

TEXAS WESLEYAN UNIVERSITY COMMUNITY COUNSELING CENTER

COUNSELING SESSION EVALUATION

Date of the session: \_\_\_\_/\_\_\_\_/\_\_\_\_

STUDENT NAME: \_\_\_\_\_

COURSE (For which student is submitting this form) : \_\_\_\_\_

COUNSELOR'S NAME (Who is conducting the session? Please also identify if you observed live or taped session):

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THERAPY MODALITY (individual, couple, family, parent/child): \_\_\_\_\_

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1. Setting. Describe the setting of the session, appearance and affect of the client(s), and nonverbal communication between the client(s) and counselor.

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2. Beginning of the session. How did the counselor greet the client, was there any follow up from the last session, any discussions about homework?

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3. **Problem.** Identify the problem that was discussed in the session. Was there only one issue did the client bringing more than one; was the counselor able to stay on track? If there was more than one client in the session did they each agree about the presenting problem?

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4. **Theoretical assumptions.** If possible, please identify the theoretical framework and assumptions that the counselor incorporated in the session.

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5. **What theoretical model is used in this session?**

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6. **Questions.** Pay attention to the questions that counselor asked. Identify some of them.

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7. **Interventions.** Describe techniques and interventions that the counselor used in the session.

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8. **Ending of the session.** Did the counselor end on time (5-10 minutes to the hour)? How did the counselor transition to the end of the session?

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9. **Consistency.** Were the questions and interventions consistent with the student's theoretical framework? How?

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10. **Observations.** Describe your personal observations and evaluations of the session.

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