

University of Arkansas
Counselor Education and Supervision Program
Doctoral Program Applicant Session Review Form

Applicant's Name _____ App. Year: _____

Client's Initials _____ Client's Age _____ Sex _____ Session Number _____

Theoretical Orientation _____

Presenting Problem:

Start Session Review at:

1. What are your treatment goals for this client?
2. What were your goals for this session?
3. What happened during the session that might have caused you to reconsider your goals? How did you resolve this?
4. What was the major theme of this session?
5. What was the major/important content?
6. Describe the *interpersonal dynamics* between you and the client during the session.
7. Address *your reactions* to the client throughout the session and why?
8. Describe any particularly strong thoughts, emotions, or physiological reactions in your response to your client.
9. What *theory* and *techniques* were predominant in this session and provide specific evidence of each?
10. How successful was the session (explain why)?
11. What did you learn about the helping process from this session?
12. What are your plans/goals for the next session?
13. What would you do differently in the next session?

Complete the following based on your recording session:

N/O = Not Observed E = Excellent OK = OK NI = Needs Improvement

	N/O	E	OK	NI
Established rapport				
Reflected feelings				
Used open-ended questions				
Used silence				
Kept focus				
Explored problem(s)				
Clarified problem(s)				
Paraphrased				
Summarized				
Challenge client				
Reframed problems				
Provided interpretation				
Demonstrated ethical behavior				
Was multiculturally responsive				

Your greatest strength in session:

Your area(s) for improvement:

Additional Comments: