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Analysis of Self: The Journey of Accepting
a Clinician's Own Emotions

An Analysis of Self Presented to
the Graduate Faculty of
Minnesota State University Moorhead

By

Parker John Hall

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

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Moorhead, Minnesota

Abstract

Self-Analysis is the process of reviewing elements of an individual's own social, professional, and overall self to understand their actions. The point of this analysis is to reflect on where I have come from to gain insight in my path going forward as a counselor. Analytic tools were used to measure important aspects of my character including personality, career aptitude, and general strengths. The specific tools include the Myers-Briggs Type Indicator, The STRONG Inventory, and the CliftonStrengths assessment. These formal assessments were then coupled with one-on-one interviews with individuals that played key roles in my life. The paper concludes with my preferred theories and modalities that I plan to use as the foundation for my career going forward as well as my future goals to improve myself in both my personal and professional lives.

Keywords: Self-Analysis, Counseling, Reflection, Intellectualization