**TC-L4 Self-Review of Counselling Practice**

Candidate’s name: (Counsellor) ……………………………………………………………Date: ……………………….

Client/Peer:

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| 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? |
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| 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: |