

DI 1015: Counselling

Self-Development & Reflection

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Session Outline

- Developing emotional intelligence / key characteristics of a counsellor.
- The practice of present-moment awareness and other psychological self-development tools.
- Reflective practice and developing reflection skills.

What is emotional intelligence?


Emotional Intelligence (EQ) is the ability to:

- Recognize and understand your own emotions.
- Manage your emotions effectively.
- Recognize and influence the emotions of others.
- Build better relationships and solve interpersonal issues.



Components of emotional intelligence?

1. Self-awareness: Recognizing your emotions and their impact.
2. Self-Regulation: Managing emotional reactions.
3. Motivation: Maintaining a goal-oriented mindset.
4. Empathy: Understanding others' emotions.
5. Social Skills: Building strong interpersonal connections.



Present- Moment Awareness

Mindfulness is the practice of:

- Staying focused on the present moment without judgment.
- Observing thoughts and emotions without attachment.
- Using techniques like grounding and breathing exercises to center yourself.



Reflective Practice

Reflective practice involves:

- Analyzing past experiences to improve future actions.
- Identifying strengths, weaknesses, and areas for growth.
- Developing self-awareness and resilience through structured reflection.

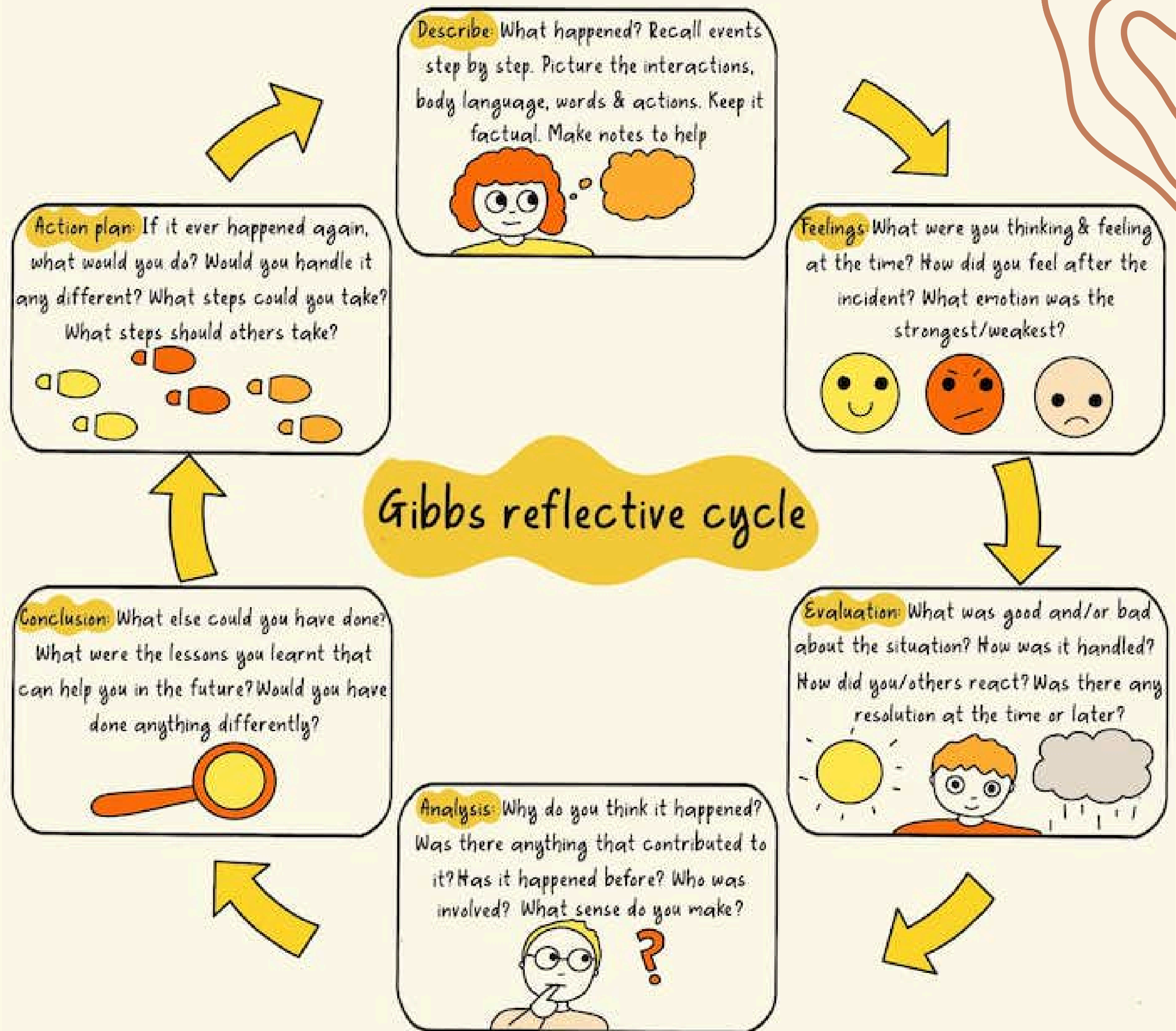
Reflective Practice

- Reflective practice is understood as the process of learning through and from experience towards gaining new insights of self and/or practice (Jarvis, 1992)
- Examining assumptions of everyday practice
- Being self-aware and critically evaluating their own responses to practice situations
- In short..... recapture practice experiences and consider them over critically with the intention of gain new understandings and so improve future practice.

Gibbs' Reflective Cycle

1. Description: What happened?
2. Feelings: What were you thinking and feeling?
3. Evaluation: What was good or bad?
4. Analysis: What sense can you make of the situation?
5. Conclusion: What else could you have done?
6. Action Plan: What will you do next time?

Gibbs' Reflective Cycle

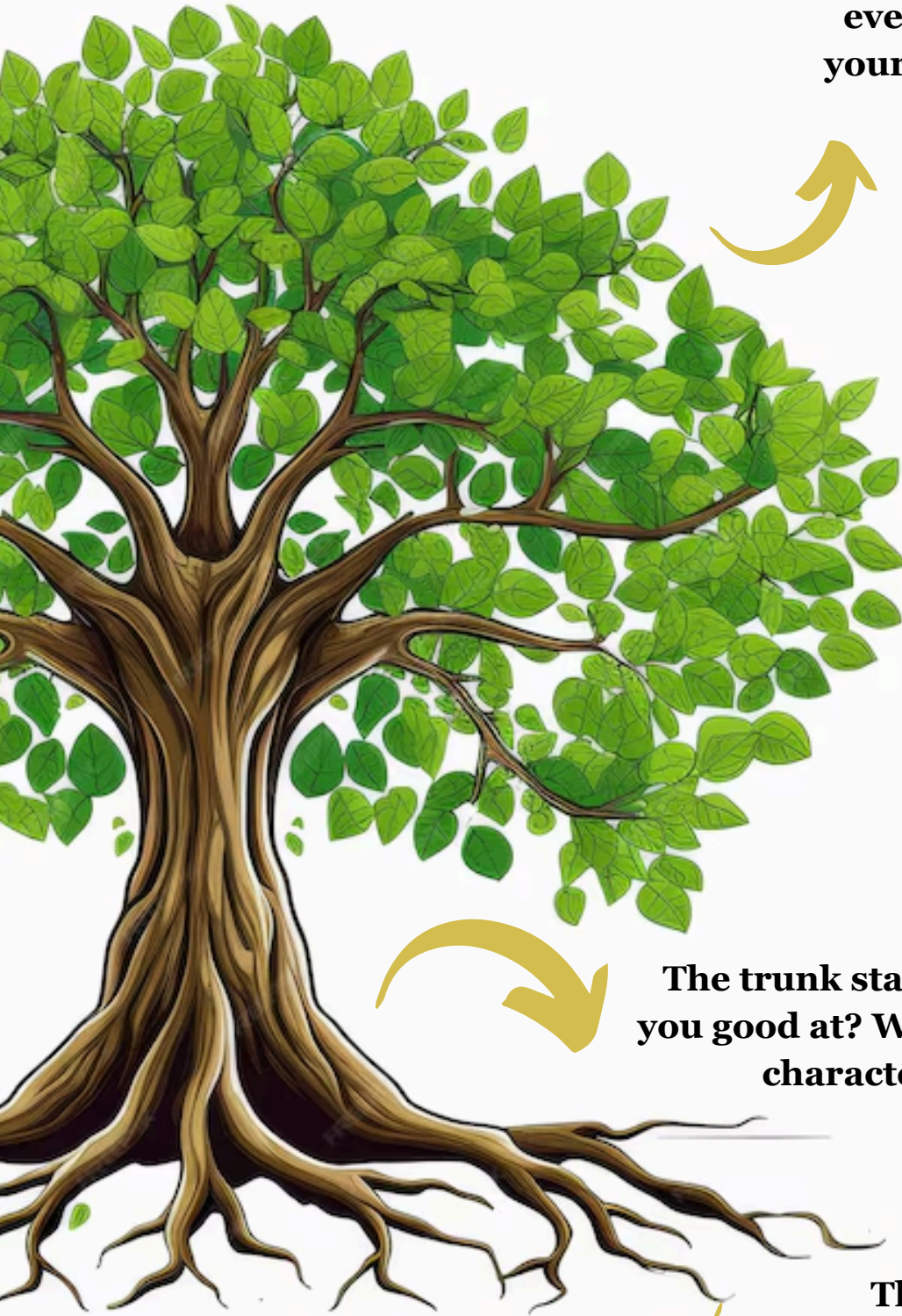




Practice Session

- Describe a recent challenging situation and how you handled it.
- Reflect on what went well and what could have been improved.

The tree of life helps us think about who we are and what's important to us. Let's explore the parts of a tree to learn more about ourselves!



The leaves are the important people in your life. They could be family, friends, or even pets. Some may no longer be around, but they've still made a difference in your life. These are the people who support you and help you through challenges.

The branches represent your hopes and dreams. These are the things you want to do in the future, both for yourself and your community. Some might be big goals, and others might be smaller, but they all help you grow.

The trunk stands for your values, strengths, and skills. What are you good at? What makes you strong? It could be your talents, your character, or anything that helps you face challenges.

The roots represent your history and where you come from. This could be your hometown, language, culture, or religion. It's the things that connect you to your past and make you who you are today.

*Tree of Life:
Your past,
present &
future*



Self-Esteem Bucket



I am a bucket!

What fills my bucket?
What makes you feel proud or happy about yourself? What makes you feel confident?

What puts holes in my bucket?
What are things that make I feel sad or unsure about your skills and abilities? What makes me feel like I am not good at something?

What mends my holes?
What can I do to make me feel better about myself when I feel sad?

The background is a light beige color. In the top-left corner, there is a large, dark brown organic shape with a thick, wavy yellow line inside it. In the bottom-right corner, there is a dark brown organic shape with a dark blue leafy branch extending from it. The text "THE END" is centered in the middle of the image.

THE END