HGSA Clinical Certification for Genetic Counsellors  
Reflective Essay Template – RECORDED SESSION

**REFLECTIVE ESSAY – RECORDED: COVER PAGE**

| **Candidate Name** |  | |
| --- | --- | --- |
| **Date of Submission** |  | |
| **Reflective Case Title** |  | |
| **Word Count (limit 2000 words not including references):** | |  |

**Candidate’s Declaration**

**This content is my own work and is a true representation of the clinical case and my involvement.**

| Candidate’s signature |  | Date: |
| --- | --- | --- |

**Supervisor’s Declaration**

**I am the candidate’s usual genetic counselling supervisor. I have reviewed this essay.**

**I viewed this recorded session. YES/NO**

| Supervisor’s full name and qualifications |  | |
| --- | --- | --- |
| Supervisor’s signature |  | Date: |

*If the session was observed by a different supervisor, they must also sign this declaration:*

*I observed this recorded session. I have reviewed this essay.*

| *Observing Supervisor’s full name and qualifications* |  | |
| --- | --- | --- |
| *Observing Supervisor’s signature* |  | *Date:* |

**Please see the** [**HGSA Clinical Certification Policy for Genetic Counsellors**](https://hgsa.org.au/Web/Web/About/HGSA-Committees/Certification-Committee.aspx) **for more information on completing Reflective Essays.**

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# Case number:

# Case title:

## Context (no more than 200 words)

A brief description of the context of the session, including (but not limited to) client and counsellor perceptions of referral; prior contact with the service; and a brief family history and appropriately annotated pedigree[[1]](#footnote-0) in line with Bennett et al. (1995, 2008) and Barnes (2020)[[2]](#footnote-1).

## Reflection (500-750 words)

Reflection on the consultation overall, including an evaluation of (but not limited to) the key counselling issues; key points in the interview; what went well; what might have been done differently; and issues arising for the counsellor (including any transference or countertransference).

## Supervision (100-200 words)

Discussion of the use of supervision during the case and insights gained from supervision, self-awareness and ability to reflect on the client-counsellor dynamics. In the counselling supervision section, this should include reflection on the case and any areas of development in relation to the counsellor’s own philosophy of practice (see McEwen and Jacobs, 2021[[3]](#footnote-2)).

## Counselling Discussion (1,000-1,250 words)

Detailed discussion and analysis of the counselling interventions/skills/strategies used and/or counselling theory as applied to the transcribed section of the session, with reference to the literature.

## Transcription (not included in word count)

Transcription of a key continuous three to five-minute section of the consultation.

## Supervisor’s Feedback (no less than 200 words; additional to essay word limit)

Supervisors’ comments on the case including acknowledgment that they have reviewed the recording.

## References

References in current APA format[[4]](#footnote-3). **Please carefully proof-read your style format and do not rely on automatic or suggested style formats.**

## **8.** Pedigree

An appropriately annotated pedigree[[5]](#footnote-4) with nomenclature and annotation in line with Bennett et al. (1995, 2008) and Barnes (2020)[[6]](#footnote-5). Each generation should be numbered using Roman numerals.

1. Bennett, R. L., Steinhaus, K. A., Uhrich, S. B., O'Sullivan, C. K., Resta, R. G., Lochner-Doyle, D., Markel, D. S., Vincent, V., & Hamanishi, J. (1995). Recommendations for standardized human pedigree nomenclature. Pedigree Standardization Task Force of the National Society of Genetic Counselors. *American Journal of Human Genetics*, *56*(3), 745–752.

   Bennett, R. L., French, K. S., Resta, R. G., & Doyle, D. L. (2008). Standardized human pedigree nomenclature: update and assessment of the recommendations of the National Society of Genetic Counselors. *Journal of Genetic Counseling*, 17(5), 424-433. [↑](#footnote-ref-0)
2. Barnes, H., Morris, E., & Austin, J. (2020). Trans-inclusive genetic counseling services: Recommendations from members of the transgender and non-binary community. *Journal of Genetic Counseling*, *29*(3), 423–434. <https://doi.org/10.1002/jgc4.1187> [↑](#footnote-ref-1)
3. McEwen, A., & Jacobs, C. (2021). Who we are, what we do, and how we add value: The role of the genetic counselling 'philosophy of practice' statement in a changing time. *Journal of Genetic Counseling*, *30*(1), 114–120. <https://doi.org/10.1002/jgc4.1308> [↑](#footnote-ref-2)
4. American Psychological Association. <https://apastyle.apa.org/> [↑](#footnote-ref-3)
5. Bennett, R. L., Steinhaus, K. A., Uhrich, S. B., O'Sullivan, C. K., Resta, R. G., Lochner-Doyle, D., Markel, D. S., Vincent, V., & Hamanishi, J. (1995). Recommendations for standardized human pedigree nomenclature. Pedigree Standardization Task Force of the National Society of Genetic Counselors. *American Journal of Human Genetics*, *56*(3), 745–752.

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6. Barnes, H., Morris, E., & Austin, J. (2020). Trans-inclusive genetic counseling services: Recommendations from members of the transgender and non-binary community. *Journal of Genetic Counseling*, *29*(3), 423–434. https://doi.org/10.1002/jgc4.1187 [↑](#footnote-ref-5)