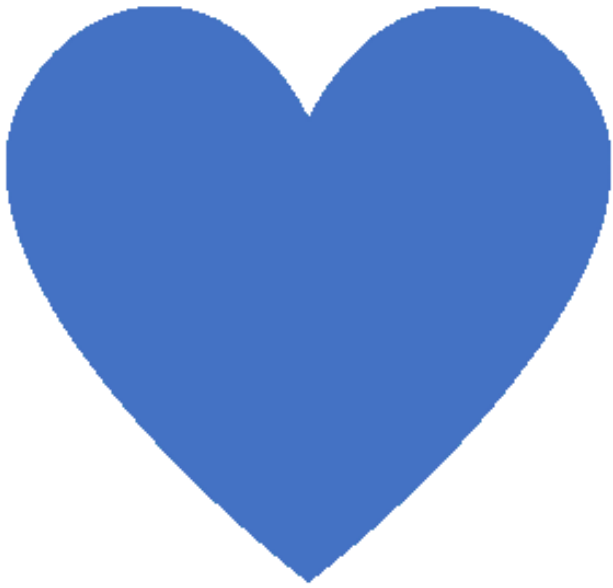
Values guide our actions and influence our behavior and attitudes (Elsevier 2014|).

My values are kindness, acceptance, reliable, trustworthy, loyal and very open-minded.

BE KIND



BELIEFS



I believe that we obtain our beliefs from our upbringing, and how we are raised as a child plays a significant part in our lives now.

I believe that: -

Everybody is the same. We all want a good life and to be happy and safe.

We are all unique and have feelings, hopes and fears.

ATTITUDES

An attitude to something is the way we think and feel about it, and this shows in the way we behave. If a counsellor has the attitude of being closed to new things, it can affect their counselling experience.

I can sometimes be defensive, and this is to protect myself.
I've always been quite a negative person, but that's changing now.

BEHAVIOURS

Our behaviour is the way we act and present ourselves in response to a situation. There are two types of behaviour, operant and classical.



Operant conditioning is a process from our past experiences, that happens through rewards of negative and positive reinforcement.



Classical conditioning is learning through association, which means two stimuli, which are linked together to produce a new learning response in an animal or person.

(Learning Theories 2019)

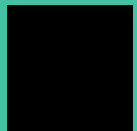
DIVERSITY



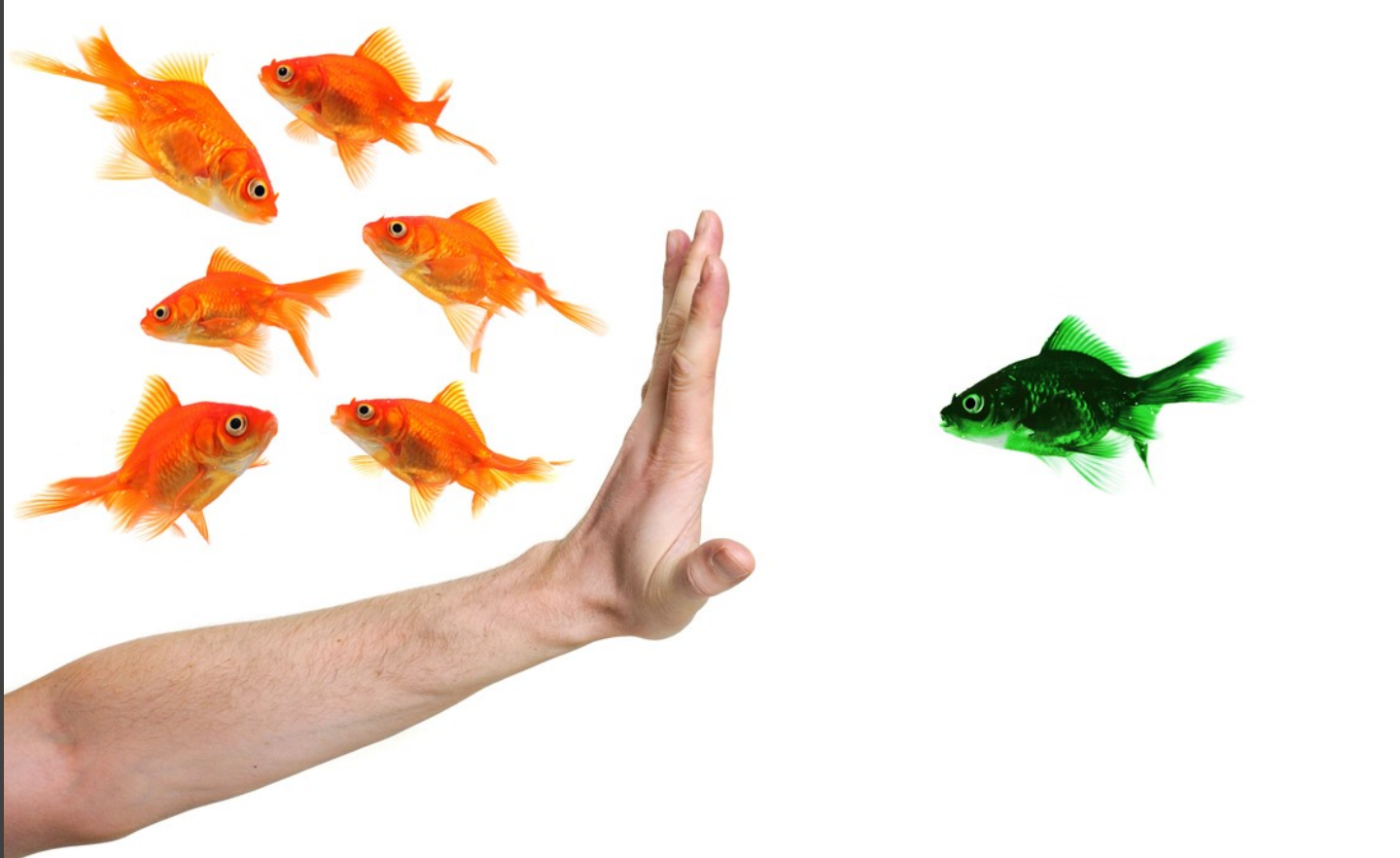
Over the last 40 years, there have been so many changes with regards to diversity. (Nelson-Jones, 2003, p.27).



As a counsellor, I am going into this with a completely open mind. My way of thinking is that I am treating the person and their feelings and wellbeing.



I will always be adopting the Equality act 2010.



EMOTIONAL IMPACT OF DISCRIMINATION

There is still discrimination out there today, even in the health care profession, who think that if you are lesbian, gay or bisexual, it is an illness or perversion. Gay, lesbian and bisexual clients may still look for signs of homophobia in the counsellor (Feltham and Horton 2000, p.52).



no fatties

All I have to say
about discrimination
is that it disgusts me
and has no place in
my world.

CONCLUSION



My journey so far at university, after an enormous amount of reflection, has been challenging in a personal and academic way. Self-care and self-awareness are high on my priority list now. They are vital for us all if we are going to be the best counsellors.



The ongoing support that I've accepted now is making me a better person and more professional, and I do believe I am fit to practice.



I've spoken about my values, beliefs and behaviour and I am looking forward to learning more about myself and what is going to make me a better counsellor and, help in my personal life.

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