

Master of Arts in Counseling Saint Martin's University PRACTICUM 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 Reflection

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. Was an objective clear to the client this session? How did you communicate interest and acceptance?
3. List three things/skills/moments you felt you did well.
4. List one thing you would like to have done differently this session.
5. What is your goal/objective for the next session?
6. What approach did you use this session? Did you approach the work from a systemic/relational perspective?
7. What specific questions, concerns, or other issues do you want the group to give you feedback on?