

- 1. Explain why the counselling programme, and counselling as a career is calling you at this time in your life.**
- 2. How would you describe your faith and spirituality, and your choice to study at a Christian organisation?**
- 3. What is your understanding of Tiriti o Waitangi and Tikanga Māori, and why might this be important to you as a counselling practitioner?**
- 4. What experiences (work, community and personal) have you had that will contribute to your knowledge and work in the counselling programme?**
- 5. Studying to be a counsellor will involve academic learning and significant personal development. Give an example of a challenge you have experienced and the growth or personal transformation that occurred.**
- 6. Where do you see yourself professionally in 5 years' time?**

## REFLECTION

The following document describes the outcome of a journey to becoming a counsellor. It details what you will learn and what you will be as a graduate of our counselling programme.

### Part 1. PLEASE CAREFULLY READ THE FOLLOWING:

#### Programme Rationale

BTI's **Bachelor of Counselling** seeks to prepare inclusive, ethical, Integrative Counsellors who are skilled, theory-informed, and culturally responsive. This professional preparation is founded upon Christ-centred and bi-cultural principles that enable graduates to contribute to the wellbeing of families, whānau, organisations, and community within Aotearoa and beyond.

#### Graduate Profile

##### The programme rationale will show in graduates who in their character (Heart):

- are gracious toward human and cultural diversity
- are secure in their personal and professional identities
- accept and value the complexity of their own and other's unique qualities
- are teachable in thought, action, and attitude
- are able to describe their Spirit-inspired motivation and commitment to their vocation
- embrace Te Titiri o Waitangi, connecting with and understanding Māori tikanga: beliefs, values, and practices
- can describe their personal growth and transformation during their programme of study, demonstrating ongoing self-awareness and reflective practices.

##### The programme rationale will show in graduates who know and understand (Head):

- the potential relationship between faith and counselling practice
- the historical and socio-cultural context of Aotearoa
- the theory and practice of a number of counselling approaches in the light of ideological, political, economic, social, and cultural contexts
- how to conduct an assessment and develop the case conceptualisation which will inform the therapeutic process
- how to identify client presenting issues recognizing the importance of working within their own scope of competence.
- human growth, development and needs
- families and whānau in relation to social/cultural context, that recognise historical influences and stories, contemporary circumstances, values, and practices
- how to apply research to counselling practice.

##### The programme rationale will show in graduates who in their skills (Hands):

- translate the Biblical narrative to the process of counselling practice
- nurture client-centred, empathic, exploratory, and therapeutic relationships
- assess client safety, well-being, and goals
- conceptualise and plan therapeutic directions using person-centred, cognitive, kaupapa Māori, narrative, systemic, strengths-based, and creative approaches
- maintain personal well-being, professional ethics, standards, and processes
- maintain constructive working relationships in placement agencies, using supervision effectively
- relate culturally responsively to Māori and all communities
- demonstrate effective group and facilitation skills
- work effectively with children, young people, community, whānau, and families.

(Taken from BTI's Counselling degree, *Graduate Profile*)

**Part 2.** Please write a brief personal reflection using the **Graduate Profile** above to explore areas you think might be of interest to you, or that you wish to learn more about as a counsellor in training.

Write no more than 500 words in length identifying and discuss **at least one point from each section (Head, Heart, Hands)**. (*Your responses will also be used to ascertain your current level of academic writing.*)

Before returning this document, please sign and date the following 'student declaration'.

<b>STUDENT DECLARATION</b>
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I, \_\_\_\_\_  
(please insert full name)

**CERTIFY that this Personal Statement is my own work.**

**Electronic Signature:**

**Date:** \_\_\_\_\_

~ Ngā mihi, thank you for sharing your ideas with the BTI Counselling Programme ~