

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?

Yes

No

Why is the formulation not guiding the treatment plan?

Is therapy progressing as expected / as originally hypothesised?

Yes

No

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:
