

# EXTENDED GOAL STATEMENT FOR MENTAL HEALTH COUNSELING

---

Student's Name  
Institutional Affiliation



EssaysService.com  
Qualified writers only

# Extended Goal Statement for Mental Health Counseling

Mental health counseling refers to a dynamic and holistic health discipline that focuses on providing care and psycho-education through counseling. Counseling is a very engaging activity. It requires patience, ability to listen and care in order to address and solve issues related to mental health. Mental health programs were established in the late 80s due to the national need to assist and support persons with unstable emotional and mental challenges. Over the years, there have been several initiatives to ensure that counseling is within reach of any individual and the availability of community counseling programs have further ensured that everyone can access mental health services. Becoming a mental health counselor (MHC) is a lifelong commitment and a career calling. It widely involves listening to other people's problems and giving them the most practical and effective advice aimed at finding answers to their worries and problems. In addition, a counselor has the role of helping persons struggling with personal development and mental illness to overcome this and live a more satisfactory life. The following is an overview of my extended goal statement in becoming a clinical mental health counselor.

## Rationale for Seeking Specialization in a Clinical Counseling-Related Program

Clinical health programs are established with the aim of offering professional and skilled training to clinical mental health counselors. It has been my lifelong dream to be of service to others. From a tender age, I always had the passion and drive to assist other people in need and ensure that they are well taken care of whether it is at home, at school or in the neighborhood. I would

like to enroll in the clinical mental health program and become a successful counselor in my profession. Through the program, I will acquire the needed training and guidelines necessary for any qualified counselor. The choice of this career path is in line with my personal passion to help people in need, especially those going through emotional distress. As a qualified MHC, I would be able to identify my clients' problems and advise them on the best and most appropriate solutions to their issues.

However, I clearly understand that helping other people does not entirely depend on a person's passion, but also on professional skills and knowledge that enable to render quality services to all clients. Different clients have different issues ranging from emotional distress, mental illnesses and psychological problems that all require a unique way of addressing. I strongly believe that through attaining a clinical graduate degree in counseling, I will be fully equipped with the necessary skills to handle the wide range of issues faced by the clients. Moreover, through my attainment of the clinical graduate degree, I will be able to acquire a license to legally practice my profession in the state of New York. This will further boost my personal career as a counselor with clients who have more faith in my practice since with a clinical counselor license my practice will be considered more legit and professional.

My passion and interest in counseling started when I was young, but it strengthened during my school years in high school. I was drawn to helping other students with emotional stress and their struggling with personal problems. I was also part of the school's peer counseling team, which mainly focused on giving young people appropriate counsel and advice on issues affecting them. With time, I became popular in school with most students and peers seeking for my advice. I always found it easy to give them practical advice on solving their problems, and that is one of the factors that made me popular among the young people. In addition, I am also a logical person who believes in solving real life situations using real life measures that have turned

out to be very effective. I am also a good listener and never judgmental. Such are the attributes that attract people to my counsel. With a clinical graduate degree, I will be able to offer my service to people who encounter many pressures of life and give them a chance to improve their lives for the better.

## **Impact of Previous Employment, Volunteer Work, and Other Human Service or Counseling**

### **Experience**

I strongly believe in the great impact of experience when it comes to being a good counselor. Experience enables one to meet and understand the diversity of client's needs and to adopt a broader range of ways to meet their needs and advise them accordingly. In terms of experience, I have previously worked as a preventive caseworker. My role and responsibility entailed carrying out psychological evaluation on the client's mental status and needs through assessing individual and family history. I was also involved in monitoring the academic and behavioral functioning of children, linking and referring families to community and government services when there was need to advocate for the acquisition of resources on behalf of the family. As a preventive caseworker, it was also my duty to facilitate and organize groups or workshops that aim at providing family support systems, addressing parenting skills and developing family assessment plan reports of each client.

Later I also worked as a psycho-education paraprofessional that mainly entailed assisting young people with behavior disorders related to the completion of assignments. I was also involved in assisting instructors with class lectures and using behavior training methods on upset children. In addition, I guided and equipped youths with life skills. During my work period, I also performed basic office duties such as filing and faxing and was responsible for informing counselors and faculty members on performance

and behavioral changes.

Working as a preventive caseworker and as a psycho-education paraprofessional has greatly opened my mind to the great work that counseling entails. I have gained meaningful experience and knowledge on how to assist clients of different needs in the best way. I have learnt how to work with families, youths and children facing different challenges and situations.

## **Culturally Relevant Interpersonal Skills**

I was brought up in an average neighborhood. Many of my peers came from stable families and had sustainable lifestyles. However, there were a few other families that were not that well-off in terms of financial status. We became friends with one of the children from the less fortunate families. With time, I came to understand the traumatic experience she faced within her family. My friend came from an abusive family, and this had adverse impacts on both her personal and social life. I often took my time to counsel her and help her get through her challenges in the best way I could. Looking at her life, I picked the interest of helping people who are going through difficulties. The experience of helping someone further triggered my passion of serving others and shaped my journey of becoming a clinical counselor. When I grew up, I gained interpersonal skills that assisted me in helping my friend seek help from social services.

Different clients have different cultural backgrounds. There are people of different races, ethnic groups and cultural beliefs. It is due to this fact that as a counselor I adequately understand and believe in the aspect of fairness and equality regarding a client's background or social status. I clearly understand the great role played by adopting cultural interpersonal skills, such as good communication with clients. I aim at further improving this skill by better

understanding my clients and speaking in a universal language, which would be comfortable with the clients. I also have good learning and great social skills which allow me to easily interact with my clients and learn about their cultures and beliefs.

## **Self-awareness**

In my large family, I am the eldest among my seven siblings. My parents and siblings have always looked upon me as the oldest hence I was often assigned many different roles and responsibilities. This included taking care of my siblings and caring about their physical and emotional needs. I was often looked upon to advise and counsel my siblings when they faced with teenage problems. I have been able to be of good help to both my siblings and my peers. I have gained experience over time on how to handle different personal problems. With time, I have achieved self-awareness and emotional stability to handle any crisis, and this has encouraged me to take up clinical program so as to help others.

## **Future Professional Goals in Counseling**

Through counseling, I will follow my passion of serving other people. I aim at working with the mentally ill and I am passionate about improving their lifestyles and empowering them to believe in their abilities. My future goals are to achieve professional skills and serve others to the best of my ability. I hope I will be able to fully achieve my goals and ensure that counseling is within reach of everyone. I will also ensure that my licensure requirements are met to secure my counseling practice as legit.