


**Read each skill and competence level. Highlight or bold the competence level across each skill that you think best reflects your performance for this session as Helper. Client, please provide feedback, based on your experience, using the chart and reflective comments.**

<b>Helper Name: Ginny Fazari</b>  <b>Client Name: Adam Carson</b>  <b>Date of Session: May 26, 2023</b>			
Skill	Developing Competence	Achieved Expected Competence	Exceeded Expected Competence
Employ helping skills, including active listening, paraphrasing and summarizing, reflecting feelings, empathy, and effective use of open and closed questions during the assessment process	Helping skills are used intermittently; skills are poorly timed; feelings, thoughts and meanings are not explored in balance	Helping skills are used consistently and with intention; feelings, thoughts and meanings are well explored	Helpings skills are used seamlessly and intention is made explicit; feelings, thoughts and meanings are well explored and woven together to help the client develop new understanding  
Maintain rapport through interactions in which you continue to build the helper-client relationship and partner with your client in a problem-solving alliance	Little attention is paid to establishing rapport; counsellor jumps into assessment without establishing working relationship	Adequate attention is paid to building rapport and establishing trust; counsellor actively seeks to establish partnership with client in problem-solving alliance	Rapport and trust are integrated into the interaction between counsellor and client. Counsellor emphasizes client strengths and role as expert of own life story  
Reflect the client's reality by providing evidence that you have clearly understood the client's perspective of her or his experience and the issues that are bringing your client to you for help (identify and describe the problem).	Problem is not clearly identified and understood by the counsellor.  OR  Problem is understood through the counsellor's worldview, rather than reflecting the reality of the client.	Shared understanding of the problem is developed, though at times unclear. Counsellor attempts to understand and describe the problem through the worldview of the client.	Shared understanding of the problem is clearly evidenced by the counsellor's ability to describe the problem in detail through the worldview of the client.  
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Help your client clarify her or his needs and wants in ways that assist you to identify the client's stage of change according to Prochaska and DiClemente's (1986) transtheoretical model of change.	Counsellor relies on client to express needs and wants without guidance from counsellor. Stage of change remains unidentified and unexplored.	Counsellor supports client's exploration of needs and wants through use of empathy, open and closed questions and explicit discussion of readiness and motivation for change.	Counsellor support client's exploration of needs and wants through the seamless application of the skills of empathy, open and closed question and skilful integration of the concepts of readiness and motivation for change.


**Helper Comments to summarize progress:**

I felt that this was a successful session. I was able to gather the required information, begin the process of building therapeutic alliance, and Adam reported that he felt heard, understood, and respected. Areas to grow include being purposeful to ask questions that encourage a deeper understanding and reflection of Adam's thoughts and experiences, as well as bringing in more explicit conversations about change readiness and motivation.

**Client Feedback Comments for Improvement:**

Would like a comfier chair. Was my first experience and it was a positive one. No real feedback for improvement for this skill. Ginny is a great helper.

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**Helper Comments to summarize progress:**

This was my first attempt at using the Tree of Life assessment activity, therefore I had to use a bit of a script to guide Adam through the process. However, some good information was gleaned from this assessment activity which helped to shape my planning for the next session.

**Client Feedback Comments for Improvement:**

I am thankful that I received a more comfy chair, thank you. I did not enjoy the assessment activity, although I felt that Ginny delivered it well. It just didn't seem connected to the reasons why I am looking for support. Ginny is a very good listener though, and she made me realize some things about how I was feeling. I think this was a good meeting, but I wanted to spend more time talking about my actual problem.

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<p><b>Helper Name: Ginny Fazari</b> ✓</p> <p><b>Client Name: Adam Carson</b> ✓</p> <p><b>Date of Session: June 24, 2023</b></p>			
<b>Skill</b>	<b>Developing Competence</b>	<b>Achieved Expected Competence</b>	<b>Exceeded Expected Competence</b>
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**Helper Comments to summarize progress:**

I felt that this session did not accomplish the hoped for goals. I had wanted to do some goal setting with Adam so that we would have something specific to work towards, but this did not align with his desires. I tried to understand his worldview, but it took me some time to get there. I still used my helping skills, and this provided me with the clearest view of his stage of change to date, but I wasn't able to help him identify a therapeutic goal.

**Client Feedback Comments for Improvement:**

The best part about this one was the cuddly cat. I felt that Ginny was good at listening to the things I wanted to talk about, but when I talked about how I can't add anything more into my life right now, she didn't really understand. She did make some good points and helped me think about a few things, but mostly I just felt stressed out. I hope we can get back to talking about the stuff with my parents.

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<p><b>Helper Name: Ginny Fazari</b> </p> <p><b>Client Name: Adam Carson</b> </p> <p><b>Date of Session: July 8, 2023</b></p>			
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
This session was much more successful, at least if I can measure this from Adam's response to it. I was able to cover a large amount of content, and it seems that Adam can now picture how he will be able to accomplish his goal. Even if we don't have a full action plan completed, we do have specific things that we can focus on in our upcoming sessions.

**Client Feedback Comments for Improvement:**

This one was way better than the last one. I finally got to figure some things out and started to make a plan to talk with my parents. Ginny helped me organize my thoughts and feelings and let me talk some things out, especially some of the things I hadn't thought about before. She is very skilled. I have no comments for improvement.



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<b>Helper Name: Ginny Fazari</b>  <b>Client Name: Adam Carson</b>  <b>Date of Session: July 15, 2023</b>			
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Although I had hoped to complete the action plan today, when Adam shared that he would not likely be initiating the contact with his parents until after we were done our helping sessions, I thought it would be best to talk about how he can stay on track. I felt that I was able to do a good job of helping Adam explore his patterns of behaviour, as well as consider what he needs to have in place in order to prevent himself from using procrastination to avoid following through. Adam has moved into the preparation stage of change here, but still resists any hint of, or request to take action. I think that I could have done more to help explore this through deeper reflection, but I did not think of that at the time. I still feel that this was a successful session, however.

**Client Feedback Comments for Improvement:**

Ginny helped me think about how I can sabotage some of my goals by avoiding them. I didn't want to tell her about my contingency plan, but it was probably a good thing to get it in the open. Ginny helped me feel understood and like I was capable, even though I don't know when I will be able to actually text my parents because of the funeral plans for my cousin.

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**Helper Comments to summarize progress:**

This session did not meet the goals that I had intended for termination, although I still think that Adam found it to be helpful. I know that I could have kept a tighter control over the session, but instead I focused on what Adam wanted to talk about / do before closing. We did explore several possible options that he could take, and created an action plan that he can refer back to when he is ready to take the first steps of reaching out to his parents. He is ending our time together in the preparation stage of change, which means that he will need to carry out his plan on his own. I do wish I had taken more time to do some reflecting on how far he has come.

**Client Feedback Comments for Improvement:**

I feel really good about finishing my time with Ginny after this one. When I started, I wanted to figure out how to have a conversation with my parents, and how I wanted to approach my issues with them. Ginny has helped me sort out and organize my thoughts and feelings, which I needed to do in order to be able to make a plan. I feel like I can sit with this for a bit, and then reach out to my parents when I am ready. Ginny is a very good helper, and she deserves an excellent grade for her work.