

Master of Arts in Counseling

Saint Martin's University

INTERNSHIP CASE LOG

Counselor Name: _____ Date of Counseling Session: _____

Session # with Client: _____ Client's Age: _____

- Briefly describe what brought the client to counseling. What may have led to the development of the issue? Who else may be involved?
- What are the most important client strengths? How can you use them therapeutically? Does the client have access to natural and community supports?
- What are the highlights of the client's background that may contribute to the present situation?
- How might factors related to social memberships, such as age, disability, religion, ethnicity, social class, sexual orientation, indigenous background, national origin, and gender impact the counseling relationship? How will they impact you and your view of the client?
- What emotional, cognitive, and behavioral patterns, strengths, and difficulties are presented by the client?

Session Evaluation

Professional Development

1. Did you engage in clear and open communication during this session? Do you recognize any deficiencies in your approach? How might you develop new skills/competencies to overcome these?
2. Have you utilized supervision consultation regarding this case? Why or why not? Does your approach to the case differ from that of other professionals involved in the client's treatment?

Counseling Process & Interventions

3. Is the nature and objective of counseling clear to the client in this session? How did you communicate interest and acceptance of your client? Was the client encouraged to express themselves? How so?
4. Did you identify and communicate the client's strength in this session? Did your approach match the client's goals? Were you able to articulate to the client your reasoning for use of particular interventions/approaches (when appropriate)?
5. List three things/skills/moments you felt you did well.
6. List one thing you would like to have done differently this session.
7. What is your goal/objective for the next session?

Case Conceptualization

8. What approach did you use this session? Were you able to approach the session from a systemic/relational perspective?
9. Identify an instance of process vs. content in this session.
10. What specific questions, concerns, or other clinical issues do you want the group to give you feedback on?