Peer reviews:

DQ#1. How do you plan to develop your portfolio? Are there specific learning tools you have found helpful? Be specific.

Honestly, I do not know where to begin developing my portfolio. I was advised by past instructors to compile my best work produced throughout my master’s program. My question is, where do I begin? What if I did not save most of my assignments to showcase? I assume the training completed and the certificates earned from Udemy can be included in my portfolio. In addition, updating my resume with my current practicum site and the theory approaches practiced such as mindfulness, CBT, inner-child, and trauma-focused therapy practiced with clients. Furthermore, I may include the AOC interpersonal skills group for adolescents to my list of abilities. My experience gained during my practicum has allowed me to work with a population of adolescents ages 12 and over, middle age and geriatrics clients. Some were diagnosed with PTSD, anxiety, depression, autism spectrum, suicidal, and depression.

My response:

Good afternoon Shenequa,

Developing my portfolio is something that my clinical supervisor asked me about and we discussed during my first individual meeting. At first I gave a general answer but he suggested I look into trainings of techniques that are in high demand of future employers that will compliment my masters level addiction counseling degree. He mentioned EMDR (Eye Movement Desensitization and Reprocessing). This is a psychotherapy that enables people to heal from the symptoms and emotional distress that are the result of disturbing life experiences. I researched it and it didn’t find it fit who I wanted to be as a counselor despite it having many lucrative opportunities. As my supervisor stated, before we put the cart before the horse, he suggested I work on my development in the following areas to build my portfolio:

1. *Theories and techniques.* These theories may include traditional psychodynamic techniques, cognitive–behavioral approaches, and systems theory. These theoretical foundations are the essence that pertains to a wide variety of settings and particular client populations. At my site I am gaining a vast amount of experience implementing my orientation and techniques facilitating various SA groups on my own.
2. *Experiential Learning-* I plan on participating in training groups offered by an agency, becoming a member of a personal therapy group (which are often process‐oriented), or join in group experiences at conferences. After browsing the SAMHSA website, I saw they links to various professional organizations such as American Society of Addiction Medicine (ASAM) and National Association of Alcohol and Drug Abuse Counselors (NAADAC) that offer training opportunities- both experiential and direct instruction that are geared to the needs of a wide range of professionals, from the novice to the highly experienced counselor.

In regards to specific learning tools:

1. *Education* - I found the SAMHSA website to be very helpful. They provide a number of resources, including publications for substance abuse treatment professionals. These include: a) Technical Assistance Publication (TAP) series. TAP 21 is relevant training: *Addiction Counselor Competencies: The Knowledge, Skills, and Attitudes of Professional Practice.*After reading the different TAPs, I can address any concerns with my supervisor. b) CSAT’s Treatment Improvement Protocol (TIP) series includes more than 40 publications to assist counselors in treating people with substance abuse problems
2. *Observations*- My supervisor mentioned how he wants to sit in on my group therapy sessions and afterwards give me feedback on how I handled the clients in-group. He also suggested I videotape (with the consent of the client) my first couple of individual sessions. I can then study videotapes with him and we can analyze my strengths and weaknesses.

My response:

Good afternoon Michael,

Hello Class,

Developing a portfolio will be something new for me because I have only used resumes and at times I used cover letters. I have researched information pertaining to portfolios by using the internet as a source in order to see exactly what a portfolio requires, as well as the specific purpose for them instead of a resume, or cover letter ect. I plan to develop my portfolio by following specific instructions offered by examples of others completed by individuals in my field, using online manuals, and available resources at the library or career center in my local area. I want my portfolio to list all of the things that I have accomplished and would potentially be able to offer to an agency or particular company. As I have searched the internet regarding a portfolio I found this information regarding it. An employment portfolio is a collection of samples of your work and evidence of your employment achievements, organized in an attractive package such as a presentation binder, preferably with an online version that mirrors it. In addition to your resume, other hard copy documents that best demonstrate your skills and abilities range from transcripts and letters of recommendation to samples of your writing, research, design or artwork(work.chron.com).

https://work.chron.com/employment-portfolio-used-for-14598.html

My response:

Good afternoon Katrina

DQ#2. Agencies utilize a wide variety of treatment theories, strategies, and modalities. To attract an employer, how would you present yourself in order to avoid being too vague in your clinical approach (e.g., glossing over the differences in approaches on the one hand), and being too narrow on the other hand (e.g., being a committed behaviorist in an agency administered by psychodynamically oriented clinicians)?

To be better prepared in order to present myself to an employer I would have a clear idea of the types of clients that I have worked with in the past. While also giving examples of various theories that I have used while working with these clients. I would also be ready to answer questions in how I would handle certain situations in order to help get a client to a more grounded place. It will be forever important to stay up to date in the education of how counseling is forever changing as well. Learning more about the various theories and while being able to work with any type of client. I feel it is important to be able to state all of the type of work you did at your site. For instance being able to lead group and doing some education on various topics to help the clients get to a better understanding of where they are. Some teaching that you can do is in learning to set boundaries as well as family systems. Being able to write the notes in a good manner as well as doing intakes and insurance reviews are key.

My response:

Good afternoon Lauren

Hello Professor Krupp & Class

To attract an employer, I would provide my portfolio which describes my experiences and education towards my professional development. Two of the skills I am using well are active listening skills and taking notes to follow up on, giving feedback to client on what was said during the session. With the substance abuse group I used Beck & Ellis Cognitive Behavioral Theory and Rogers Client- Centered approach. The CBT approach in counseling is based on conditioned learning and response, seeks to determine how and why a client reacted in a particular situation. It also enquires how the client get in the program, and what the client is doing to change the direction in his /her life. To me CBT is similar to a client centered approach which emphasizes self-actualization, self-healing and self- awareness.

My response:

Good afternoon Gloria

My practicum practices strenght based counseling and CBT. When I first began my practicum, I fell in love with CBT. My supervisor, who happens to be a doctor, has worked in the feild for more than 25 yyears. She has peovided me very good information that I use daily. Because she ghas allowed me to be incharge of a Day Treatment program that deals with children between the ages of 5-7 that have been removed from their prospective schools due to behavioral issues. I get to use my teaching skills as well as gain counseling experience that will help me become more proficient as a counselor. Most agencies today use strenght based and CBT to get the client focused on what's the real issue in their life that is preventing them from progressing in life. Today state and federal level agencies are looking for Clinicians that have experience in multiple areas of expertise and I know that when I create my portfolio will be full of details that relate to the experience at this work site.

My response:

Good afternoon Tamera