



Recordings as a method in supervision sessions, how to supervise the records to avoid supervisee's anxiety ?

Watching video records of supervisee's therapy sessions can be one of the methods used in a supervision session. It can be helpful to provide accurate feedback and recommendations. It can help to identify the areas to improve. However, for the supervisee, it can also be an anxious part of supervision. To avoid these negative feelings, the supervisor should know how to supervise the records. When the supervisor uses some strategies, it can secure a reduction of anxiety, which can increase the effectiveness of the recordings' revision.

1. Build a positive, collaborative, trusting learner-supervisor relationship.
2. Establish a learning contract for supervision.
3. Expose learners to the video recording equipment and process early in training.
4. Discuss strategies to introduce video recording to patients.
5. Use learning theory and a developmentally appropriate supervisory framework.
6. Directly address anxiety related to using video recording with the learner.
7. Identify cognitive and behavioural strategies for learners to manage their anxiety (being careful not to engage in psychotherapy with the learner).
8. Show supervisors' own video recordings conducting psychotherapy.
9. Explore the possibility of small group supervision.

Topor, D. R., AhnAllen, C. G., Mulligan, E. A., & Dickey, C. C. (2017). Using Video Recordings of Psychotherapy Sessions in Supervision: Strategies to Reduce Learner Anxiety. *Academic psychiatry : the journal of the American Association of Directors of Psychiatric Residency Training and the Association for Academic Psychiatry*, 41(1), 40–43. <https://doi.org/10.1007/s40596-016-0605-0>

