

Personal Development

ASSIGNMENT 2

Student number
1804911

Commitment to Personal Development

- ▶ Necessary to reflect upon and explore my own life experiences.
- ▶ Therapy and a commitment for my own self growth.
- ▶ Exploring within the group and taking part in activities.
- ▶ Commitment to training and academic understanding.
- ▶ Regular Supervision.



BACP Ethics on self respect

- ▶ BACP Ethical framework guidelines on self respect requires:
- ▶ Fidelity
- ▶ Autonomy
- ▶ Beneficence
- ▶ Non-Maleficence
- ▶ Justice
- ▶ Self-respect

Commitment to Professional Development

- ▶ Commitment to attend University course.
- ▶ Commitment to continue at home study.
- ▶ Commitment to find a suitable placement.
- ▶ Commitment to follow the BACP Ethical Framework as a student member.
- ▶ Commitment to have a professional relationship with my clients.
- ▶ Commitment to seek training opportunities that would benefit myself and my client group.

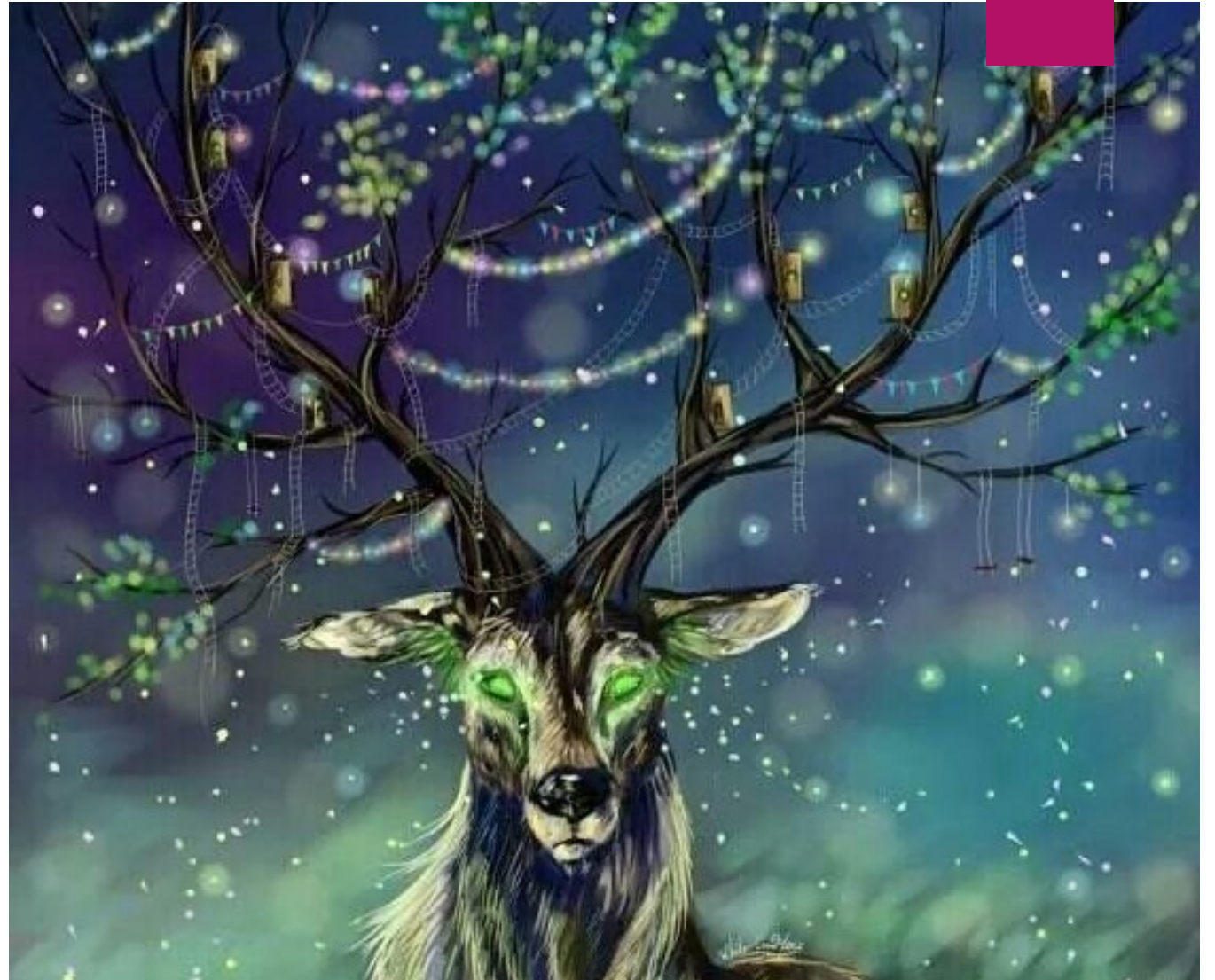


Self-awareness

- It is stated that counsellors are required to constantly be in a state of pursuing self-awareness. Self-awareness is said to be a journey of exploring the self and questioning our motivations to work within the counselling field such as:
- Reasons for helping.
- Our fears.
- Values and Ethics.
- Social class.
- Sexuality.

Fitness to Practice

- ▶ Understand and follow the BACP Ethical Framework. (2018)
- ▶ Provide a good service to clients.
- ▶ Continue with training and ensure training is current and up to date.
- ▶ My own well being is appropriate for working with clients.
- ▶ Building professional relationships and using good communication and listening skills.
- ▶ Accountability for my actions.



Values, Beliefs, Attitudes, Behaviours and the Emotional Impact of Discrimination.

Values

- ▶ Healthy relationships and being connected with others.
- ▶ Being able to work in a profession that is rewarding and challenging.
- ▶ My health and being able to understand time for self care.
- ▶ Strength and courage to become my true self.
- ▶ Hobbies and interests.



Beliefs

- ▶ Equality and accepting our unique differences.
- ▶ New experiences and being open minded.
- ▶ Learning and growing to achieve my full potential.
- ▶ Showing kindness and compassion for others.
- ▶ Taking care of the environment and respecting the diversity of life on the planet.



Attitudes and Behaviours

- ▶ Optimistic.
- ▶ Caring and friendly nature.
- ▶ Sensitive.
- ▶ Deep thinker.
- ▶ I can worry and use this time for grounding myself.
- ▶ Live in the moment.
- ▶ Cheerful.



Impact of Diversity

- ▶ Each individual client is unique and should be respected regardless of their race, religion, sexual orientation, age, beliefs.
- ▶ BACP (2018) Are committed to diversity and work towards promoting equality.
- ▶ As a BACP (2018) student member a commitment to embrace and encourage diversity and eliminate any forms of discrimination and unfair treatment and insuring to follow the correct policies and procedures and the BACP (2018) Ethical Framework for Practice.

Diversity in the Therapeutic Relationship

- ▶ Cultural differences and a lack of understanding can be a barrier within the therapeutic relationship.
- ▶ Using professional development to help to access cultural understanding.
- ▶ Having cultural understanding will avoid reliance on clients for information about their culture.
- ▶ Therapeutic relationship maybe more successful where I do not share their cultural experience.
- ▶ Important to have an understanding of my own beliefs on diversity. In doing so I will become more mindful on what type of impact I could have on clients.

My personal and professional development

- ▶ Gained self awareness skills and the importance of self care.
- ▶ An improvement on my self confidence.
- ▶ Improved knowledge on healthy relationships.
- ▶ I have gained knowledge and understanding on counselling skills and how to apply a humanistic approach in a therapeutic relationship.
- ▶ Time management, reliability to complete assignments on time.
- ▶ Better relationships with others.
- ▶ Gained an interest in other approaches in therapy.
- ▶ Understanding of professional relationships with clients.

References

Animalia- life (2018) Flowers Art. Available at: <http://animalia-life.club/other/fantasy-flowers-art.html> (Accessed 1st May 2019)

BACP (2018) BACP Ethical Framework for Counselling Professions. Available at: <https://www.bacp.co.uk/media/3103/bacp-ethical-framework-for-the-counselling-professions-2018.pdf> (Accessed 24th April 2019) 8,9,10, 17, 20.

BACP (2018) Our commitment to equality. Available at: <https://www.bacp.co.uk/careers/work-for-bacp/equality-and-diversity/> (Accessed 24th April 2019)

Charleson, S (2012) Personal Development in Counselling and Psychotherapy. Cornwall: Sage Publications Ltd.

Counselling tutor (2019) Equality and Diversity. Available at: <https://counsellingtutor.com/equality-and-diversity/> (Accessed 25th April 2019).

Pinimg (2013) Deer in forest. Available at: <https://i.pinimg.com/736x/04/b9/22/04b92205e3a35b1621bde250ba02e4cc--forest-drawing-stag-antlers.jpg> (Accessed 25th April 2019)

Pininterest (2016) Giaia. Available at: <https://www.pinterest.co.uk/pin/417497827937027776> (Accessed 25th April 2019)

Saunders, P. (2004) First Steps in Counselling. A students companion for basic introductory courses. 3rd Ed. Bath: Bath Press.

Vectoreldercartoons (2019) Group of people. Available at: <https://vectortoons.com/products/a-group-of-people-listening-to-a-man-during-a-support-group-session/> (Accessed 25th April 2019)

Whittier, S (2012) Kazumasa Uchio. Available at: <https://www.pinterest.co.uk/pin/52424783134342332/> (Accessed 25th April 2019)