**Self Rating CTSR and Reflection Sheet for CBT**

**A total of 6 are required within the portfolio – (3 of which are submitted with the formative summative CTS-R and 3 from your other 5 cases )**

**Brief reflection on session (see guidance)**

|  |  |  |
| --- | --- | --- |
| CTS\_R item | Own rating | What factors did you consider when rating this item |
| 1 |  |  |
| 2 |  |  |
| 3 |  |  |
| 4 |  |  |
| 5 |  |  |
| 6 |  |  |
| 7 |  |  |
| 8 |  |  |
| 9 |  |  |
| 10 |  |  |
| 11 |  |  |
| 12 |  |  |