

TCSU-L6 Guidance to Writing a Self-Review

The self-review is essential to the process of learning and demonstrating your reflective skills. In this statement you will give a short account of your own developing capability as a clinical supervisor for counsellors working therapeutically with clients. You are invited to think about the learning and understanding gained in relation to each of the learning outcomes of the TCSU-L6 qualification, and to demonstrate how you have developed in the relevant areas of proficiency.

The following aspects must be addressed. You should discuss and analyse how you are able to:

1. Identify and discuss your developing personal and professional principles that will have relevance to maintaining effective supervision. For example: self-care, safety, supervisory supervision, personal therapy, continuing study, working with prejudices/fears etc.
2. Reflect on your own thoughts, awareness, feelings and values, and apply these to the supervision session in a way that enhances the supervision process. Discuss and give examples.
3. Facilitate your supervisee's consideration of the relevance of his/her own thoughts, awareness, feelings and values in their therapeutic work. Discuss and give examples.
4. Use awareness of self and process to connect what is happening in the work between the supervisee and yourself (on the one hand), and the work between the supervisee and their clients (on the other hand). Evaluate and give examples.
5. Identify and work with your strengths, attitudes, knowledge and skills. Evaluate and give examples.
6. Accept constructive feedback and identify and work on weaknesses without being defensive. Analyse and give examples.

Your tutor may wish you to use one of the CPCAB self-review proformas available on the CPCAB website. This will be explained to you.

Your tutors may also take this opportunity to raise any concerns that they might have with you in relation to achieving the learning outcomes.