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Personal Beliefs Essay

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Personal Beliefs Essay

Molly Mattingly

Ever since I was little I have had a heart for people. I have always wanted to know what was going on in their lives, and how I could help them. When I entered high school I did not want to go to college at all. I have always been good at school, but I have never liked it. After I graduated high school I wanted to move to a third world country, live in a hut, and tell people about Jesus while teaching English at a local school. This was not an option for my parents, so I began to look at schools. When I stumbled upon Ouachita Baptist University, I looked into psychology because I thought it might help me understand why people think and feel the way they do. I met with Dr. Wight Spring of 2015, and something he said to me has resonated with me for the past years. He told me “pretty smiles and hearts that love Jesus can’t change the world”. This was when it finally hit me that I did need college. I needed college to help me help people. Thus, counseling was put on my heart.

There are a few of my personality traits that may keep me from being the best counselor. Because I feel emotions so deeply, this could impede on my ability to be effective as a counselor. Also, it is hard for me to hide my emotions and my facial expressions when I hear of something shocking. This could be off putting to clients because they are coming to me to tell me about their emotions and not judge them. If I have an issue with something morally, I will let them know. This would not be good because counselors need to be neutral, and I do not think I could hold my temper if there was something a client did that I found morally wrong.

I think counseling is one of the most important and growing fields today. There are more individuals with mental illness than ever before. We need more counselors now than ever before.

All kinds are included in this growing need. We need more school counselors, addiction counselors, trauma counselors, and all mental health counselors. When we increase the number, effectiveness, and accessibility to counselors, then the criminal justice system will also see less offenders and a decrease in repeat offenders. Counselors will be able to intervene at an earlier age and assist in the issue, which will decrease the chances of the individual causing harm at a later age. If a criminal is older and sees a counselor, they will be able to heal. Addiction counseling will help addicts find ways to resist their urges, find ways around their triggers, thus individual will less likely be arrested again on drug related charges. It is not just young or middle aged people who need counselors. Older adults are in desperate need for them as well. They need to have a counselor who will help them process the death of a spouse, child, or grandchild. They also need counselors who will help them understand their own deteriorating health. War will always be around, so there we need therapists who can help soldiers who return home with PTSD, and teach them how to gracefully return back to a normal life. Counseling is a special kind of profession that empowers individuals, and helps them grow mentally. It is a job that no type of technology or robot could take over. There is something special about a face-to-face interaction surrounding growth that will always be important.

I believe people are constantly changing. They are either growing, or they are weakening. Change happens as we encounter different experiences. As we go through our lives, and even daily experiences, we change depending on what has gone on that day. Even though we are changing already, we can actively change as well, and work towards a change. In order to actively change we have to first realize that something is wrong. When the problem is identified, then you need to make a plan in order to either get around the issue, or talk to a licensed

professional who can help make a plan. Personally, I think the most important aspect of change, is wanting to change and pursuing it constantly. Whether it is journaling, talking to a counselor, hypnotherapy, or exercising, as long as there are actions in order to reach the desired change. In all, we are constantly changing-whether it is growing or withering is up to us as individuals.

I am not particularly interested in becoming a counselor myself, but if I were to become one, I think I would like to serve a population of older adults. I believe that the older generations are often forgotten about, or they are thought to be okay mentally. This is not the case though. Older generations have had their own traumas, mental illnesses, and heartbreak. I think I would also like to work with the homeless population. I would like to talk to them about how they got there, make a plan to get them off the streets, and find them somewhere safe to stay. I would be interested in working with individuals who struggle with addiction. This seems like a population who I could feel some sort of sympathy for and could relate on some level. There are more populations of people that I would not work with than would. There is no way I would work with any child predators. As horrible as it is, I would not be able to forgive them, or look past their actions. One of the most important aspects of being a counselor is not showing judgement, and I would not be able to be kind to them- much less help them. I would not be able to work with any kind of molester, rapist, or predator of any sort. I also do not think I would like to work with children. I do not necessarily enjoy or like children, so I do not think I could be the most efficient in counseling them. Another group that I would like to work with, but do not think I would do it well, would be individuals who have an eating disorder. I would love to help this group of people, but I do not think I could do it the best way by counseling them.

I think I could be a good counselor because I have an understanding for the most part. I try to see where someone is coming from, and try to understand why they did what they did. I am also forgiving. If an addict were to relapse, I would be sad and disappointed of course, but I would not become angry with them. I would try to think of a new plan for attack. In all, I would not be a great counselor. I take things personally. If a client was to get angry, upset, or quit, then I would be devastated. I take things to heart, and would be too upset. I am not good at separating my work life and my personal life. There is no distinction between the two. I would be unable to leave my baggage of my clients and what I hear all day at my front door. This is one thing that I hope to become better at. I want to be able to leave my baggage at work and not have to bring it home to my family. I hope in the future that I won't take everything personally, and instead I will use it to help me grow. I do not specifically want to be a counselor, but I know by taking this class and learning these things will help me be a better friend, person, and employee.