

## Holistic Counseling 'Vis Dialogue' Self-Assessment Form © Dr. Moshe

Following Part 1 - 10 patients with 2 cases written up with the Holistic Counseling Dialogue Self-Assessment. Following Part 2, you need to do 15 practice cases before applying for certification. Here are the criteria for the write ups: Please have these submitted to me no later than 2 weeks before the class.

**And note:** Even though only 2 written up cases are required, a student should / could use this self-assessment to monitor their progress / growth for each and every case taken.

### Holistic Counseling Dialogue Self-Assessment:

1) How did you feel doing the dialogue:

A) What did you feel comfortable with?

B) What did you feel uncomfortable with?

C) Please list some of your favourite and/or most-natural questions during the dialogue.

D) What is most difficult about the Dialogue for you? How does this relate to where you need to "Physician, Heal Thyself?"

2) Were you able to be "non-directive?" if so, share your experience with it.

Were you controlling / directing the dialogue too much?

If so - can you detect what need / issue inside of yourself led you to do so?

Were there any issues that came up that triggered you?

If so, what were they and where does that come from for you personally?

3) How balanced were you with your male-female energies?

Did you tend to be too male or too female?

How did this impact your practice?

4) A) Did your patient have any breakthroughs?

B) What underlying core beliefs did you help your patient discover?

C) What minor beliefs / patterns did you help your patient discover?

5) Were you able to "close" the appointment to help the patient discover the choice and implement it for change?

If so, please describe which techniques / questions you used to do so?

If you had trouble, please describe what you struggled with to help them make the choice and let go.

6) A) Are you a member of the Forums or Holistic Counseling?

<http://www.holistic-counseling.ca/Forums/>

B) Please feel free to write any thoughts, comments, or questions about the process either here or in a new thread on the Forums.