

Program Reflection Presentation



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CNS 790

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Prior to entering
Wake Forest University
Master of Counseling Program

- UNDERGRADUATE:
BUSINESS ADMINISTRATION
- FAMILY
- YOGA INSTRUCTOR
- CASA



YEAR 1



- 15 YEARS POST UNDERGRAD
- NAVIGATING THE TRANSITION
- LIFESPAN DEVELOPMENT



Year 2

- Summer off
- Basic & Advanced Skills
- Residency
- Contemplating client population, modalities, internship placement
- Placement: Mosaic Counseling





Services:

- Individual Counseling
- EAP
- School Outreach
- Suicide Prevention Training



Year 3 - Practicum

- Double courses + Practicum
- Faculty Supervisor & Site Supervisor
- Nerves regarding client case load
- Group Hours
- Contemplating client population



Year 3 – Internship I

- Increased client load
- New Site Supervisor
- Narrowing client population, modalities, style
- Experience: Clients with suicidal ideation, CPS case, Police involvement, navigating boundaries



Year 3 – Internship II

- Struggles with gap time
- Increased client load
- Navigating change of work environment/structure
- Hired as intake specialist
- Wrapping up



Reflection & Plans

- Areas of Strength
 - Building rapport
 - Confrontation/challenging clients
- Areas that need Growth
 - Slow down, silence
 - Male clients, couples
- Now what?!
- Plans while waiting for limited license
- Beginning career plans
- Long-term career plans



Favorite Take-a-ways

- Case collaboration in supervision
- Resources available: feeling wheel, assessments, podcasts available
- Experience with variety of client populations & presenting concerns
- Growth opportunity in this field
- Learning about myself!

