

Candidate Competency Performance Chart

Competency	Performance Indicators	Semester	Course	Evidence
<p>1. Mental Health candidates will demonstrate the knowledge and skills to serve in and address a wide range of clinical issues within the context of clinical mental health counseling.</p>	<p>1. Develop the understanding of cultural factors relevant to mental health counseling and learn how to serve a complex and diverse population. 2. Understand the impact of crisis and trauma on individuals with mental health diagnoses 3. Understand principles, models, and documentation formats of biopsychosocial case conceptualization and treatment planning 4. Understand legal and ethical considerations specific to clinical mental health counseling 5. Become familiar with record keeping, third party reimbursement, and other practice and management issues in clinical mental</p>	<p>Fall 2024 Summer 2024 Spring 2026</p>	<p>MHCO 630 (Clinical Assessment) MHCO 610 (Psychopathology) MHCO 891 (Internship II)</p>	<p>Working with many different client concerns has helped me learn new skills and adjust my approach to fit different people and mental health needs. This experience has also helped me use my legal and ethical knowledge when addressing serious issues like suicide and self-harm. I've learned to apply different counseling theories and approaches, which has expanded my overall understanding of the field.</p> <p>I also had the opportunity to learn about a culture I was not very familiar with, which helped me better understand the challenges individuals in the Guyanese community may face regarding mental health. In my psychopathology class, I wrote a paper on helpful counseling tools and how to apply them to diverse populations, similar to what I see at my internship.</p> <p>Additionally, I have become more familiar with</p>

	health counseling			how the insurance process works, including the different roles involved and the counseling codes clinicians use to ensure proper client care.
2. Mental Health candidates will acquire the knowledge and skills to consult and work collaboratively with other stakeholders (administrators, parents/caretakers, other community health practitioners, medical practitioners) to ensure client mental health wellness.	<p>1. Become familiar with the community-based resources (e.g., mental health centers, community based organizations, business, service groups) to secure assistance for clients and/or their families.</p> <p>2. Demonstrate through verbal, written and presentation skills the ability to communicate and collaborate with clients' family, administrators, other mental health/caseworkers, and stakeholders for the interest of the clients.</p> <p>3. Apply knowledge of systems theories to community and family relationships.</p> <p>4. Share knowledge of clients' development, clinical progress, and behavior</p>	Spring 2025 Spring 2026	<p>MHCO 870 (Field Practicum)</p> <p>MHCO 891 (Internship II)</p>	During my internship and practicum, I have applied this competency by actively collaborating with a range of stakeholders to support client mental health and overall well-being. I have worked closely with clients' collateral contacts, including conducting collateral sessions both with and without the client present, to gather additional insight and strengthen treatment planning. I have also communicated with nurse practitioners (NPs) and outside medical providers to coordinate care and ensure a more holistic approach to treatment. In addition, I have collaborated with probation officers when appropriate, helping to align mental health goals with legal requirements and support client progress across different systems. This experience has strengthened my ability to work as part of a multidisciplinary team and advocate for comprehensive client care.

	<p>management.</p> <p>5. Develop strategies to advocate for clients who need specialized mental health assistance and support.</p>			
<p>3. Mental Health candidates will apply counseling theories and practices under supervision as appropriate in a mental health setting.</p>	<p>1. Demonstrate the appropriate use of counseling theories and techniques with clients</p> <p>2. Use counseling skills and counseling processes that respect all aspects of diversity including race, ethnicity, cultural, religion, socio-economic differences, learning abilities, physical, mental or emotional disabilities and/or sexual orientation.</p> <p>3. Demonstrate intake interview, mental status evaluation, biopsychosocial history, mental health history, and psychological assessment</p>	<p>Fall 2024</p> <p>Spring 2026</p>	<p>MHCO 704 (Group Counseling)</p> <p>MHCO 801 (Advanced Psychotherapy)</p>	<p>Applying different Theories and techniques were helpful in my Internship experience gathering the different data and applying them for Clients allowed me to utilize the broad scope of theories and techniques learned in the Advanced Psychotherapy class. Utilizing these techniques helped me to provide a more comprehensive treatment plan, advocating for each aspect of the client's development, as well as the continued use of effective group and individual techniques tailored for each of their needs.</p>

	<p>for treatment planning and caseload management</p> <p>4. Demonstrate techniques and interventions for prevention and treatment of a broad range of mental health issues</p> <p>5. Provide effective individual and group counseling to clients that are developmentally appropriate.</p>			
<p>4. Mental Health candidates will demonstrate responsibility for their own learning and professional development.</p>	<p>1. Join a local, state and/or national professional association.</p> <p>2. Attend professional conferences and workshops annually.</p> <p>3. Understand the relationship between counselor self-understanding and effectiveness.</p> <p>4. Demonstrate knowledge of the role and responsibilities of the professional counselor, including scope of practice, ethical guidelines, state and federal laws and regulations, credentialing and licensure, and the role of professional organizations.</p>	<p>Summer 2025</p> <p>Spring 2025, Spring 2026</p>	<p>MHCO 760 (Legal and Ethical Issues)</p> <p>MHCO 870 (Field Practicum), MHCO 891 (Internship II)</p>	<p>In my legal and ethical counseling course, I developed a strong understanding of counselors' responsibilities and how to apply them carefully to support client well-being. Learning about the Code of Ethics has been especially meaningful, and I continue to use these guidelines in my clinical work. I also joined the ACA prior to starting my practicum, which has provided me with valuable resources and knowledge to support my growth as a counseling student. Lastly, my portfolio, which I will submit at the end of the Spring 2026 semester, will highlight the competencies I have developed and the professional experiences</p>

	5. Develop a portfolio to illustrate their personal and professional, growth and development.			that have shaped my journey in counseling.
--	---	--	--	--

Intern’s Comments:

The competencies outlined reflect several of the skills I have developed throughout my internship experience. It is also important to acknowledge the range of consultations and collaboration with colleagues, as these opportunities have enhanced my understanding of future interdisciplinary work with other providers involved in client care.

I look forward to continuing my professional growth and supporting clients from diverse backgrounds with a variety of needs. This assignment, along with others completed during my training, has contributed meaningfully to my academic and professional development in applying principles of mental health advocacy and care.

I remain committed to serving vulnerable populations and fostering a therapeutic environment grounded in openness, genuineness, and trust within the counseling relationship.

Faculty Member’s Comments:

Intern’s Signature: Arizbey Reyes 04/19/2026

Faculty Member’s Signature: