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Analysis of Self

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Analysis of Self

Plan B Presented to
The Graduate Faculty of
Minnesota State University Moorhead

By

Kyle Sundberg

In Partial Fulfillment of the
Requirements for the Degree of
Master of Science in
Clinical Mental Health Counseling

April 14, 2022

Moorhead, Minnesota

Abstract

In this Analysis of Self, I review relevant background information and experiences and examine how they have shaped me as a person and counselor through various theory of counseling lenses. I then examine the results of the personality assessments MBTI-Strong and HEXACO. This is followed by interviews with five individuals and my impressions and major themes that resulted. I then view the information gathered from this analysis, and frame it using several counseling perspectives. I then reflect on the process of writing my self-analysis and ways that it has affected me personally and as a counselor. Lastly, I provide plans for ways I hope to continue to develop professionally and personally.

Keywords: development, counseling theory, personality assessment