

Integrating Spirituality into Practice

The Counselling House: Practicum Placement Spring 2022

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Personal Reflection

When asked to reflect upon the counsellor I have become, my mind draws a blank. It's not that I feel I have not *learned* throughout my time as a graduate student or counselling intern, but rather the answer is far too complex to place into words. As my self portrait suggests, every experience bestowed upon me during my 34 years of life has been weaved together to create the tapestry of my therapeutic presence. As such, I use neither a prescribed modality nor specific school of thought, but rather an approach based upon the integration of experience, knowledge, and observation.

I have become a counsellor who understands the pain of divorce, childbirth, and loss. I have become a counsellor who empathizes with the stress and pride of child-rearing, academic studies, and managing a household. I have become a counsellor who has seen and experienced mental illness firsthand, and therefore offers compassion to those individuals and their loved ones who suffer. I have become a counsellor who is flexible with therapeutic needs and comfortable drawing upon Cognitive-Behavioral, Existential, Person-Centred, or Psychodynamic techniques as the session allows. But I am also a counsellor who understands I am a complete person.

I have learned the importance of professional and psychological boundaries, and I incorporate these boundaries into my daily counselling practice. I've become a counsellor that is comfortable advocating for my own psychological health and scheduling clients around those needs. I've learned to be patient with myself should an answer be unclear and offer self-compassion if I am less than perfect.

Finally, I've become a counsellor who appreciates the importance of meaning-making in the lives of both myself and my clients. I've learned to seek that which brings an individual a sense

of identity, that which brings a person pride, and then *fight* for it. I have learned, and continue to learn, more about my complete self with every client. Thus, I have become a counsellor who travels throughout the therapeutic experience together with the client, learning and growing along the way.



Music

Honors

Sexual Trauma

Reading

Scholar

Nature

Love

Self-Doubt

Family

Humanism

Sunshine

Daddy's Girl

Poverty

OCD

Motherhood

Patience

Peace

Understanding

Wife

Calm

Unconditional
Positive
Regard

