

CAST-L3 Candidate Self-review of Counselling Practice

Candidate's name: Date: Course:

The session

Describe something you did well in the session:

Identify something you could have done better. Say how:

How did theory help you understand your client?

Comment on how the relationship was formed and maintained:

Reflection on the session

Were there any issues of similarity or difference between you and your client? How did you work with this?

Any other comments: