**CSK-L2 Candidate Self-review**

Use this form to review your professional development in relation to the seven learning outcomes and your own learning objectives. (Target 1,000 words)

You can use this self-review as evidence for criteria.

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| **Learning outcome 1 - Use counselling skills ethically and safely:** |
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| **Learning outcome 2 - Establish and sustain the boundaries of the helping role:** |
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| **Learning outcome 3 - Work empathically as a helper:** |
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| **Learning outcome 4 - Focus on the helpee’s needs and concerns:** |
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| **Learning outcome 5** **- Use self-awareness in helping work:** |
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| **Learning outcome 6 - Use a range of counselling skills to facilitate the helping interaction**: |
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| **Learning outcome 7 - Use feedback and reflection to enhance counselling skills:** |
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| **Learning goals:** |
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