

INTERPERSONAL COUNSELING REFLECTION FORM

By Angela Schubert

As you begin your counseling journey, one of the first steps towards becoming therapeutic is to work on your own personal growth and development goals. Furthermore, moving forward as a counselor involves coming to understand human response and developing a sense of Self.

Before and after meeting with your client, take some time to write down any feelings or thoughts that you are experiencing. Pay attention to your personal experience, rather than the actual event itself. Keep these forms to assist with completing the personal evaluation at the end of the semester.

Before session:

1. Explore current feelings and thoughts about meeting with your client.

During Session:

2. Did any judgments come up for you as a result of this interaction? If so, explain.

3. Did you find yourself holding back or hesitating to say something? If so, what do you feel held you back and why did you feel compelled to withhold information?

4. At any point did you feel like you wanted to, or did you attempt to “rescue” or “protect” the client as a result of this interaction?

5. At any point did you feel this interaction triggered you in a way that confronted or conflicted any of your personal values, beliefs, or assumptions?

6. How do you feel both physically and emotionally as a result of this interaction?

After session:

7. Discuss how pre-session feelings or thoughts may have changed after the session was over.