

TC-L4 Skills Observation Feedback Sheet (2)

(Appropriate to Service Level B1 Work)

Counsellor Client

Observer (Peer or Tutor) Date

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?

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: