

**PRACTICUM STUDENT SELF EVALUATION OF ADULT PRACTICUM COMPETENCIES**  
Counseling Psychology Program at the University of Oregon

Practicum Student Name: \_\_\_\_\_

Supervisor Name: \_\_\_\_\_

Practicum Site: \_\_\_\_\_ Academic Term: \_\_\_\_\_

The Self Evaluation of Practicum Student Competencies form is designed to provide practicum students with an opportunity to reflect on their counseling-related skills and behaviors. Please yourself on each item using the following scale:

- 1 - I **need marked improvement** to continue acceptable progress; may require remediation before continuing with practicum placement.
- 2 - My performance is **minimally satisfactory** for my level of development and needs improvement.
- 3 - Performance is **commensurate** with my level of development.
- 4 - I demonstrate **above average** skill, ability, and/or knowledge for the my level of development.
- 5 - I am at or **near professional level** of development.
- NA - Not applicable or not enough information to rate.

**I. PROFESSIONALISM**

- 1. \_\_\_\_ Displays professional demeanor, dress and overall appearance, and language.
- 2. \_\_\_\_ Demonstrates integrity by adhering to professional values and fulfilling professional responsibilities.
- 3. \_\_\_\_ Shows respect for colleagues, agency staff, and supervisors.
- 4. \_\_\_\_ Demonstrates effort to effectively resolve conflict.
- 5. \_\_\_\_ Meets timelines for case documentation and arrives on time for meetings and appointments.

**Mean Score for Professionalism Section** \_\_\_\_\_

**II. INDIVIDUAL AND CULTURAL DIVERSITY**

- 6. \_\_\_\_ Understands own cultural identity and personal attitudes toward diverse others.
- 7. \_\_\_\_ Recognizes the way that culture shapes others' identity and behavior.
- 8. \_\_\_\_ Uses language that demonstrates sensitivity to culture as defined by Hays' ADDRESSING framework (i.e., age, disability, religion, ethnicity, race, sexual orientation, etc.)

9. \_\_\_\_ Effectively addresses important and relevant cultural differences between therapist and clients.
10. \_\_\_\_ Asks questions or offers suggestions that help client think about how contextual issues may influence presenting concerns.

**Mean Score for Diversity Section** \_\_\_\_\_

### **III. ETHICAL & LEGAL STANDARDS**

11. \_\_\_\_ Demonstrates knowledge and awareness of appropriate ethical codes and state laws.
12. \_\_\_\_ Identifies and consults on potential ethical concerns and legal issues.
13. \_\_\_\_ Behaves in accordance with ethical codes and state laws.

**Mean Score for Ethics & Legal Standards Section** \_\_\_\_\_

### **IV. ASSESSMENT**

#### **A. Evaluation & Diagnosis**

14. \_\_\_\_ Selects appropriate assessment measures for clients at practicum site.
15. \_\_\_\_ Identifies areas of client functioning where further assessment is needed.
16. \_\_\_\_ Provides appropriate feedback to clients based on assessment measures.
17. \_\_\_\_ Applies concepts of normal/abnormal behavior to case formulation and diagnosis using a developmental and ecological approach.
18. \_\_\_\_ Applies concepts of normal/abnormal behavior to case formulation and diagnosis within the context of diversity.
19. \_\_\_\_ Effectively uses ecological model to assess client strengths and risks.
20. \_\_\_\_ Effectively uses other theories of human development and counseling to assess and conceptualize client concerns.

#### **B. Conceptualization**

21. \_\_\_\_ Generates hypotheses concerning client behavior and dynamics.
22. \_\_\_\_ Provides rationale for conceptualization based on psychological theory and research.
23. \_\_\_\_ Provides rationale for conceptualization based on client data.
24. \_\_\_\_ Formulates appropriate interventions based on conceptualization.
25. \_\_\_\_ Attends to systemic issues in case conceptualization.

**Mean Score for Assessment Section** \_\_\_\_\_

## V. INTERVENTION

### A. Intervention Planning

26. \_\_\_\_ Demonstrates knowledge of theoretically- and empirically-informed interventions and explanations for their use in practice based on evidence.
27. \_\_\_\_ Able to tailor interventions to be consistent with client's background, culture, and values.
28. \_\_\_\_ Evaluates treatment progress and modifies treatment planning as indicated.

### B. Basic Counseling Skills

29. \_\_\_\_ Uses appropriate and therapeutic open-ended questions.
30. \_\_\_\_ Is able to track client progress.
31. \_\_\_\_ Can paraphrase and summarize content.
32. \_\_\_\_ Understands client emotions and accurately reflects feeling.
33. \_\_\_\_ Clarifies client content when appropriate.
34. \_\_\_\_ Handles silence and uses it effectively in treatment.
35. \_\_\_\_ Collaborates with client to establish appropriate therapeutic goals.
36. \_\_\_\_ Can effectively and collaboratively redirect session as necessary.
37. \_\_\_\_ Able to separate process from content.

### C. Intervention Implementation

38. \_\_\_\_ Demonstrates ability to effectively implement therapeutic treatment interventions.
39. \_\_\_\_ Demonstrates ability to use the ecological model of human development to consider interventions that may be implemented across different contexts in which the client lives.
40. \_\_\_\_ Demonstrates ability to deal effectively with client emotions and affect.
41. \_\_\_\_ Uses therapeutic process effectively.
42. \_\_\_\_ Recognizes and handles client resistance and ambivalence appropriately and effectively.
43. \_\_\_\_ Is able to comfortably discuss sensitive issues with clients (e.g., sexuality, abuse history)
44. \_\_\_\_ Provides crisis management interventions, as appropriate.
45. \_\_\_\_ Exhibits appropriate verbal regulation of emotion (i.e., expression and containment).
46. \_\_\_\_ Exhibits appropriate nonverbal regulation of emotion (i.e., expression and containment).
47. \_\_\_\_ Communicates clearly using verbal skills.
48. \_\_\_\_ Nonverbal communication matches verbal content.
49. \_\_\_\_ Communicates clearly and accurately in writing (i.e., case notes, other paperwork).

50. \_\_\_\_\_ Awareness of and sensitivity to clients' nonverbal behavior.

**Mean Score for Intervention Section \_\_\_\_\_**

## **VII. REFLECTIVE PRACTICE/ SELF ASSESSMENT & CARE**

### **A. Reflective Practice**

51. \_\_\_\_\_ Reflects on practice and recognizes impact of self on others.

52. \_\_\_\_\_ Understands impact of therapy relationship on self.

53. \_\_\_\_\_ Understands own impact on client in therapy relationship.

54. \_\_\_\_\_ Maintains appropriate therapist-client boundaries.

55. \_\_\_\_\_ Is willing to admit mistakes with minimal defensiveness.

56. \_\_\_\_\_ Provides helpful feedback and critique to others.

57. \_\_\_\_\_ Is sensitive to the needs and strengths of peers.

58. \_\_\_\_\_ Is willing to be assertive with supervisor and peers.

### **B. Self-Assessment & Self-Care**

59. \_\_\_\_\_ Demonstrates awareness of clinical competencies and areas for professional growth.

60. \_\_\_\_\_ Takes initiative to enhance competencies and address areas of professional growth.

61. \_\_\_\_\_ Critiques and analyzes own clinical work accurately and appropriately.

62. \_\_\_\_\_ Recognizes own limitations in working with a particular client.

63. \_\_\_\_\_ Takes appropriate care of self and is aware of own needs.

**Mean Score for Reflective Practice Section \_\_\_\_\_**

## **IX. SUPERVISION**

64. \_\_\_\_\_ Demonstrates knowledge of the supervision process including one's own roles and responsibilities as a supervisee.

65. \_\_\_\_\_ Uses supervision to reflect on areas of strength and those needing improvement.

66. \_\_\_\_\_ Demonstrates willingness to admit errors and accept feedback.

67. \_\_\_\_\_ Willing to be observed and evaluated by supervisor.

68. \_\_\_\_\_ Integrates feedback from supervisor into performance.

69. \_\_\_\_\_ Takes initiative to articulate needs and goals to supervisor and participates actively in supervision.

70. \_\_\_\_\_ Effectively addresses with the supervisor important cultural differences and similarities shared by the student and supervisor.

**Mean Score for Supervision Section \_\_\_\_\_**

**X. OTHER AREAS OF COMPETENCY**

- 71. \_\_\_\_\_ Values and applies scientific inquiry and findings to professional practice.
- 72. \_\_\_\_\_ Appreciates expertise and roles of professionals across disciplines.
- 73. \_\_\_\_\_ Makes appropriate referrals and works effectively with professionals from other specialties.
- 74. \_\_\_\_\_ Able to provide consultation that is helpful to the person or agency seeking consultation.

**Mean Score for Other Areas Section** \_\_\_\_\_

**TOTAL MEAN SCORE FOR ALL SECTIONS** \_\_\_\_\_

Summary of My Strengths:

Summary of My Areas for Growth:

Signature of Supervisor: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Supervisee: \_\_\_\_\_ Date: \_\_\_\_\_