Marissa Norman

Self-Evaluation Final Paper

CBT Reflection

A. Reflect on your role as an advanced autonomous CBT therapist. How did you demonstrate

this role effectively? How might you have strengthened this role?

    - Overall I think I did a mediocre job in my role as a CBT therapist. On a scale of one to

ten I would rate myself a five. I understand the concept of CBT and I understood how to go

through the counseling session, but I wasn't very clear in my explanations. Not giving full

explanations in a way that the client will understand makes it difficult to make connections in the

model and for the client to understand why it's a relevant model. Other than that I think I did

well with demonstrating professionalism and empathy in words and body language.

B. What are the diversity issues that you needed to be aware of during the session? What might

have enhanced your cultural competence?

    - My client was of Haitian origin even though she was from Canada so that could have

been a factor in our session but nothing specific was brought up. I would say that knowing more

about my clients history and background would inform me about her mindset and views on life

and beliefs. Having this knowledge would have assisted with engagement and building rapport

with the client.

C. What are the ethical issues that surfaced (or could have) during the session? If there was

nothing apparent, reflect on the ethics that operated well.

    - My client mentioned concern about not meeting stereotypical characteristics or

attributes of their ethnicity. I didn't really address this at all in session, although I probably

should have. I will say that I was not sure how to deal with this or what words to use without

being offensive. I thought this could potentially be an area to explore with the client since it was referenced multiple times but I wasn't sure how so I didn't pursue the topic.

D. Were there any social justice issues that surfaced during the session? If so, how could advocacy in larger systems help this client?

    - There were not any social justice issues that were disclosed or alluded to.