

## EXPLANATION OF SUPERVISION WORKSHEET

Your supervision worksheet should reflect your philosophy of therapy, including the concepts and tools you are learning in when appropriate. Following are some examples and ideas of what you may want to include:

Family/system members & background information (e.g., genogram, Structural diagram):

- Names: Use numbers or code words to protect confidentiality
- Background Information: ages, genders, ethnicities, races, grades/education, living situation, languages, citizenships, relationship status, appearance, and general presentation

Presenting Problem:

- Include a general description of the clients' problem(s) in their own words.
- How does the concern interfere with everyday functioning and relationships?
- What caused the clients to enter counseling at this time?
- Include externalization of problem if fitting
- Problem stories if fitting

Therapy Goals:

There are a number of ways to word and express goals, e.g., solution focused criteria for well-defined goal, therapy goals from perspective of narrative externalization, structural goals

Strengths and Resilience, e.g.:

- Exceptions to the problem
- Stories of resilience
- Temporary relief
- Parts of structure that work

Pattern of Interaction:

- Can you as a therapist and/or clients identify patterns of interaction that surround the concern? When does it occur? With whom? What happens before and after its occurrence?

Life Setting:

- How do clients spend a typical day or week? What social, spiritual, and religious activities, recreational activities are present? What is their living environment like? What are their most important relationships?

Family History (you may want to include a genogram):

- Family member's ages, households, occupations, descriptions of personalities, relationships to each other, etc.
- Intergenerational relationships
- History of family struggles (e.g., emotional disturbance, substance abuse, physical illnesses, abilities issues, abuse & neglect)
- History of family strengths and resilience (e.g., spirituality, stories of overcoming odds)
- Biographical Turning Points, e.g., what points of change have occurred in the clients' lives? How did they manage these changes?

Outside Systems (E.g., ecomap):

- Include religious systems, schools, court and legal systems, medical systems, other treatment providers, government systems such as child protection, etc.

Description of Therapy:

- Course - # of sessions, lateness, no-shows, who has attended sessions, who you have invited to participate
- Content – brief description of issues clients bring to sessions.
- Process – how do the clients relate to you in session? What does it feel like being with them, what is the interpersonal style in the counseling relationship?
- Clinical Assessment – This section should be a summary of the clients' problems/issues using information from preceding sections. For example, does a member of the family/system seem depressed or anxious? Address suicidal ideation (either past or present) threat of harm to self or other, suspicion of abuse or neglect, etc. Provide extensive details pertaining to high risk situations and make certain to alert both your on-site supervisor and the course instructor immediately of risks.

Conceptualization of Problem:

- This section should be your assessment of why the clients have these problems and involves tying together all information presented in the report in a summary statement or paragraph. What is your understanding (theory) of the clients? What is your understanding of the clients' problem/s? What are the recurring themes? What do you think is the clients' prognosis for getting better? How do the different areas of history, personality, and environment interact to contribute to the problem?

Treatment Plan:

- Based on your philosophy of what is therapeutic (including models/approaches) and what promotes adaptive change in accordance with the standards of practice used in your setting

- What do these clients need from therapy? How will this be helpful to them?  
What approaches/interventions will you use to address their needs?

Related Research:

- What literature supports your clinical position, scope of problem, strategies for therapeutic interventions
- What areas did you

Input from Supervision Group:

- Areas to explore
- Direct feedback
- Strategies to implement
- Additional supervision needed