Assignment 3: Professional Identity Reflection Paper
(Due 4/22)

Each student is required to complete a 5-7 page reflection paper on her or his professional identity. More specifically, the goal of this paper is to integrate your own perception of “self” within the context of being a cognitive-behavioral therapist. Having some understanding of your identity and how this influences your approach as a therapist can provide a solid foundation for competent and effective therapy. There is much flexibility in how you approach/write this paper – it is your own professional identity. Below is a list of themes/thoughts that are strongly suggested to include in your paper. This assignment is due 4/22 and should be emailed in MS Word format to am.volungis@assumption.edu. This assignment accounts for 15% of your grade.

Please consider integrating the following themes/thoughts into your paper (in any way and order you prefer):

1) For broad consideration:
   a. The process of professional identity development is defined as the “successful integration of personal attributes and professional training in the context of a professional community” (Gibson, Dollarhide, & Moss, 2010, pp. 23-24).
   b. Professional identity development within counselor training can be described as both an intrapersonal and interpersonal process (Limberg et al., 2014).

2) Your professional image

3) Your public image

4) The role/influence of being a cognitive-behavioral therapist

5) The role/influence of espousing empirically-supported treatments (i.e., practitioner-scholar)

6) Professional ethics; do no harm

7) What distinguishes your identity from other professions? (i.e., “between-group” differences)

8) What distinguishes your identity from other people in “our” profession (i.e., other mental health professionals)? (i.e., “within-group” differences)

9) Are there any life events/experiences that have shaped your professional identity?

10) Are there any people (either generally or specifically) that have shaped your professional identity?

11) Within the field of mental health, what do you do besides therapy that shapes your professional image?