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

**REFLECTIVE ESSAY- OBSERVED: 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 observed the entire of this 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 the entire 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 (250-500 words)

Summary reflection on the consultation overall, including an evaluation of (but not limited to): Identification of key points in the interview and the reasons why these points are perceived as crucial or turning points. Key points include points that the supervisor or candidate felt were crucial or critical times in the counselling session, and that influenced the direction of the session or its outcomes. For instance, it might be a point at which the counselling seemed to ‘stall’ or where an insight was made, or the emotions expressed verbally or nonverbally changed. This summary reflection may optionally also include what went well; what might have been done differently; and issues arising for the counsellor (including any transference or countertransference).

## Supervision (500-1000 words)

Reflection on the observing supervisor’s feedback letter.

## Counselling Discussion (500-1250 words)

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

## Supervisor’s Feedback

Attach a copy of the observing supervisor’s feedback letter. A [Supervisor Feedback Letter (Observed Reflective Case) Template](https://hgsa.org.au/Web/Web/About/HGSA-Committees/Certification-Committee.aspx) is available on the [Certification Committee](https://hgsa.org.au/Web/Web/About/HGSA-Committees/Certification-Committee.aspx) page of the HGSA website.

## References

References in current APA format[[3]](#footnote-2). **Please carefully proof-read your style format and do not rely on automatic or suggested style formats.**

## 7. Pedigree

An appropriately annotated pedigree[[4]](#footnote-3) with nomenclature and annotation in line with Bennett et al. (1995, 2008) and Barnes (2020)[[5]](#footnote-4). 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. American Psychological Association. <https://apastyle.apa.org/> [↑](#footnote-ref-2)
4. 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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5. 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-4)