CNL-624 Topic 1 Counselor Disposition Worksheet

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CNL-624

Directions: Review the counselor disposition document located in the Class Resources.

Part 1: After reviewing the dispositions, complete the table below and total your score at the bottom of the table. Use only a sentence (or two) to discuss each of the following. APA formatting is not required; however, citations should be included as appropriate.

Counselor Disposition	How strong are you in this area? Ranking: 1-10 (10 being the strongest)	What areas have you made progress in since being in the program?	What strategies will you use during the practicum to improve the weaker scores? Provide at least one example for any score under 5.
Psychological Fitness	8	Through coursework and supervision I have become more aware of managing stress and maintaining boundaries between personal and professional life.	Continue practicing self-care through exercise, reflection, and supervision to prevent burnout during practicum.
Self-Awareness	8	I have grown in recognizing my own biases and emotional reactions when listening to clients' stories.	Use supervision and reflective journaling to process reactions and remain client-focused.

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Cultural Diversity	7	The program has increased my understanding of how culture, background, and environment influence clients' experiences.	Continue learning from clients' perspectives and seek guidance when working with populations different from my own.
Acceptance	9	I have become better at meeting clients where they are without judgment, regardless of lifestyle or beliefs.	Continue practicing unconditional positive regard and reminding myself that therapy is about the client's goals.
Empathy	9	My listening and empathy skills have strengthened through practice sessions and early client interactions.	Focus on reflective listening and validating clients' emotions during sessions.
Genuineness	8	I have learned that being authentic helps build trust and rapport with clients.	Maintain authenticity while still keeping appropriate professional boundaries.
Flexibility	6	I have learned that counseling sessions rarely go exactly as planned and require adjusting in the moment.	During practicum I will remain open to changing approaches based on client needs and supervisor feedback.

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Patience	6	I have realized that client progress can take time and cannot be rushed.	Remind myself that change occurs gradually and focus on supporting small improvements over time.
Amiability	8	I have grown more comfortable building rapport and creating a welcoming environment for clients.	Continue practicing open body language and warm communication with clients.
Professional Identity	7	Through coursework and practicum preparation I have	Continue learning from supervisors and gaining experience to strengthen
Total Score: _76/100			

Part 2: Short Answer Question

Provide a short answer, 100-150 words, for the following question. Do not exceed 200 words for your response. Use the textbook and any other scholarly resources to support your response; include at least one scholarly source.

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Consider the personal characteristics outlined in the counselor disposition statement and select one. How will the selected characteristic impact your future clients? Provide at least one example in your response.

One important counselor disposition is empathy, which plays a significant role in building a strong therapeutic relationship. Empathy allows counselors to understand a client's experiences and emotions from the client's perspective. When clients feel understood and validated, they are more likely to trust the counselor and engage openly in the counseling process. For example, a client struggling with depression may feel isolated or misunderstood in their personal life. If the counselor responds with empathy and reflective listening, the client may feel heard and supported, which can strengthen the therapeutic alliance. This connection can increase the client's willingness to explore difficult emotions and work toward change. Research suggests that empathy is one of the most important factors influencing positive counseling outcomes because it fosters trust and emotional safety in the counseling relationship (Corey, 2021).

References

Corey, G. (2021). Theory and practice of counseling and psychotherapy (10th ed.). Cengage Learning.

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