

COUNSELING INTERVIEW: SELF ASSESSMENT AND REFLECTION FORM – PART A

Student's Name	
Date	

Directions: Place a "1" (indicates that the behavior or skill is Evident), "0" (indicates that the behavior or skill is Not Evident.), or "NA" (indicates the behavior or skill was not applicable or the rater is not able to evaluate the item) before each evaluative item.

#	Behavior or Skill	1, 0, NA
1	The client chosen for this counseling interview is currently enrolled in the counseling course.	
2	The counselor secured the client's permission to tape the counseling interview.	
3	Both the client and counselor can be seen and/or heard on the tape.	
4	The counseling interview lasted the required amount of time.	
5	The counselor sounded genuinely interested and concerned in the client's issues/concerns/problems.	
6	The counselor appeared to be able to establish rapport effectively with the client.	
7	The counselor appeared to be relatively relaxed and natural as the counseling interview progressed.	
8	The client appeared to be relatively relaxed with the counselor as the counseling interview progressed.	
9	The counselor appeared to maintain a composed, steady, demeanor during the counseling interview.	
10	The client appeared comfortable to express thoughts and feelings with the counselor.	
11	The counselor kept the counseling interview flowing and moving effectively.	
12	The counselor kept effective focus on the client's issues and concerns.	
13	Appropriate attending behavior (eye contact, forward body position, etc.) was demonstrated by the counselor.	
14	The counselor attempted to move the client toward active behavior.	
15	It appeared that the counselor was able to conduct a counseling session that was of benefit to the client.	

COUNSELING INTERVIEW: SELF ASSESSMENT AND REFLECTIONS FORM – PART B

Name	
Session Date	
Session Length	
Session Number with Client	
Client's Initials	

1. Background Information (client description, demographics, presenting issue or concern):

2. Session Notes (What was your goal for the session? How were you attempting to accomplish this goal? What happened in the session? Any behavioral observations?):

3. Communication Microskills (What microskills were predominantly used in this session? Were these appropriate to the timing and issues being discussed?)

7. How does this assignment relate to your future work as a counselor? In other words, how (cite examples) will you be able to use and apply the knowledge, skills, and dispositions learned in this assignment in your future work as a counselor (school, mental health, or rehabilitation)?

8. Rate your overall performance in this session based on the criteria delineated in the attached scoring rubric:

On Target	
Acceptable	
Not Acceptable, needs considerable improvement	

9. Why did you choose to rate your performance at this level?

10. What additional supervision and feedback do you feel you need from the Professor on this assignment?