

TC-L4 Self-Review of Counselling Practice

Candidate's name: (Counsellor)Date:

Client/Peer:

Reflections on the process of the session (e.g. negotiation of contract, therapeutic focus, exploration of feelings, ending):

Reflections on your use of counselling skills:

Evaluation of how the relationship was formed and maintained:

Reflection on how your theoretical model informed/underpinned your work in this session?

The main learning points of the session for you (with reference to feedback from observer):

Points for consideration in relation to your use of technology and the disinhibition effect (where applicable for online/telephone client work):

Reflection on how any risk was managed: