

**Final Video Submission Reflection paper**

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## **Video Submission One Reflection Paper**

### **Skills:**

At 6:24-6:50 is a short representation of my use of reflecting skills and this has been carried on throughout the session. One of the areas I was to work on was reflection and listening, I feel that I have made great improvement in these areas. Listening can be seen at 8:28-9:10 but can be seen throughout the session as well. Upon listening reflection was used to show her that I was paying attention and for clarification purposes as well.

### **Growth:**

From 24:00-26:15., I interrupted her when I thought she was finished, but had just paused. I must make sure that I give her able time to finish what she is saying before jumping into my thoughts. I also feel that I need to improve on my eye contact, I have a habit of looking away when thinking about what I want to say next. I also could have further inquired about why mother changed her statement when discussing children's services.

### **Supervision Model:**

At 16:58-19:15, I believe that the focus of this section was intervention, as we explored what she is doing in the counseling session and what was observable to her. I fell under the consultant role as I reflected on what she was saying and had her explore what she could do with the client. I also was in the consultant role during 11:35-14:35. Upon reflecting what client was stating, I worked as consultant to draw out of her what she could do and has done with client when client gets angry.

### **Supervisee Learning**

The supervisee learned about the use of sand trays in therapy in section 27:31-47:00. The supervisee was eager to work on and learn how to integrate a sand tray into the session. I took on the role of teacher here. I had some struggles with it at first but believe everything went well.

**Feedback Section:**

For the section of feedback, I would like to use section 28:06-38:06 as my mind went blank and I had some difficulties with the sand tray activity at first. I knew what I wanted to say and could not get the words to come out. I also wanted some feedback as to this was my first time integrating the sand tray into a session.