

# Exercise

Professional Version | US English

# Supervision Preparation



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## Description

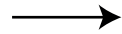
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*Supervision Preparation* is a worksheet designed to promote reflection around supervision – prompting thinking around which cases to bring, and how to frame a suitable supervision question.

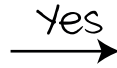
# Supervision Preparation

**What formulation am I using with this patient?**

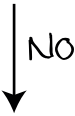
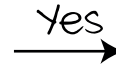
What mechanisms are operating to keep the problem going for this patient?



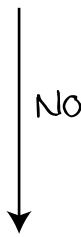
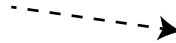
**Is the formulation guiding my treatment plan?**



**Is therapy progressing as expected / as originally hypothesised?**



Why is the formulation not guiding the treatment plan?



**Generate possible supervision questions.**

- Can I frame a suitable question?
- What are my hypotheses about the obstacles to treatment?
- Have I checked out my ideas with the patient? (If not, why not?)
- Is my question about: risk, theory, mechanisms, technique, content vs. process ...

- Do I need to bring this case to supervision?
- What would I want to get from supervision by bringing this case?
- How would I verbalise it as a question?
- Am I using supervision effectively by bringing this case?

## If no suitable supervision question develops

- Are there any assumptions, feelings, beliefs, or fears I hold about supervision in general which may be preventing the development of a question?  
(e.g. previous ways of being supervised, fear of being told I'm a bad therapist, feeling unsafe in supervision)
- Am I allowing enough preparation time for supervision?  
(at least 30 minutes).
- Have I brainstormed ideas for the question?
- Is my caseload going so well that I have no need for a question?  
(If so, how else could I use the supervision?)

Notes:

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## Resource details

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