**CBT Reflective LOG B Guidelines**

The purpose of the reflective summaries is to demonstrate your ability to:

* Reflect on your experience of CBT practice
* Critically analyse and make sense of that experience (informed by CBT theory and literature where appropriate)
* Extract useful learning and plan for change

You will be assessed on the following dimensions:

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| **Introduction of topic of reflection** |
| * Clear identification of one or two issues relevant to the session * Description of reflective process (e.g. may have involved the use of a model such as Kolb’s learning cycle, discussion with supervisor, use of thought records etc.) |
| **Experience and observation** |
| * Description of the relevant concrete experience within the session e.g. client and therapist behaviour, verbal communications and events. * Observations of therapist automatic thoughts, emotions and impulses (where relevant). |
| **Critical analysis** |
| * Analysis of experience and observations within the session and beyond taking an objective   and critical stance and presentation of alternative interpretations.   * Analysis should be informed by client (and/or where applicable therapist) formulation. |
| **Understanding and use of theory** |
| * Integration of critical analysis with existing knowledge of CBT * Integration of critical analysis with relevant CBT literature and research where appropriate |
| **Summary and implications for future practice** |
| * Summary of learning * Description of plans for active experimentation, further learning and clinical practice * (including awareness of own assumptions etc.) |
| **Structure & style:** |
| * Clear structure with a logical flow * May use existing models of reflection such as Kolb’s learning cycle to structure |
| **Spelling / Grammar / Typos** |
| * You will be marked down for errors. * References - Where reference to theory is made, references should conform to APA guidelines. |

**Criteria for assessing CTS-R Reflective Summary**

**Trainee:**   **Tape Number:**   **Term:**

**Date: Overall assessment:** Satisfactory/Unsatisfactory

**Feedback for Learning:**

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| **Overall Comments** |
| **Introduction of topic of reflection: Satisfactory** |
| **Experience and observation: Satisfactory** |
| **Critical analysis: Satisfactory** |
| **Understanding & use of theory: Satisfactory** |
| **Summary and implications: Satisfactory** |
| **Structure & style: Satisfactory** |
| **Spelling, grammar, typos: Satisfactory** |
| **Referencing: Satisfactory** |
| **Adheres to word count:** Yes/No |