**TC-L4 Skills Observation Feedback Sheet (2)**

(Appropriate to Service Level B1 Work)

Counsellor …………………………………………………………… Client …………………………………………………………..

Observer (Peer or Tutor) ………………………………………… Date …………………………………………………………….

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| **The therapeutic relationship:** |
| Was a working alliance formed and maintained? How was this achieved? Was the relationship sufficiently safe for the client to work at this level?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Was the working alliance suited to the medium being offered? |
| Was it a collaborative relationship? Were the counsellor qualities shown appropriate to the client’s needs? |
| **The structure and the work:** |
| Did the session seem to have a beginning, middle and end? Did the counsellor collaborate with the client to set boundaries, make a contract and set a user-centred agenda/session goals? Comment on the ending. |
| Did the counsellor help the client find and maintain a focus/theme for the session? |
| Was the counsellor able to identify explicit patterns in self, recent personal history or interpersonal responses with the client? |
| Was the counsellor able to identify symptoms and/or behaviours related to common mental health problems? |
| How was the counsellor able to begin focusing deeper into the emotional world of the client? |

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| **Theory:** |
| How well did the counsellor explain to the client how they work (i.e. theoretical model)? Were the counsellor’s skills compatible with their stated theoretical model? |
| Was the counsellor able to apply theoretical understanding to their work during feedback and discussion?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Was the counsellor able to work with the benefits and challenges of the medium being offered? |
| Any other comments? |

Observer signature: ………………………………………………….