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Analysis of Self: A Deep Dive into Me

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Analysis of Self: A Deep Dive into Me

A Project Presented to
the Graduate Faculty of
Minnesota State University Moorhead

By

Mark Miller

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

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Moorhead, Minnesota

Abstract

Welcome to a whole lot about me. In this paper I utilize the six categories of Relevant Background Information, Assessments, Interviews with Significant Others, Theoretical conceptualization, Professional Identity, and Plan for Continued Development, to explore the depths of who I am. After exploring the topics of relationships, spirituality and more in my Background section, pondering the results of the Strong/MBTI and RHETI assessment tools, reflecting on the interviews of four people who know me very well, piecing together my current theoretical conceptualization and my current professional identity, and giving thought to how I will develop as a counselor and a man, I am glad to say I know myself on a deeper level now. I know that I am a man who is deeply affected by the world around me, who desires to care for others, and who looks at himself and his counseling practice through an existential, person centered, systems theories lens. I know that I am a man who is currently in his beginning stages of developing his professional identity, and who relies on the development of future relationships to pursue his future aspirations of being a healthy counselor who primarily serves the adolescent population. I am grateful for the opportunity the paper has given me to grow in self-understanding.

Keywords: Relationships, identity, development