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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 Practicum 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 Practicum Instructor.

1. **IDENTIFYING DATA**

* Student Name:
* Group Name:
* Date:
* Time:
* Place:
* Session Number:

1. **GENERAL GROUP INFORMATION**

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

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.**
     2. **Please select your group’s current stage of group development (pre-affiliation, power and control, Intimacy, Differentiation, Termination) *and* explain why?**

**Why**:

* + 1. **What were some of the themes of the session, and what kinds of issues or challenges emerged?**
    2. **What roles did some members assume in the group?**

* + 1. **How did those roles manifest (express) itself?**
    2. **How would you evaluate the group at this point?**
    3. **What changes have you observed in the group?**

1. **REFLECTION: GROUP PROCESS**
   * 1. **Did the group have the same focus of awareness (cognitive)? If so, what was it? If not, why**?
     2. **Did the group share complimentary intentions regarding their activity together (behavioral)? If so, what was it? If not, why?**
     3. **Did the group share the same affective space (feeling)? Is so, what was it? If not, why?**
2. **REFLECTION: THE WORKER**
   * 1. **Describe two group work interventions you/co-facilitator made and why?**
     2. **(Clinical Improvement Plan) What would you change in this group session and why?**
     3. **What needs to be considered for the next session?**
     4. (**Countertransference) Identify any countertransference you experienced or could have experienced with this group?**
     5. **(Evaluation) How did you or would you handle/negotiate the countertransference if it impacted your ability to be effective in the group?**

**Practicum Instructor Overall Comments/Questions**

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