



Preparation for supervision – Supervisee

How can a supervisee prepare for a supervision session?

Preparing for a supervisory meeting is needed not only for a supervisor but also for supervisees. It requires consideration of several facts related to a particular case. For this purpose, it is possible to use, for example, some of the following questions, which serve to better prepare for the supervisory meeting.

What formulation am I using with the patient?

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

Is the formulation guiding my treatment plan?

If No, why is the formulation not guiding the treatment plan?

Is therapy progressing as expected / as originally hypothesized?

If Yes:

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

But, what if No?

If 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 ...

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?)

<https://www.psychologytools.com/professional/techniques/supervision-resources/>