Psychotherapy Critique Evaluation and Reflection Form

Student:

Video Session Observed:

# Part A: Critique

Please place a 1, 0, or NA before each evaluative item. 1 indicates the behavior or skill is **evident**; 0 indicates that it is **not evident**; NA indicates the behavior or skill was not applicable or you are not able to evaluate the item.

| **Rating** | **Evaluative** **Item** |
| --- | --- |
|  | Both the client and therapist can be seen and/or heard in the video. |
|  | The therapist sounded genuinely interested and concerned in the client’s issues/concerns/problems. |
|  | The therapist appeared to be able to establish rapport effectively with the client. |
|  | The therapist appeared to be relatively relaxed and natural as the therapy session progressed. |
|  | The client appeared to be relatively relaxed with the therapist as the session progressed. |
|  | The therapist appeared to maintain a composed, steady, demeanor during the session. |
|  | The client appeared comfortable to express thoughts and feelings with the therapist. |
|  | The therapist effectively used the theoretical model. |
|  | The therapist was effective in addressing the client’s issues and concerns. |
|  | Appropriate attending behavior (eye contact, forward body position, etc.) were demonstrated by the therapist. |
|  | The therapist worked with the client on the specific issue addressed in the session. |
|  | It appeared that the therapist was able to conduct a session that was intent on benefiting the client. |
|  | The therapist demonstrated the principles of the applicable theory of therapy. |

# Part B: Evaluation

1. **Session Notes** (Any behavioral observations?)
2. **Communication skills** (What skills were predominantly used in this session? Were these appropriate to the timing and issues being discussed?)
3. **Reaction to session** (*Your* thoughts and feelings about what happened in the session, what was helpful [or not helpful] in the session, and why.)
4. **What the therapist could have done differently and why** (What are some different counseling skills, responses, and interventions that you might have used instead and why?)
5. **Progression** (Did the session progress as you anticipated it would, if not why not?)
6. **Application** (Did the video utilize any principles applicable to a specific type psychotherapy, if so what principles where applied and how were these principles applied within the session?)
7. **Applicability** (How might this psychotherapy approach relate to your future work as a PMHNP? In other words, how [cite examples] will you might able to use and apply the knowledge, skills, and dispositions of this psychotherapy session to your own practice?)
8. **Evaluation** (Summarize your experience of the therapy session observed. What was your greatest learning from this video?)