

Research Symposium Proposal

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## **Topic: Counselors Modeling and Mentoring Wellness**

### **Research Questions**

#### **What is wellness? How can counselors effectively promote wellness?**

Counselors are humans like their clients and possess drives in accomplishing the common goal in being well; Counselors are not immune to life events that may be traumatic and which challenge their health, hence it is critical that they take a holistic approach in self-awareness and self-care. According to Granello & Young (2012), "Wellness has been described as a state of optimum health, or at least good mental and physical health" (p. 421). Further, in assessing wellness it is vital to be cognizant that humans are not all rational or all irrational, all good or all bad, therefore this tenet hinges on the importance of counselor self-awareness and self-care in promoting wellness.

### **Description of the Subject**

The topic of this research depicts the critical mandate of counselors in promoting and maintaining maximum health in every aspect including emotionally, physically, mentally, culturally, socially and spiritually. Further, in being healthy, they would be better able to provide clearer understanding and alternatives to their clients in achieving the common goal of wellness.

### **The Purpose**

The purpose of this research is to explore the components of the holistic approach and relevance in promoting counselor and client wellness.

Due to counselor impairment, various counselors have experienced hindrance at times in carrying out their key role in ensuring clients wellness.

### **Description of Presentation**

The research presentation would comprise of succinct and concise information and illustration on power point slides, cited in APA format. The slides would highlight various aspects of wellness in promoting counselors' health and intervention for clients. Included in the slides, would be a major structure illustrating the components of wellness which is referred to as the wheel of wellness. Further, in the presentation there would be a new paradigm of a structure of wellness referred to as the onion layers of wellness.

Additionally, there would be a clearly labelled poster containing diagrams which would portray the information presented in the power point presentation. The original cited structure of the wheel of wellness showing its components in comparison to the onion layers of wellness would be demonstrated. These would be explained literally and practically while on display.

### **Aim**

The Aim of this research is to provide a model for counselor self-awareness and self-care to explore best practice in guiding clients to obtain ultimate wellness.

## References

Coll, K. M., Doumas, D. M., Trotter, A., & Freeman, B. J. (2013). Developing the counselor as a person and as a professional: Attitudinal changes in core counseling courses. *The Journal of Humanistic Counseling*, 52(1), 54-66.

Cummins, P. N., Massey, L., & Jones, A. (2007). Keeping ourselves well: Strategies for promoting and maintaining counselor wellness. *Journal of Humanistic Counseling, Education and Development*, 46(1), 35-49. Retrieved from <http://search.proquest.com/docview/212451493?accountid=12085>

Granello, D. H., & Young, M. E. (2012). *Counseling today: Foundations of professional identity*. Pearson.

Mahoney, M. J. (2005). Constructive suggestions for the practical education of professional life counselors. *Journal of clinical psychology*, 61(9), 1179-1184.

Myers, J. E., Sweeney, T. J., & Witmer, J. M. (2000). The wheel of wellness counseling for wellness: A holistic model for treatment planning. *Journal of Counseling & Development*, 78(3), 251-266.

<https://www.youtube.com/watch?v=73Ef4-vhjuc>