

## PC-L5 Guidance to Writing a Self-review

The self-review is essential to the process of learning and demonstrating reflective skills. In this statement you will give a short account of your personal and professional development. You are invited to think about the learning and understanding gained in relation to each of the seven learning outcomes of the PC-L5 qualification, and to demonstrate in the self-review how you have developed insight, understanding and proficiency.

The following aspects must be addressed. You should discuss and evaluate how you are able to:

1. Identify and discuss your developing personal and professional principles that will have relevance to maintaining effective use of skills, knowledge and attitudes. For example: self-care, safety, personal therapy, continuing study, working with their prejudices/fears, supervision, etc.
2. Reflect on your own thoughts, awareness, feelings and values, and apply these to the activities involved in providing a professional independent counselling service. Discuss and give examples.
3. Facilitate your client's consideration of the relevance of his/her own thoughts, awareness, feelings and values in their life. Discuss and give examples.
4. Use awareness of self and process to connect what is happening in the work between the client and yourself. Analyse and give examples.
5. Identify and work with your strengths, attitudes, knowledge and skills. Analyse and give examples.
6. Accept constructive feedback and identify and work on weaknesses without being defensive. Evaluate and give examples.

Your tutor may wish you to use one of the CPCAB self-review proforma available on the CPCAB website. This will be explained to you.

Your tutors may also take this opportunity to raise any concerns that they might have with you in relation to achieving the learning outcome for each unit.