

## **ASSESSING YOURSELF**

In counseling...we are our own instrument.

- Our ability to be compassionate with healthy boundaries is key.
- With compassion we dethrone ourselves as we put another foremost.

*Compassion is linked to emotion/empathy and followed by behavior/action*

## **FOLLOW YOUR PAST INTO YOUR FUTURE**

- Many individuals go into counseling because they were sensitized to people's sufferings because of their own struggles.

## **GOOD WORK COMES FROM:**

- Our personal energies, both positive and negative energies.

POSITIVE energies comes from where we have been blessed (healed). We all leave childhood with blessings—talents, that were developed or came naturally. There are incidences of good luck (being in the right place at the right time) that individuals experience. There were people who believed in you, encouraged you, or told you were good at something or that you could do something.

## **ASSIGNMENT**

Who has taken a special interest in you and encouraged you?

Who believes or believed in you?

Who has been or is your mentor?

Who has been your inspirational model?

How were you blessed?

Remember, blessings come from adversity)

NEGATIVE energies come from were we have be cursed (wounded). We all leave childhood with wounds, frustrations and disappointments. The problems that stained our psyche may become the great source of our ability to help others. The injuries we have suffered can invite us to healing—for both ourselves and for others.

Where have you been wounded?

What would you like to change about other people or the world?

If given one hour on prime time tv to influence the nation—what would you talk about?

How can you turn this wound or disrespect or curse into a blessing and a contribution?

## **EXPLORE YOUR VOCATION**

### **What are you very good at?**

Identify your gifts, talents and abilities at which you excel and were either born with or have acquired during your lifetime

- What are you not at all good at?
- What kinds of tasks or activities give you joy, delight, or pleasure?
- What do you like to do a lot?
- What would you do if you had all the money, time, health, and love you need?
- What kinds of tasks or activities deplete or bore you?
- What do you hate to do?
- What areas are you very disciplined at?
- Type of activities where you are consistent, methodical and do not procrastinate or regularly avoid.
- What activities do you regularly avoid, delay or procrastinate about?
- What areas are you not disciplined at?
- What, in your opinion, does the world, the region, the state, or your community need?
- What type of contribution does the world, the environment, people, children or animals need these days?
- What, in your opinion, does the world needs less of these days?

## **COUNSELOR SELF-ASSESSMENT FOR TREATING FOCI**

Rate yourself in each of the following areas to determine your comfort zone for working with people with these issues. Take into consideration: your assessment of your own in-depth experience, exploration and investment in each of these areas and your capacity/skill to guide or facilitate others through their journeys in these areas.

Use a scale of 1-10:

1 = not comfortable/incapable of helping or consulting with people

10 = very comfortable/capable/expert in this area

Score

- \_\_\_\_\_ Health/healing, psychological aspects of physical illness
- \_\_\_\_\_ Work and vocation or calling
- \_\_\_\_\_ Love/intimacy
- \_\_\_\_\_ Marriage, crises, affairs, communication, etc.
- \_\_\_\_\_ Parenting: babies/toddlers
- \_\_\_\_\_ Parenting: adolescents
- \_\_\_\_\_ Friendships/community
- \_\_\_\_\_ Spirituality and religion
- \_\_\_\_\_ Death, dying, conscious dying, grief and bereavement
- \_\_\_\_\_ Gender issues, men/women
- \_\_\_\_\_ Guilt, shame
- \_\_\_\_\_ Anxiety, depression
- \_\_\_\_\_ Creativity, play, blocks to creativity
- \_\_\_\_\_ Midlife transition & menopause - women
- \_\_\_\_\_ Midlife transition, men
- \_\_\_\_\_ Retirement
- \_\_\_\_\_ Parenting one's parents, taking care of parents
- \_\_\_\_\_ Drug and alcohol addiction, AA, Alanon
- \_\_\_\_\_ Eating disorders
- \_\_\_\_\_ Food, medication, sex, gambling and other addictions
- \_\_\_\_\_ Ethics and moral issues in everyday life
- \_\_\_\_\_ Leisure, recreation
- \_\_\_\_\_ Solitude
- \_\_\_\_\_ Meditation, relaxation, stress reduction
- \_\_\_\_\_ Meaning in life
- \_\_\_\_\_ Gay & lesbian issues
- \_\_\_\_\_ Pre-nuptial counseling
- \_\_\_\_\_ Conflict resolution, mediation
- \_\_\_\_\_ Disabilities (e.g. deaf)
- \_\_\_\_\_ Military psychology
- \_\_\_\_\_ Forensic psychology (prisons, jails, insanity eval. etc.)
- \_\_\_\_\_ Pain management, chronic pain
- \_\_\_\_\_ Chronic & terminal illness (e.g., MS, cancer)
- \_\_\_\_\_ Aging: psychological/physiological
- \_\_\_\_\_ Severe chronic mental illness (i.e. Schizophrenia, Bipolar)
- \_\_\_\_\_ Personality disorders (i.e. Borderline)
- \_\_\_\_\_ Other/s:

## **COUNSELOR SELF-ASSESSMENT FOR CLINICAL SKILLS**

Consulting and clinical skills: Please rate yourself in each of the following areas or approaches, for your level of expertise or scope of practice.

Your expertise or scope of practice is determined by your education (courses, seminars, and reading), supervised experience, and most importantly your personal investment in the subject area as well as clinical experience.

Use a scale of 1-10:

Not an expert in that approach

10 - Highest degree of expertise

Score

- Psychoanalytic
- Psychodynamic
- Cognitive
- Behavioral
- Existential
- Family system
- Humanistic
- Intermittent long term
- Organizational development
- Crisis intervention
- Body-mind approaches
- Adult development & family life cycle
- Mediation
- Transpersonal
- Philosophical counseling
- Spiritual direction
- Hospice/grief/bereavement counseling
- Meditation
- Psychopharmacology (psych-meds)
- Cross cultural
- Multi-Modality
- Sand tray
- Jungian
- Gestalt
- Forensic evaluations (e.g. custody, sanity)

*Others....*