**CBH Higher Diploma Level 5**

**Reflective essay 2000 words on final case study**

Assessment Guidance

# General Notes

## Format

Detailed references are not required because the emphasis is on the student's own reflection and common sense solutions to everyday problems in clinical practice, etc. However, where texts are cited references should be given in Harvard style at the end of the question. In case studies we are not looking for perfectly successful outcomes, many experienced, competent and successful therapists don’t always achieve the positive outcome they would prefer. The purpose of these reflective essays is to understand the students ability to apply the CBH model, utilise feedback and reflect on the learning opportunity.

Please read through the assessment guidance document for full details of the assessment requirements.

**Reflective essay of 2000 words on the final case study**

Ensure that your reflective essay includes the following headings and focus:

1. Client assessment. Include details of assessment forms used, a brief outline of the issue and the clients goals.

2. Case conceptualisation. What conceptualisation did you reach with your client, what models did you use, how did you link these to your clients issue.

3. Course of treatment / session content initial plan. What was your initial plan for treatment and outline of the planned content of sessions.

4. Overview of session content. What was the actual content of sessions, which strategies did you use, what skills training did you include. Include here any issues that you took to supervision. Include reflections on the working alliance in this section.

5. End of session review and outcomes. This section should detail the outcome of the sessions, including how they related to the client’s goals. If you feel therapy was of limited help to the client, include a brief reflection on why you feel the therapy was of limited success.

6. Limitations, concerns. This section is an opportunity for you to reflect on any issues that arose and how you managed these (i.e. cancelled sessions, not completing homework).

7. Overall reflections. This section should include reflections on what you might have done differently or what else you may have focused on if you were working this this client over more sessions. You should also include a note of your clients feedback.

**Reflective essay of 500 words on the Supervision process**

**Guidelines**

Ensure that your reflective essay includes the following headings and focus:

1. What do you understand as the key goals of supervision?

2. How did you prepare for your supervision sessions; include which models of reflection you used?

2. What key learnings came out of the supervision session / sessions.

3. What were your reflections on how you might make effective use of supervision in the future?