

Practitioner Self-Reflection Form Self Paced

Client Information

First Name*

Last Name*

Practitioner Information

First Name*

Last Name*

E-Mail*

dd-mm-yyyy

Practitioner E-Mail
It is important that you put your practitioners email address into the field above, as this is how they receive your information. If you do not have their email address, please ask them for it, so you can fill in the email box above.

Select Module Number*

Session

We appreciate answers to this form in English.

- ☐ In-person
- ☐ Online

Invocation

How well do you feel you prepared energetically, mentally and physically pre-session?

What was the energy/deity you called in during invocation and why?

Conversation

What was the client's initial intention/issue to work with?

What were the key pieces of information that emerged during the conversation stage, that you based the session on?

When questioned, did the client express any physical boundaries/fears towards receiving bodywork?

Activation

What Activation/Bodywork protocols did you guide your client through and why?

What deeper layers emerged from the unconscious during the activation phase? E.g. What were the limiting beliefs and feelings associated with this issue? What did the initial trigger remind them of?

Are there any other protocols that either (a) could have been used, or (b) in hindsight may have been better suited?

Integration

What were the newfound beliefs/resolutions that your client reached?

How did you guide your client to somatically embody these?

What homework/practices did you prescribe to your client to continue with after the session?

Self-Reflection

What are some things you did well during the session?

Were there any challenges or areas you feel you need further practice, study or support?

Please rate your competency in the following areas of your session, and write any comments to yourself for continual improvement:

Self-preparation prior to the session

No preparation

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Very well prepared

Set-up of scared space

Didn't set up sacred space

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Sacred space was set up beautifully

Quality of listening

Wasn't able to listen well

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Demonstrated active listening and affirming

Content & clarity of verbal guidance

Didn't feel clear with verbal guidance

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I felt very clear with the content and verbal guidance I gave

Choice of bodywork protocols used

Didn't feel like I chose the right protocols

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The protocols I chose were very well matched for the client's experience

Implementation of bodywork protocols

Not well received by the client

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Client responded very effectively to the bodywork protocols

Following intuition

My head got in the way and I felt disconnected to my intuition

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I felt very connected and trusting of my intuition

Integration process – rewriting of beliefs

I didn't feel clear or effective in offering new beliefs to my client

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The client responded positively to the new beliefs I offered

Integration process – rest & digest state

The client was not responsive to the integration process e.g. was not able relax

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The client demonstrated strong signs of being in a deep rest and digest state

Integration process – giving homework

I did not offer homework to the client

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I gave clear and relevant homework to the client who was positive to implement in their life.

Self-confidence during session

Very low

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Very self confident

Comments