**CAST-L3 Candidate Self-review of Counselling Practice**

Candidate’s name: …………………………………………………….. Date: …………..…… Course: ……………………………….

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| **The session** |
| Describe something you did well in the session:  Identify something you could have done better. Say how: |
| How did theory help you understand your client? |
| Comment on how the relationship was formed and maintained: |

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| **Reflection on the session** |
| Were there any issues of similarity or difference between you and your client? How did you work with this? |
| Any other comments: |