



### **Case study (case report) in the supervision, and how to effectively prepare it?**

Especially in the beginning of supervision, the supervisee “brings” the case to supervision that is absolutely new for the supervisor and the supervisee should prepare a comprehensive case report.

There are some tips:

1. Be brief and focused,
2. Why did you choose this client?
3. How long has the client been in therapy with you?
4. What was the initial presenting problem (in situational, diagnostic, behavioural, and relational terms)?
5. How did the presenting problem change over time?
6. What is the history of therapy or treatment of the client (e.g., other therapy, medication, other specialists)?
7. How do you obtain initial information about the client (some structured interview or more informal)?
8. What is the client's current context? (description of the current life situation of the client – age, family, work, relationships, etc.)
9. Briefly describe the client's personal history (relationships, childhood, etc.).
10. What were your therapy goals – how did you choose these goals (with the client, by your own, by other third parties, e.g., some mandating treatment)?
11. What do you do for the therapy goals? Which approach do you apply?
12. Where do you see the client's support (family, work, friend)?
13. Where do you see the client's resilience resources?

14. Briefly write your perspective on the therapy with this client: what goes well, what goes worse, where do you see some key moments in the therapy, where do you feel stuck, or where do you feel the main issue?

The case study can also be a good teaching material, e.g., in the process of teaching supervision – there you can find some trauma-related case studies: <https://www.apa.org/ptsd-guideline/resources/case-examples>