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CNS 790: Integrative Learning Capstone
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| Portfolio ARTIFACTS |

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OBJECTIVE 01.

/ *Acquire knowledge and skills to practice effectively and ethically as a professional counselor.*

/ **Focus:** Core counseling skills, assessment, and treatment planning.
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/ 01.

> Title: **Biopsychosocial Case Conceptualization** [[LINK](#)]

> Course: *CNS 771 – Clinical Mental Health Counseling*

(Clinical Assessment Artifact developed through CNS 771 coursework and applied case conceptualization)

> **Description:** This artifact includes a comprehensive biopsychosocial assessment, DSM-5-TR diagnostic formulation, suicide risk assessment, and a structured treatment plan for a client presenting with major depressive disorder with anxious distress. The case incorporates multicultural considerations and integrates multiple counseling approaches.

> **Rationale:** This artifact demonstrates my ability to assess, diagnose, and develop an evidence-based treatment plan. It reflects competency in clinical assessment, ethical decision-making, and culturally responsive counseling, as well as the integration of multiple theoretical approaches (ACT, IFS, Narrative Therapy, and EFIT) to support individualized client care.

/ 02.

> Title: **Suicide Risk Assessment and Safety Planning Framework** [[LINK](#)]

> Course: *CNS 737 – Basic Counseling Skills and Techniques*

(Applied Clinical Artifact developed through CNS 737 and integration of crisis intervention training)

> **Description:** This artifact presents a structured visual framework for suicide risk assessment and safety planning. It includes key indicators such as IS PATH WARM warning signs, levels of risk severity, and lethality assessment, along with an eight-phase safety planning process that outlines coping strategies, support systems, and crisis resources.

> **Rationale:** This artifact demonstrates my ability to assess suicide risk and implement ethical, evidence-based crisis intervention strategies. It reflects competency in client safety planning, clinical decision-making, and the development of structured tools that support clients in identifying warning signs, accessing support, and reducing risk.

/ 03.

> Title: **Motivational Interviewing and OARS Communication Framework** [[LINK](#)]

> Course: *CNS 737 – Basic Counseling Skills and Techniques*

(Applied Clinical Artifact developed through CNS 737 and integration of client-centered communication practice)

> **Description:** This artifact presents a visual framework of core Motivational Interviewing skills, including OARS (open questions, affirmations, reflections, and summaries), as well as key components such as recognizing change talk (DARN), commitment language (CAT), and collaborative goal setting using the SMART framework.

> **Rationale:** This artifact demonstrates my ability to use client-centered communication and Motivational Interviewing techniques to support behavior change. It reflects competency in reflective listening, strengthening client motivation, and applying evidence-based communication strategies to facilitate engagement and goal development.
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OBJECTIVE 02.

/ Value professional diligence and lifelong learning through engagement with theory and evidence-based practice.

/ Focus: Integration of counseling theory and conceptual frameworks.

/ 04.

> Title: **Counseling Theories Integration Diagram** [[LINK](#)]

> Course: **CNS 741 – Theories and Models of Counseling**

(Applied Theoretical Integration Artifact developed through CNS 741 and continued clinical application)

> **Description:** This artifact presents a visual comparison of major counseling theories, including their philosophical foundations, therapeutic goals, and intervention strategies. It organizes multiple theoretical approaches into a single integrated framework to support understanding of similarities and differences across models.

> **Rationale:** This artifact demonstrates my ability to understand, compare, and integrate multiple counseling theories. It reflects ongoing engagement with professional learning and the development of a coherent theoretical framework to guide clinical practice.

/ 05.

> Title: **Internal Family Systems (IFS) Parts Map** [[LINK](#)]

> Course: **CNS 744 – Internship I.**

(Applied Clinical Artifact developed through internship training and integration of IFS theory)

> **Description:** This artifact is a visual representation of the Internal Family Systems (IFS) model, illustrating the relationships between Self, protector parts, and exiled parts. The diagram is designed to support both conceptual understanding and client psychoeducation in parts-based therapy.

> **Rationale:** This artifact demonstrates my ability to apply and communicate a specific therapeutic model in a clear and accessible way. It reflects engagement with evidence-based, trauma-informed approaches and supports continued professional development in parts-oriented therapy.

/ 06.

> Title: **EMDR Trauma Processing Diagram** [[LINK](#)] [[presentation LINK](#)]

> Course: **CNS 744 – Internship I.**

(Applied Clinical Artifact developed through internship training and integration of EMDR-informed practice)

> **Description:** This artifact visually represents the phases of EMDR therapy and the process of trauma memory reprocessing. It outlines the structure of EMDR treatment and illustrates how traumatic memories are processed within a trauma-informed framework.

> **Rationale:** This artifact demonstrates my understanding of EMDR as an evidence-based trauma treatment and my ability to translate complex clinical processes into accessible visual tools. It reflects ongoing professional learning and engagement with trauma-informed care.

OBJECTIVE 03.

/ Excel as community leaders, advocates, and practitioners.

/ Focus: Community education, advocacy, and outreach.

/ 07.

> Title: **ADHD Crisis Resources Presentation** [[LINK](#)]

> Course: *CNS 739 – Advanced Skills*

(Psychoeducational Artifact developed through CNS 739 and community-based mental health education)

> **Description:** This artifact is a presentation developed to educate individuals and communities about crisis resources for people with ADHD who may experience emotional distress, overwhelm, or suicidal ideation. It integrates research on ADHD, emotional dysregulation, and crisis risk while providing practical information about crisis intervention resources and support strategies.

> **Rationale:** This artifact demonstrates my ability to translate clinical knowledge into accessible psychoeducational materials for community audiences. It reflects competency in advocacy, community education, and promoting help-seeking behavior by increasing awareness of available resources and supports.

/ 08.

> Title: **Harnessing the ADHD Worry System Workshop Materials**

Prevention and Wellness Workshop [[poster](#) / [brochure](#) / [plan proposal](#) / [workbook](#) / [presentation](#)]

> Course: *CNS 771 – Clinical Mental Health Counseling*

(Applied Clinical and Psychoeducational Program developed through CNS 771 and community-based practice)

> **Description:** This artifact includes a prevention and wellness workshop curriculum along with supporting materials such as a poster, brochure, workbook, and presentation. The workshop is designed to help adults with ADHD understand and manage worry related to executive functioning challenges by reframing worry as an adaptive signal and providing strategies for organization, prioritization, and emotional regulation.

> **Rationale:** This artifact demonstrates my ability to design and implement psychoeducational programming that supports community mental health and well-being. It reflects competency in advocacy, prevention, and outreach, as well as the ability to integrate research-based approaches into practical tools that support individuals with ADHD.

/ 09.

> Title: **ADHD / Rejection Sensitive Dysphoria (RSD) Brochure** [[LINK](#)]

> Course: *CNS 721 – Research and Statistical Analysis in Counseling*

(Research-Informed Psychoeducational Artifact developed through CNS 721 and translation of clinical research into practice)

> **Description:** This artifact is a psychoeducational brochure that explains Rejection Sensitive Dysphoria (RSD) and its emotional and relational impact for individuals with ADHD. It translates research on emotional reactivity and rejection sensitivity into accessible information for clients and community audiences.

> **Rationale:** This artifact demonstrates my ability to synthesize research and communicate complex psychological concepts in a clear and accessible format. It reflects competency in community education, advocacy for neurodivergent populations, and the development of resources that support client understanding and emotional validation.

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OBJECTIVE 04.

/ Possess deep awareness of themselves and their impact on others.

/Focus: Self-of-the-therapist development and reflective practice.
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/ 10.

> Title: **Family Systems Genogram** [[LINK](#)]

> Course: *CNS 773 – Family Counseling*

(Reflective Clinical Artifact developed through CNS 773 and family systems analysis)

> **Description:** This artifact is a genogram that maps family relationships across multiple generations. It identifies patterns related to relational dynamics, roles, and systemic influences that shape personal development and family functioning.

> **Rationale:** This artifact demonstrates my ability to examine intergenerational patterns and understand how family systems influence individual development. It reflects self-of-the-therapist awareness by increasing insight into how my own relational history may impact my perceptions, reactions, and clinical work with clients.

/ 11.

> Title: **Map of Closeness Diagram** [[LINK](#)]

> Course: *CNS 773 – Family Counseling*

(Reflective Clinical Artifact developed through CNS 773 and relational systems exploration)

> **Description:** This artifact is a visual representation of relational proximity and emotional distance within a social network. It illustrates patterns of connection, attachment, and boundaries across significant relationships.

> **Rationale:** This artifact demonstrates my ability to reflect on relational patterns and understand how attachment and boundaries influence interpersonal dynamics. It supports the development of self-awareness by highlighting how my experiences of closeness and distance may inform my therapeutic presence and interactions with clients.

/ 12.

> Title: **“The House that Built Me” Diagram** [[LINK](#)]

> Course: *CNS 740 – Professional Orientation to Counseling*

(Reflective Clinical Artifact developed through CNS 740 and self-of-the-therapist development)

> **Description:** This artifact is a reflective diagram that explores how early family environments contribute to the development of beliefs, emotional patterns, and relational expectations. It visually represents formative experiences and their impact on personal identity.

> **Rationale:** This artifact demonstrates my ability to engage in reflective practice and examine how personal history shapes my worldview and therapeutic approach. It reflects self-of-the-therapist development by increasing awareness of potential biases, emotional responses, and the ways my lived experience may influence my work with clients.

OBJECTIVE 05.

/ Commit to compassionate service and the promotion of well-being.

/Focus: Therapeutic tools and creative clinical interventions.

/ 13.

> Title: **Hope Box Therapeutic Toolkit** [[LINK](#)]

> Course: *CNS 745 – Internship II*

(Applied Clinical Intervention Toolkit developed through internship training and trauma-informed practice)

> **Description:** This artifact is a therapeutic toolkit designed to support emotional regulation and distress tolerance through grounding and coping strategies. It incorporates techniques commonly used in trauma-informed care and dialectical behavior therapy (DBT), including sensory tools, self-soothing strategies, and crisis support resources.

> **Rationale:** This artifact demonstrates my ability to develop and implement therapeutic tools that support client well-being and emotional regulation. It reflects a commitment to compassionate, client-centered care by providing accessible strategies that help individuals manage distress and increase safety.

/ 14.

> Title: **Creative Circle Expressive Arts Group Plan** [[LINK](#)]

> Course: *CNS 742 – Group Procedures in Counseling*

(Applied Clinical Group Intervention developed through CNS 742 and expressive arts facilitation)

> **Description:** This artifact is a group counseling plan that integrates expressive arts techniques to support emotional exploration, interpersonal connection, and self-expression. The plan outlines structured activities designed to create a psychologically safe environment for group members.

> **Rationale:** This artifact demonstrates my ability to design and facilitate therapeutic group interventions that promote emotional expression and connection. It reflects a commitment to compassionate service by creating inclusive, creative spaces that support well-being and relational growth.

