North Carolina State University  
Counselor Education Program  
Counselor Self-Evaluation Reaction Form  
Masters Techniques Class/ Practicum (circle one)  
Name______________________________

These questions are designed to help guide personal reflection about your counseling sessions as well as practice and understanding of client case conceptualization. This form should be completed shortly after you have reviewed your tape. You may use the information from this form during supervision to highlight questions and concerns.

1. Comment on your professionalism leading up to and in the session: i.e. punctuality, professional attire, ethics.

2. Comment on how you opened the session? What were your thoughts and emotions?

3. Comment on the quality of the relationship that developed between you and the client? On a scale of one to ten, with ten meaning “perfect empathy, harmony, and compatibility,” how would you rate the relationship?

4. Comment on any notable patterns of interpersonal behavior that may have developed between you and the client during the session. Examples may include power struggles, displaced aggression, parent/child roles, or flirtation.

5. Comment on any material presented in the session that caused you discomfort.

6. Comment if there was silence in the session and if so, how did that impact the session?

7. Comment on multicultural competence in this session? (In what ways were you similar/different from the client? In what ways did these similarities/differences play out in the session?)

8. Comment on a wellness approach and did it factor into this session?

9. Comment on any theoretical approach or approaches that guided your work with this client?

10. Comment on how well you feel you ended the session. Use a scale of one to ten with ten being perfect.

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Please complete the following SOAP notes on your session. (Counseling case notes to be completed on each client seen. Session #__________)
Session Summary: Subjective complaint (client's conceptualization of the problem/issues):

Observations of Counselor (counselor's observations of client behaviors during session)

Assessment of Client’s Development (counselor's assessment of themes, patterns, overall client development/skills etc.)

Plans for Next Session (i.e. Name one thing that you would have done differently in this session. Name one thing that you plan to do again with this client or similar clients. Plans for client/Plans for counselor)