

## Practical's Reflection and Feedback Stage 2 & 3

Diploma Stage:

Module:

Exercise:

Date:

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Client Ratings:

Content / Process	/ 10	Therapeutic Alliance	/ 10
Therapist Listening Skills & Empathy	/ 10	Therapist Authenticity (Realness)	/ 10
Therapist Calmness & Confidence	/ 10	Therapist Openness & Flexibility	/ 10
Therapist Agenda / Time Management	/ 10	Insight / Discovery	/ 10
Therapist skill: congruent & effective delivery	/ 10	Overall Satisfaction	/ 10

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What specifically did the client like or find useful? (Why wasn't it 0/10?)

1.

2.

3.

What specific improvements did the client suggest that would result in 10 / 10?

1.

2.

3.

What did you learn as a Cognitive Behavioural Hypnotherapist? (what will you do differently next time?)

1.

2.

3.

Remind your volunteer that you are in training and not fully qualified. The feedback they give you will be shared with your coach as part of your training. All feedback will be discussed anonymously with complete confidentiality.