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**MEZZO Reflective Learning Tool**

**589a/589b/699a/699b**

**The PURPOSE of the RLT**

The RLT makes explicit the interior world of both the social work student and clients during the group session for review in dialogue with feedback from the Field Instructor. It is a tool for reflection and critical thinking development (Competency 1) that allows the student to identify Evidence Based Practice and practice wisdom interventions (Competency 4) while the student develops into a professional social worker (Competency 1). The following RLT is the learning ground for reviewing the process while practicing engagement (Competency 6), assessment (Competency 7), intervention (Competency 8) and evaluation (Competency 9) through a Mindfulness–based approach: a nonjudgmental and accepting awareness of what is going on in the present moment (see [Kabat-Zinn](https://www.mindfulnesscds.com/pages/about-the-author) for more information). [CSWE Competencies](https://www.cswe.org/getattachment/Accreditation/Accreditation-Process/2015-EPAS/2015EPAS_Web_FINAL.pdf.aspx) are noted throughout the RLT to help gauge your skill development in the MSW program and are listed on the final page.

**STUDENT INSTRUCTIONS**: To the best of your ability, please complete the reflecting on a specific psychodynamic or processing group which is:

* 1. meaningful for you (i.e. challenging, successful, or uncomfortable);
  2. something you will discuss with your Field Instructor.

1. **IDENTIFYING DATA**

* Student Name: Click or tap here to enter text.
* Group Name: Click or tap here to enter text.
* Date: Click or tap to enter a date.
* Time: Click or tap here to enter text.
* Place: Click or tap here to enter text.
* Session Number: Click or tap here to enter text.

1. **GENERAL GROUP INFORMATION**

* Facilitator/Co-facilitator: Click or tap here to enter text.
* Members Present (first name only and age): Click or tap here to enter text.
* Members Absent (first name only and age): Click or tap here to enter text.
* Describe general purpose of group, session agenda/topic and any planned activities. Click or tap here to enter text.

1. **REFLECTION OF GROUP**
   * 1. **How did the group session start and end? Describe significant moments, key issues, emotional shifts during the session, and overall affect of the group.**

Click or tap here to enter text.

* + 1. **Please select your group’s current stage of group development *and* explain why?**  Choose an item.

**Why** Click or tap here to enter text.

* + 1. **What were some of the themes of the session, and what kinds of issues or challenges emerged?**

Click or tap here to enter text.

* + 1. **What roles did some members assume in the group?**

* + 1. **How did those roles manifest (express) itself?**

Click or tap here to enter text.

* + 1. **How would you evaluate the group at this point?**

Click or tap here to enter text.

* + 1. **What changes have you observed in the group?**

Click or tap here to enter text.

1. **REFLECTION: GROUP PROCESS**
   * 1. **Did the group have the same focus of awareness (cognitive)? If so, what was it? If not, why**? Click or tap here to enter text.
     2. **Did the group share complimentary intentions regarding their activity together (behavioral)? If so, what was it? If not, why?**

Click or tap here to enter text.

* + 1. **Did the group share the same affective space (feeling)? Is so, what was it? If not, why?**

Click or tap here to enter text.

1. **REFLECTION: THE WORKER**
   * 1. **Describe two group work interventions you/co-facilitator made and why?**

Click or tap here to enter text.

* + 1. **(Clinical Improvement Plan) What would you change in this group session and why?**

Click or tap here to enter text.

* + 1. **What needs to be considered for the next session?**

Click or tap here to enter text.

* + 1. (**Countertransference) Identify any countertransference you experienced or could have experienced with this group?**

Click or tap here to enter text.

* + 1. (Evaluation) How did you or would you handle/negotiate the countertransference if it impacted your ability to be effective in the group?

Click or tap here to enter text.

**Field Instructor Overall Comments/Questions**

Click or tap here to enter text.