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## Analysis of Self

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Analysis of Self

A Project Presented to

The Graduate Faculty of

Minnesota State University Moorhead

By

Sadie Kettelman

In Partial Fulfillment of the

Requirements for the Degree of

Master of Science in

Clinical Mental Health Counseling

April 2024

Moorhead, Minnesota

## Abstract

This paper is an analysis of self, it is meant to inspire self-reflection of the affects the counseling program has had on my life. The experiences that lead me to the mental health field and other background information is discussed. To further foster self-reflection and analysis, personality assessments are used, such as the Minnesota Multiphasic Personality Inventory. Family members and other loved ones also express their perspective of my growth. With the skills and confidence I have gained, I plan to use cognitive behavioral therapy and other modalities to best serve my clients. Self-reflection and the counseling field both encourage new growth and continuing to learn.

Keywords: *Self-analysis, mental health, Cognitive Behavioral Therapy*