

Self-Supervision Guidelines

These questions provide a guide for self-reflection for use in between supervision sessions or in preparation for supervision. You may choose to answer all or only some of the questions that you feel might be helpful.

1. Describe the encounter/situation/session

(e.g., write in a few descriptive lines what occurred, what was my involvement, describe the inter-relatedness of those involved, NB: is it helpful to break down the event)

2. What is my question?

(e.g., what am I stuck on, what do I need help with at this time, if I were to take this to supervision what would I be asking for help with?)

3. What are my thoughts about the encounter/situation/session?

(e.g., how do I make sense of this situation/encounter? What theoretical framework or lens do I use to interpret what occurred?)

4. What was I feeling?

(e.g., what were my feelings at the time; are the same/different now; why the change?)

5. Consider my actions during (this portion) of the session. What did I want to happen?

(On reflection what theoretical framework guided my intervention at the time; what were my expectations/hopes; consider transference/countertransference)

6. Consider the interaction/interrelationship between you, the client/couple and wider systems. What were the results of my actions?

(Why do I think what happened, happened? How does the therapeutic relationship impact what occurred? What are the wider systems at play – cultural, historical, familial, gender, organisational?)

7. What was the emotional flavour of the interactions? Was it similar to or different from my usual experience with this client/couple?

(Put cognitions and behaviour aside. What emotions did this evoke? How has it influenced my interaction/s)?

8. To what degree do I understand this interaction as similar to the client's interactions in other relationships? How does this inform my experience?

(Are there parallels for the way the client/couple presented in session compared to other contexts? What might this tell me about the client/couple and what I need to work on in the future?)

9. What theories do I use to understand what is going on?

(What guided my thinking and therapeutic intervention/homework given at time – should I consider alternatives?)

10. What past professional or personal experiences affect my understanding?

(Consider any personal/professional restraints both past and present and how these might impact both on my theoretical knowledge and the application of clinical skills at the time)

11. How else might I interpret this event and interaction in the session?

(If I were to view this situation through a different lens (e.g., attachment, systemic, Gottman Method, RLT, EFT, Imago, Developmental Model, Discernment Counselling) how might I see things differently? How might this influence what I do next?)

12. How might I test out the various alternatives?

(Summarise where to from here; what steps do I need to take; who/what can help me to do this?)

13. How will the clients' responses inform what I do next?

(What do I need to be 'on the lookout' for when I see the client/couple next)