

Worksheet: Counselling Process - Reflection

Briefly describe the situation and reflect on it: how do you usually work with the clients?

1. How do you usually start and end your session?

2. What do you always do with the clients?

--

3. Which skills do you use? - f.e. building working alliance and trust, evaluation ...	
--	--

--

4. What are you worried about?	
--------------------------------	--

--

--

5. Briefly describe the phases of your counselling process.	
---	--

--