

CNL-664A Topic 2 Choosing a Mentor to Support Your Counseling Practice Template

Directions: As an emerging counselor, having a professional mentor is vital to your counselor identity development. Use the following template to develop a plan to effectively choose a mentor.

Mentorship Prompts	Address each of the following prompts in 100-150 words.
<p>Mentorship and Supervision: Compare the similarities and differences between mentorship and supervision.</p>	<p>The similarities in having a mentor and clinical supervisor are similar in the intention of seeking a professional relationship in the counseling field that focus on learning , attaining insight and overall improving and developing counseling skills. These two professional roles differ as a clinical supervisor provides support with the intention to assist the counseling trainee’s following ethical and legal parameters of their licensing to help support the developing counseling trainee. The professional mentor role can involve a licensed counselor or a clinical supervisor that provides mentorship involving specific training, friendly relationship, insight to the roles of a counselor that can provide additional support with through their unique learning experiences.</p>
<p>Mentorship Characteristics and Skills: Discuss the characteristics and skills important for selecting a professional mentor (e.g., experience/professional background, mentorship style, availability).</p>	<p>Mentorship characteristics involve, meaningful, interpersonal, collaborative, and supportive within relationship to the mentee. The mentorship relationship can involve a counseling professional who may have more professional experiences and supports the mentee utilizing their own learned experiences and provide ongoing guidance and development, career, emotional , and psychological support. When selecting an appropriate mentor within the counseling field one must consider the individuals characteristics and professional style that would important when nurturing and developing the mentor mentee long-term p[professional relationship. Learning and asking questions about the mentors theoretical approaches or professional experiences can also provide additional insight into selecting a mentor that is assignment with one’s own professional counseling goals.</p>
<p>Professional Mentor Support Goals: Describe the goals (SMART) the CIT aims to achieve with professional mentor’s support.</p>	<p>Un utilizing the SMART (Specific, Measurable, Achievable, Relevant, and Time-bound) goals frame work, one must identify clear benchmarks to fulfill the mentorship role that can involve specifically identifying counseling development, identify how many hours that could be spent in group meetings, shadowing and trainings, meeting biweekly to</p>

	discuss career, learning development, identity tools and resources within the profession and implement timelines of complete internship hours, certifications , case load by a specific desired date.
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References

- Amparbeng, D. B., & Pillay, Y. (2021). A Conceptual Framework for Incorporating Mentoring in the Clinical Supervision of International Counseling Students. *International journal for the advancement of counseling*, 43(4), 553–568. <https://doi.org/10.1007/s10447-021-09448-8>
- Tixier, H. (n.d.). *Hit your career goals with a mentor*. International Mentoring Center. <https://mentoringcenter.org/hit-your-career-goals-with-a-mentor-by-your-side/>