

Goals and actions

This is a tool designed to help you review your interactions with clients in one-to-one or group settings. It is based on Contextual Action Theory. You may find it helpful to work with a mentor or peer on this reflection.

YOU	THE CLIENT	WORKING ALLIANCE
What were your explicit goals or projects for the session?	What were the client's stated goals or projects for the session?	What were your jointly agreed goals or projects for the session?
What actions did you take that contributed to these projects?	What actions did the client take that contributed to these projects?	What joint actions did you and the client take that contributed to these projects?
What actions did you take that were inconsistent with these projects?	What actions did the client take that were inconsistent with these projects?	What joint actions did you take that were inconsistent with these projects?
Looking at these actions, what possible, hidden projects are they consistent with?	Looking at these actions, what possible, hidden projects are they consistent with?	Looking at these actions, what possible, hidden projects are they consistent with?

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