**CTS-R SELF RATING AND REFLECTION**

**NB: a minimum of 6 CTS-R Reflections are required within the portfolio.**

3 are submitted with the Summative CBT Competences Assessments (CTS-R & Reflection).

3 are submitted with the Formative CBT Competences Assessments (CTS-R & Reflection) presented in supervision group

1 is submitted with the Formative Assessment & Formulation CBT Competences Assessment (CTS-R & Reflection) at the end of Term 1.

**CTS-R Reflective Summary (200-500 words)**

|  |  |  |
| --- | --- | --- |
| **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** |  |  |