



## CNL-610 Topic 1: Counselor Dispositions Reflection

**Directions:** Review the counselor disposition document located in the Class Resources. After reviewing the dispositions, complete the table below and total your ranking score at the bottom of the table.

**Part A:** Briefly discuss each of the following.

Counselor Disposition	Ranking: 1-10 (10 being the strongest) How strong are you in this area?	How is the disposition demonstrated in your behaviors or thoughts?	How will you continue to make progress?	Why is this disposition important in the process of assessment, diagnosis, and treatment?
Psychological Fitness	9	Maintaining psychological fitness involves my commitment to holistic wellness. I engage in regular self-care activities such as exercise and mindfulness practices. Additionally, I seek counseling resources when needed to	I commit to creating and maintaining a wellness plan that includes self-care activities, healthy physical activities, and continuous mental health support. I will also participate in clinical supervision or consultation to address my personal well-being and its effect on my	Maintaining psychological fitness allows counselors to operate from a place of well-being, which is crucial for providing effective care. Counselors who practice self-care are better equipped to handle the emotional demands of assessment and treatment (Newhill et al., 2003). This fitness contributes to overall efficacy by preventing burnout and ensuring counselors can fully support their clients.



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		support my mental health.	professional responsibilities.	
Self-Awareness	9	I engage in continuous self-reflection by regularly assessing my thoughts and feelings about course material, as well as how my beliefs may affect my interactions. I also practice bracketing, which means consciously setting aside my biases during discussions to fully engage with differing viewpoints.	I will engage regularly in reflective practices, such as journaling or supervision, to assess my values and beliefs and their influence on my counseling practice. I will incorporate mindfulness and self-awareness exercises to enhance my ability to recognize personal biases while working with diverse clients.	Self-awareness is vital for identifying personal biases and understanding how these may impact the assessment and treatment processes. Counselors must continuously reflect on their thoughts and feelings to ensure they do not interfere with client care (Humble & Borders, 2016). Greater self-awareness leads to increased empathy and more tailored approaches to treatment.



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<b>Cultural Diversity</b>	9	I actively embrace cultural diversity by engaging with and honoring differing opinions. Moreover, I educate myself about diverse backgrounds and incorporate varied perspectives into group discussions.	I will participate in training programs focused on cultural competence to deepen my understanding of diverse backgrounds and their impacts on counseling dynamics. I will actively engage in community events celebrating various cultures to broaden my perspectives and understanding of diversity.	Acknowledging cultural diversity is crucial for providing culturally competent care. Counselors must understand how cultural factors impact assessment, diagnosis, and treatment (Sue et al., 2012). Embracing diverse perspectives enriches assessment results and tailors treatment approaches to be more effective for clients from various backgrounds, ensuring they feel seen and understood.
<b>Acceptance</b>	10	I demonstrate acceptance through respectful communication, active listening to	I will participate in workshops or courses that focus on enhancing active listening skills, which	Acceptance fosters an environment of respect and openness, which is essential for effective assessment and diagnosis. When clients feel accepted, they are more likely to share personal information and experiences,



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		peers, and acknowledging different viewpoints without judgment.	will improve my ability to accept and integrate peers' viewpoints.	leading to accurate assessments and a better understanding of their situations (Yalom, 2020). This disposition helps build rapport, which is critical for effective therapeutic relationships.
Empathy	10	Empathy is demonstrated through my compassionate interactions with peers. I consciously practice understanding each individual's personal experiences and challenges. When classmates share their struggles, I validate them and reflect on their	I will attend workshops designed to improve my empathetic understanding and skills, participate in activities that practice perspective-taking, and join or form support groups where peers share experiences, encouraging empathetic listening	Empathy is fundamental in building trust, allowing clients to feel valued and understood. This emotional connection encourages clients to open up during assessments and share critical information about their experiences and emotions (Rogers, 1995). In treatment, empathy helps counselors provide sensitive and individualized care, enhancing motivation for change and engagement in the therapeutic process.



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		feelings, fostering a supportive atmosphere.	and responses in diverse contexts.	
<b>Genuineness</b>	10	I always aim to be genuine in my interactions by being honest about my thoughts and feelings while also setting an example of self-improvement. For instance, if I find it difficult to understand a concept in a course, I openly share this and talk about the steps I am taking to overcome the challenge.	I will engage in appropriate self-disclosure during supervised sessions to establish genuine connections with clients while upholding professionalism. I will routinely evaluate my interactions and ensure alignment between my beliefs, actions, and professional standards.	Genuineness enhances authenticity in the counselor-client relationship. When counselors are open about their own experiences and feelings (while maintaining professionalism), it fosters a safe environment for clients to express themselves (Corey, 2013). This authenticity encourages clients to engage in deeper self-exploration, enhancing the effectiveness of the assessment and treatment processes.



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<b>Flexibility</b>	9	Flexibility is shown in my willingness to change perspectives based on group input. For example, during a project with unsatisfactory results, I promoted brainstorming alternative methods, demonstrating my adaptability.	I will continuously study various therapeutic approaches and theories to enhance my ability to switch strategies based on client needs. I will also seek feedback from instructors and peers on adaptability in different situations and actively implement suggested adjustments.	Flexibility allows counselors to adapt their approaches based on client needs and responses during assessment and treatment. Each client is unique, and a flexible counselor can tailor strategies to fit different personalities and situations, improving the overall effectiveness of the counseling process (Norcross & Wampold, 2019). This adaptability is crucial for addressing unforeseen challenges that arise in therapy.
<b>Patience</b>	9	Patience is reflected in my approach to collaboration and discussions. By allowing space for	In conversations, I will consciously wait before responding to enhance my listening ability and	Patience is crucial for allowing clients to process information at their own pace, particularly during assessments that can be overwhelming. It respects clients' autonomy and creates a safe space to explore fears or



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		others to express themselves fully, I foster an atmosphere of respect and understanding. I practice patience by encouraging continued dialogue rather than rushing to conclusions.	demonstrate patience. I will engage in practices that promote patience and calmness, such as meditation or yoga, to cultivate a more patient demeanor in stressful scenarios.	concerns without pressure (Brendel et al., 2018). In treatment, patience encourages persistence in exploring difficult emotions and complex real-life issues, ultimately leading to more profound therapeutic insights.
<b>Amiability</b>	10	I exhibit amiability by maintaining a calm tone during challenging discussions. If a peer expresses frustration about my views, I approach the conversation with patience and focus	I will engage in role-playing exercises with peers and use mindfulness techniques to manage stress and maintain a friendly demeanor under pressure.	Amiability helps maintain a positive therapeutic atmosphere, even during challenging discussions. Counselors who remain calm and cordial can manage client anxieties or frustrations, making it easier to explore sensitive topics during assessment (APA, 2013). This contributes to a more productive therapy environment, enhancing treatment outcomes.



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		on finding constructive solutions.		
<b>Professional Identity</b>	10	I demonstrate professionalism by always meeting deadlines and actively participating in class discussions. I take responsibility for my assignments and communicate proactively if I anticipate any challenges. This reflects the expectations in a professional counseling setting. I see every interaction	I will invest time in organizational skills and time management training to ensure the timely submission of assignments and responsibilities. I will also attend seminars, webinars, and networking events related to counseling to uphold the highest standards of professionalism.	A strong professional identity is the foundation of effective counseling practice. Timely submission of assessments and maintaining a professional demeanor reflect a commitment to excellence and set a standard for the therapeutic relationship. By actively engaging in continued professional development, maintaining ethical standards, and utilizing empirically supported practices, counselors can ensure they provide the highest level of care to their clients (ACA, 2014). This dedication ultimately enhances the assessment, diagnosis, and treatment processes, benefiting both the counselor and the individuals they serve.





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		<p>as a chance to exemplify the standards of the profession.</p> <p>My active involvement in counseling associations, such as the American Counseling Association (ACA ), provides me with invaluable networking opportunities, participation in forums, and contributions to discussions that enhance my</p>		



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		knowledge and professional identity. I also diligently monitor changes to state regulations and ethical guidelines related to counseling, and subscribe to newsletters and publications in the counseling field to ensure I am always informed about the latest updates and changes. This commitment to staying informed is a testament to my dedication to		



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		maintaining the highest professional standards.		
Total = 86				

## References

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**Part B:** Access the Multicultural Awareness, Knowledge, and Skills Survey (MAKSS) located in the Topic 1 Resources. Complete the MAKSS survey and write a brief reflection (100-150 words).

**MAKSS Survey Reflection:**

Upon completing the Multicultural Awareness, Knowledge, and Skills Survey (MAKSS), I gained important insights into my understanding of multiculturalism within counseling. I was pleased to find that I scored highly in areas reflecting basic awareness and



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sensitivity toward different cultures, indicating a solid foundation in recognizing the need for cultural competence. However, I was surprised by my lower scores relating to specific knowledge about cultural practices and issues faced by marginalized groups. This reflection has emphasized the need for personal growth in understanding the complexities of different cultural backgrounds. As I enhance my skills through workshops and literature, I am confident that I will be able to provide more effective support to diverse clients, thereby improving their counseling experience.