

## Self Reflection Guide

Date:

Notes:

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*\*The purpose of this “Self Reflection Guide” is to empower interns to identify areas of strength and areas for improvement, or things that might need to be changed about their counselling approach/practice. These questions are meant to help guide critical thinking about their own practice/approach, or the process for a particular counselling session. We hope that through this thinking and reflection interns will be able to pinpoint areas for goal setting. This sheet can be used to guide self-improvement, awareness, and identify areas where guidance from preceptors should be sought.*

- **What approach did I use in delivering this session?**
  - What kind of questions did I ask?
  - What did I do to make myself approachable?
  
- **How did I manage the time in the session?**
  - Do I feel like I structured the session appropriately?
  - How did the beginning feel? The middle? The end?
  
- **Was the session client-centered?**
  - How did I put client needs ahead of my own goals during the session?
  - What personal biases/assumptions did I bring to the session?
  - What feelings came up for me during the conversation with the client? (feelings about the client, feelings about myself, feelings about the situation?)
  
- **How did I assess the client's readiness to change/stage of change?**
  - Did I offer solutions or suggestions, or did I let the client come up with the solutions?
  
- **How did I gauge my client's understanding of what we discussed?**
  - How effective was I in clarifying important concepts?
  - How did I verify that I understood what my client was saying?
  - Was I effective in answering the client's questions?
  
- **How was the client responding to my questions/advice throughout the session?**
  - What sort of non-verbal cues did I observe in my client?
  - (If applicable) how did I approach questions that I did not know the answer to?
  
- **What kind of counselling techniques did I use? (e.g. MI, Stages of Change, Cognitive Behavioural approach).**
  - Which techniques were the most effective?
  - What could I change in the future to utilize these techniques better?
  - Was there a different technique that may have been used in this situation?
  
- **What went well during the session?**
  - In what ways did my client seem happy/satisfied?
  - In what ways am I happy/satisfied with my performance?
  
- **What felt challenging?**
  - Was I unsure about any points we discussed?
  
- **What improvements can I make for the future?**