



Recordings as a method in supervision sessions, how to effectively review it?

- Review of the whole recording is time-consuming,
- Instruct the supervisee to choose at least 1/3 from the therapy (intervention) session (e.g., about 20 minutes from the 60 minutes session; additionally the therapist can choose problematic parts from the session, but is important to present longer uninterrupted part of therapist and client interaction),
- Instruct the supervisee to make a word-to-word transcript of this selected part of the session (using the model T1:..., C1:..., T for therapist and C for Client with numbers related to transcript parts in order),
- Instruct the supervisee to prepare notes for this transcription before the supervision session (e.g., where the therapist can react with different intervention, and why?; where the therapist make a good intervention and why?),
- The supervisor goes through the transcript and adds their own notes – how the therapist can react in a better way?; where the therapist facilitates the therapeutic process and where not?
- As a supervisor you can erase therapist reactions and look only at the client's reactions – this could lead to some important questions, e.g., is there a som flow present in the session from the point of the client?; is there some part that the client repeats it again and again (e.g., in the different form, with different words); is there in the transcription some important topic that seems to be dominant in the transcribed part?; seems that the client feels understood or again and again explain something?; does the client have more questions or reactions?; is there some strong

emotional content communicated by the client? (and other more relevant questions could be asked) → this is helpful to see the session from the perspective of the client,

- By putting back the therapist reaction into the transcript you can see how the therapist react on these topics, where was facilitating and where not,
- The supervisor asks the supervisee why he/she choose this part for the transcription? Where he/she see the problem, e.g., where feel stuck?
- If the supervisor wants to focus on some specific part of the session – just listen to this untranscribed part in the recording,
- Supervisor offer which theme, emotions, or cognitions were not be addressed and how can be addressed,
- Supervisee have to get a specific output what can do better and how can do it,
- For the approaches where the therapist works e.g., with the body, or with some tools, video recording is better (transcription is not necessary in this case).