

Session Review Worksheet

Session 1.3

CLINICIAN: Record a 10-15 minute session with the student-client to which you have been assigned. Your job is to fully understand the event(s) they are bringing up. Communicate that understanding through (1) open-ended questions, and (2) paraphrases. Be sure to focus on the emotional content of their experience.

CLIENT: You can discuss any topic you would like, provided it has some emotional content. However, you could discuss (1) a life change you made in the past that did not work out as you expected (for better or worse), or (2) a difficult decision you made in the past (i.e., choosing where to go to school, if you should take a job/educational opportunity, or start/end a relationship).

BEFORE SESSION:

1. **Focus.** The main skills you'll be practicing are *open-ended questions* and *paraphrases*. Define them here.
2. **Plan.** How do you intend to do so (i.e., when you expect to use the skill and what will the effects be)?

AFTER SESSION:

3. **Summary.** Summarize the session in 2-3 sentences.
4. **Review.** Watch your video.

Link to Video (or upload it to Brightspace):

4a. Identify one time you successfully used one of the skills from Question #1.

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| Time Stamp: |
| What you said: |
| What made it effective? |

4b. Identify one time you struggled when using one of the skills from Question #1.

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| Time Stamp: |
| What you said: |
| What you SHOULD have said? |

4c. Identify one time you could have used one of the skills from Question #1, but did not.

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|---------------------------|
| Time Stamp: |
| What you said: |
| What COULD you have said? |

5. **Strengths.** Overall, what did you do well in this session?
6. **Improvements.** Overall, what could you do better?
7. **Evaluation.** In general, how did this session go? Consider the clinician's and the client's perspective.