

Student Self-evaluation guidelines

Designed by Anne Marie Kealy (The Therapeutic Relationship) and Elizabeth Brunton (Screening & Treatments) for a joint assessment of students of ITTralee 2009/2010 (Work in progress)

Guidelines for Evaluation of treatment

Areas to include in your writeup:

Settling client:

Meeting and Greeting

Confidentiality agreement

Explaining procedure - Did I give good early information to my client?

(Especially in the group situation) –amount of clothes to remove, information on draping

Screening:

Screening form What I did - Examples of:

How did I try to communicate unconditional positive regard, congruence, empathy

What did I do to build rapport /relationship

How did I attend? Attending-Soler

When and what were distracting

Give three examples of active listening

Give three examples of open questions

Give two examples of paraphrasing

Give two examples of clarifying

When, why and how did I summarize?

What minimal prompts did I give

When, how and why did you make an informative intervention

When, how and why did you make an prescriptive intervention

When, how and why did you make an catalytic Intervention

When, how and why did you make an Supportive intervention

Being Professional:

How did I take care of the client's safety and comfort?

How did I establish the client's needs?

What did I notice about the client during the screening session and how did I respond?

List the important information from the case history that guided your treatment – spoken, non-verbal, connections between various pieces of information etc...

Why did you choose these as the most important areas to concentrate on?

Were there any contraindications to be taken into account?

Was there anything you decided not to treat on this occasion and why?

How did you explain, negotiate and agree appropriate treatment?

How did you handle client questions?

Preparing for treatment,

Helping client undress

Helping client onto pliant...

Pillows/drapes/oils/creams

First contact...

During treatment,

Keeping quality of contact within client comfort...

Reacting to client mind-body feedback...

Did I stay 'present' throughout the entire massage?

What helped me to stay 'present'?

What disturbed my focus and how did I deal with distractions?

How did I bring myself back to being 'present'?

End of treatment,

Signature – how did client know the treatment was finished?

Help getting off pliant

Help getting dressed

Post-treatment Reflection:

How did I time my plan and was the timing right?

How did I sequence the strokes and body areas and was this effective?

Why did I decide to sequence body areas in this order? Refer to specific answers to questions from case history.

Did anything change from treatment plan to actual treatment and if so why?

What were my own feelings/thoughts throughout session?

How would I evaluate my performance- something I did well... something I would do differently.

How would I change my behaviour or the treatment if I was starting all over again?

Do not ask client for feedback but if given record it. Look for non-verbal cues... observe getting off table, leaving room, interaction with others etc...

What did I learn from this experience?

What will I remember of this experience?

What did I learn from this client?

What did I find challenging?

What areas of relationship, procedure, techniques do I need to work on?

Areas to work on

What would it be like to work with this client on an on-going basis

What is the personal meaning of this experience for me?

What is the professional meaning of this experience for me?