

TC-L4 Group Work Self-Review

Candidate's name: Date:

Before the group

What was going on for you just before/as the group began? How do you think this affected your participation in the group? Did you recognise any patterns of relating in your interactions with others?

During the group

What happened in the group today? What did you think/feel about what was going on? What part did you play in this process? What impact, if any, did the medium of the work have on the group work or your participation in the group work? How did this link to any patterns of relating that you have identified in yourself?

After the group

How has participation in the group developed your self-awareness, particularly around self, personal history or patterns of relating (explicit and/or implicit)? How can you relate these insights to your core theoretical model?