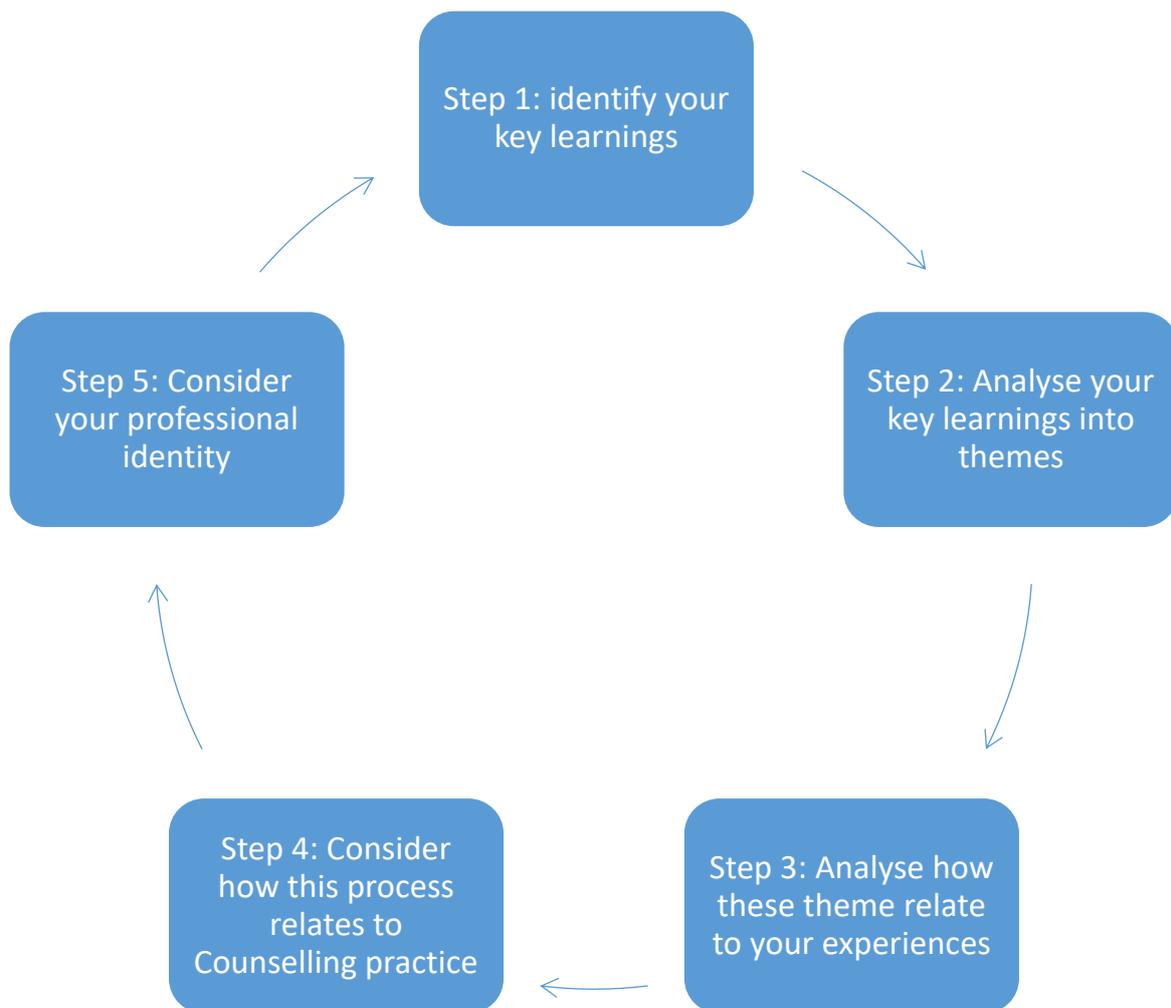


# COUNSELLING INTEGRATION REPORT SCAFFOLD

Process of thinking about writing an integration report



## Reflective Writing

Reflective writing is when the writer is aware of the process and context they are in, and they then write about what they observe while critically reflecting. It explores ideas and documents your own development as a counsellor in the process of writing.

**Note there are many different ways that you can structure this assessment, this is just one example of how you could structure your paper.**

<b>Introduction (80-100 words)</b>	
<b>Content of the introduction</b>	<p>Indicate that you are going to write about:</p> <ul style="list-style-type: none"> <li>• <i>Your key learnings and how you will integrate them</i></li> <li>• <i>Critically evaluate the experience</i></li> <li>• <i>Articulate understanding of counselling as a discipline</i></li> <li>• <i>Show reflective practice</i></li> <li>• <i>Identify skills between personal and professional selves</i></li> <li>• <i>Show consolidation of professional identity</i></li> </ul> <p>In first year, the major conceptual theme was...            In second year, the theme became...            In third year, the main conceptual themes are.....</p>
<b>First year courses and reflections (approx. 800 words)</b>	
<b>What were the major conceptual themes? Break them into paragraphs.</b>	
<b>Paragraph 1 (approx. 250-300 words)</b>	<p><b>Possible focus: Counselling Skills One (Descriptive)</b></p> <ul style="list-style-type: none"> <li>• What were your key learnings?</li> <li>• What were the key assessments and what did you learn from them particularly in relation to the course objectives?</li> <li>• What were two or three main theories that you learnt about?</li> <li>• What did you learn most about in this unit?</li> <li>• What skills did you think you developed here?</li> </ul> <p><b>(Reflective) should be the majority of your word count</b></p> <ul style="list-style-type: none"> <li>• What was your response to the feedback?</li> <li>• What might your response to this feedback say about what you value?</li> <li>• How did your learnings change the way you viewed things?</li> <li>• How did your knowledge of yourself change / deepen?</li> <li>• How might this new knowledge about yourself contribute to your professional self?</li> </ul>
<b>Paragraph 2 &amp; 3 ( approx. 250-300 words respectively)</b>	
<i>Refer to information about paragraph 1</i>	
<b>Second year subjects and reflections (approximately 800 words)</b>	
<b>What are the major conceptual themes?</b>	

<p><b>Paragraph 1, 2, 3</b> (approx. 250-300 each)</p>	<p><b>Possible focus:</b></p> <p><i>Refer to information about paragraph 1</i></p>
<p style="text-align: center;"><b>Third year subjects and reflections</b></p> <p style="text-align: center;"><b>(approximately 800 words)</b></p> <p style="text-align: center;"><b>What is the major conceptual theme?</b></p>	
<p><b>Paragraph 1</b> <b>Counselling Placement</b> (approx. 250-300 words)</p> <p><b>Paragraphs 2 and 3</b> <b>Key Learning in Third Year</b> (approx. 250-300 words each)</p>	<p><b>Possible focus:</b></p> <p><i>Refer to information about paragraph 1</i></p>
<p><b>Paragraph 1</b> <b>Supervision 1</b> (approx. 250-300 words)</p>	<p><b>Possible focus:</b></p> <ul style="list-style-type: none"> <li>• What has been your experience of supervision?</li> <li>• How has it helped you to develop your professional identify as a counsellor?</li> <li>• How has it helped you to grow and change/ consolidate your skills?</li> <li>• What do you understand about what you still need to learn?</li> </ul>
<p><b>Paragraph 2 Project 1 or further develop/construct knowledge of your practice-speculate on your future within the practice.</b> (approx. 250-300 words)</p>	<p><b>Possible focus:</b></p> <ul style="list-style-type: none"> <li>• How has your project proposal deepened your knowledge of the field of counselling?</li> <li>• What were some of the challenges you faced with this project and how did you deal with them?</li> <li>• How would you apply what you learnt during the project development to your counselling practice/placement?</li> </ul>

<p><b>Overarching statement of your understanding of counselling as a discipline</b></p> <p><b>Summary of your developing professional identity as a counsellor (approx. 250 words)</b></p>	<p><b>Possible focus:</b></p> <ul style="list-style-type: none"> <li>• Summarise your perspective on counselling as a discipline</li> <li>• Discuss how your learning throughout the degree has shaped your practice.</li> </ul> <p>Include some discussion of how you are developing towards the ACAP Graduate attributes. The attributes can be found on the ACAP website at this link:  <a href="https://www.acap.edu.au/current-students/course-guides/discipline-of-counselling/bachelor-of-counselling/graduate-attributes/">https://www.acap.edu.au/current-students/course-guides/discipline-of-counselling/bachelor-of-counselling/graduate-attributes/</a></p>
<p><b>Conclusion (approx. 80-100 words)</b></p>	<p>Summary of the paper.</p>

**Tips for writing:**

- Use a strong topic sentence
- Integrate samples from your written assessments and say what theme it reflects
- Make reference to at least 1 or 2 core theorists from the unit and include 1 or 2 academic references
- Talk about how you have developed knowledge of theories and models
- Write about how you've developed your skills in counselling
- Write about how you've developed your knowledge of how to act ethically
- Mention what ACAP graduate attribute it was helping you to develop.

*Example Topic Sentence:*

*Counselling Skills One taught me about the importance of developing rapport and the core basic counselling skills taught by Egan (2010) and Geldard & Geldard (2016).*

## What does it look like?

When I first began to study counselling, my ideas of the profession were vastly different to my current understanding. On reflection, I realised that my motivations for studying counselling were to heal my own emotional issues and gain skills in how to manage my problems. However, after three years of study, my focus has now shifted more to understanding the client and how I can place them in the centre of the counselling relationship, rather than on myself. According to Barnett (2007), there is a common phenomenon known as the 'wounded healer' who is someone that has gain insight by reflecting on their own motives for studying the human condition. The study of micro skills in units COUN5131 and COUN5141 gave me great insights into this into ways I could connect more with the client and at the same time, recognise my own agenda. Egan (1982) emphasised the value of the 'person-centred' approach and this resonated with me, however, I realised that it is an ongoing challenge to do the simplest things like reflective listening, using minimal prompts, allowing silence and paraphrasing. These skills deepen over time and throughout this qualification, I have made a lot of progress in mastering these skills. Personally, I hope to build on these fundamental skills with other cautious question techniques that will enable the client to feel that they are in charge of their own process, rather than me 'fixing' their problems. This; therefore, is the type of counsellor I want to be.

### NOTES

*Notice the research is blended in with the reflection. There is less description and more critical reflection with reference to key learnings and theories of counselling.*

*There is evidence of:*

- *A strong topic (first) sentence*
- *Specific language of the subject*
- *Specific examples from the key learnings*
- *Links to the wider professional development of the student*
- *Language of reflection e.g. "personally, I hope to, etc."*