Counselor's Debriefing Form

Date: _____ Counselor: _____

1. What I liked best about my counseling session:

2. What I missed hearing/doing (or would do differently):

3. My present understanding of the problem is (in one sentence):

4. My anticipated goals and possible strategies for the following session(s) are:

   Goals:

   Strategies:

5. I need help with: