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| **My training, my accrediting body, supervision, my model, myself** | |
| Am I happy with how I’ve been trained as a therapist? |  |
| Have I had personal therapy myself, and have my experiences of being counselled been helpful? |  |
| Am I happy with my accrediting body? |  |
| What is my core model of counselling? |  |
| Do I have a purist, integrative, eclectic or pick-and-mix approach? |  |
| What other models have I added, if any? |  |
| How much does my model reflect who I am and my personality type? |  |
| Do I feel I have genuine expertise as a counsellor, or do I sometimes suffer from Imposter Syndrome? |  |
| Do I feel well supervised? |  |
| In my experience, how has the supervision I have received varied, from Supervisor to Supervisor? |  |
| Do I feel confident that I receive enough genuine CPD that helps me grow as a counsellor? |  |
| Do I refresh my core model, to reinvigorate my practice – do I still believe it is right for me? |  |

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| **My clients, getting/keeping, stresses… self-care, support, referrals** | |
| How do I get my clients? |  |
| How do I feel if I have too many clients? |  |
| How do I feel if I have too few clients? |  |
| How do I feel about my fee structure? |  |
| Do I feel that the intervals between client sessions are well spaced in a day’s work? How do I spend time between sessions? |  |
| Do I let clients contact me between sessions? |  |
| How do I cope if I feel out of my depth with clients who are:   * Older than me / younger than me * From a different social position * More intelligent than I am * Of a very different cultural/ethnic background? |  |
| How do I feel if clients have very clear mental health issues? |  |
| How do I feel if clients have very clear physical issues? |  |
| Do I feel alone in my practice?  What kind of supports do I have? |  |
| Do I have professional networks to which I can refer clients? |  |
| Do I handle note-keeping efficiently? |  |
| Which type of clients do I find most stressful? How do I cope? |  |
| How do I cope with transference / countertransference? |  |
| What do I do / how do I feel when I fear I have made an important mistake? |  |
| How easy /difficult do I find it to repair a relationship when there has been a rupture? |  |
| As I gain more experience as a counsellor, do I have tighter or more flexible boundaries? |  |

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| **Best and worst experiences in practice** | |
| What have been my worst experiences with clients? What have I learned from these? |  |
| What have been my best experiences with clients?  What have I learned from these? |  |
| Have you experienced not liking a client… or liking them too much? |  |
| Have I experienced being idealised by a client, and then being denigrated and ‘trashed’ ? |  |
| What experiences do you have of therapy ending well? |  |
| What experiences do you have of therapy ending badly? |  |
| Do you feel your practice is working out well financially for you? |  |
| Have you considered adding coaching to your practice, which may increase income? |  |

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| **Managing myself and my future growth and development** | |
| Am I looking after myself physically, emotionally and spiritually? |  |
| How can I enhance my practice and grow personally myself? |  |
| Have some experiences made me want to give up being a counsellor? |  |
| When the time is right, how do I plan to wind down my practice leaving a legacy of good practice? |  |