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| **Diploma 1** |
| **Mid-Year Review** |
| **Trainee Self-Assessment** |
| **Theoretical** |
| **Deadline: Friday 26th Feb 2021** |

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| **Module Rationale**  **This course builds on an assumed satisfactory level of basic counselling skill and goes on to develop:** | |
| **a)** | Knowledge of the nature of psychodynamic counselling as practiced at the Foundation |
| **b)** | The techniques arising from the theoretical concept of psychodynamic counselling e.g., unconscious communication: projection, introjection, transference, countertransference; defences. |
| **c)** | Ability to manage the differing emphases between a number of psychodynamic models. |
| **d)** | The use of language, responses and non-verbal communication. |

T1

Your text

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| **Name of Trainee** | Click or tap here to enter text. |

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| **Based on your participation in seminars:** |

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| **1** | **Your knowledge of psychodynamic theory**  **(Please try to limit your responses to under 150 words)** | |
| **Based on your participation in seminars please comment on which texts and activities you have found helpful, and which, unhelpful. Please briefly explain why.** | | Click or tap here to enter text. |

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| **2** | **Your capacity to begin to develop a personal synthesis of theory and practice**  **(Please try to limit your responses to under 150 words)** | |
| **Based on your experience in seminars, please comment on how much you think you are able to apply some of your learning to the clinical setting with a client.** | | Click or tap here to enter text. |

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| **3** | **Your ability to reflect on group experience**  **(Please try to limit your responses to under 150 words)** | |
| **Please reflect on the seminar group experience focusing especially on the extent to which it has enhanced your development as a counsellor.** | | Click or tap here to enter text. |

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| **Please complete and return this document by**  **Friday 26th February 2021** |

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| **Signed (Trainee)** | Click or tap here to enter text. |
| **Date** | Click or tap to enter a date. |