



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

- 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 it 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 made 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 some flow present in the session from the point of the client?;
 - Is there some part that the client repeats again and again (e.g., in the different form, with different words);
 - Is there an important topic in the transcription that seems to be dominant in the transcribed part?;
 - Does it seem that the client feels understood or they have to explain something over and over again?;

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- 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 reacted on these topics, where he/she was facilitating and where not;
- The supervisor asks the supervisee why he/she chose this part for the transcription? Where he/she sees the problem, e.g., where felt stuck?
- If the supervisor wants to focus on some specific part of the session – just listen to this untranscribed part in the recording;
- Supervisor offers which theme, emotions, or cognitions were not be addressed and how they can be addressed;
- Supervisee has to get a specific output what they can do better and how they 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).