



Appendix A

SFADS Practitioner Summary Sheet

Reflective Summary After Each Session

Date: _____	Session #: ☐ 1 ☐ 3 ☐ Final ☐ Other _____
Type: ☐ Individual ☐ Couple ☐ Family	Duration (min): _____
Setting: ☐ Private ☐ Clinic ☐ School ☐ Online	
Client Code: _____ Practitioner Code: _____	
Session Focus / Theme: _____	

Scoring Guide

0–3 = Hardly or not at all true 4–6 = Somewhat true 7–10 = True and felt strong

Use your immediate post-session impressions. Even small differences across dimensions can offer valuable insights.

Dimension	Score (0–10)	Brief Reflection / Key Observation
1. Linguistic Sync		
2. Sync Across Differences		
3. Rapport		
4. Mandate		
5. Goal Agreement		
6. Sense of Agency		
7. Social Support		
8. Belief in the Client		
9. Resilience		
10. Client's Perception of Progress		

Total Score (sum of all 10): _____ **Average Score (Total ÷ 10):** _____

Note: Differences in scores across dimensions may highlight areas for deeper reflection or discussion in supervision.

Client's Words / Key Phrases

Record exact phrases, metaphors, or expressions used to describe goals, strengths, or progress:
