Counseling Reflection Log

My Name: Courtney Shultz

Date of entry:05/08/2013 Date of counseling session(s): 05/08/2013

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| Overall How did you feel about the session(s)?   * Overall I feel like this session went very well because my client was very talkative. I also thought the session was good because my client seemed very interested in the counseling session. This made me enjoy the session and feel positive after it ended. |
| What would you have changed in the session(s)?   * If I could change anything about the session is would be to refrain from jumping in and giving ideas. I always find myself jumping in right way before the client gets a chance to think of ideas on there own. |
| What did you feel was positive in the session(s)?   * I think the session was positive because my client had met some of the goals she had set for herself. I think is really successful because she has a child, goes to school and has two jobs. I also thought it was successful that she very enthusiastic about her goals and seemed very motivated. |
| List the responses/ Counseling techniques you used and how you might improve on these if applicable?(use the back if you do not have enough room)   * I used the mirror exercise by repeating what they would say and I feel like I could improve on this because I would find myself jumping right in with giving them advice. * I also would like to improve the questions I ask by not making them closed question rather than making open questions. |