

PSY 627: ISSUES IN PROFESSIONAL PRACTICE
Summer 2025

Assignment 3: Professional Identity Reflection Paper
(Due 8/7)

Each student is required to complete a 5-7 page reflection paper on their 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 and 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 8/7** 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?