

## **Supervision Preparation Form**

What are my Goals for supervision session today (use SMART Goals template)?

1. How do I feel about this week's session with my patient? (Include any rating scales being used.) What progress has there been toward my goals as a therapist?
2. What happened at this week's session that my supervisor should know about?
3. What did we cover during the last supervision session? What did you get out of it? What things in the last supervision session were the most helpful?
4. Anything that bothered me about the last supervision session? Any unfinished business? Anything that could have gone better?
5. Anything I'm reluctant to tell my supervisor?
6. What did I do for homework since the last supervision meeting?

**7. What problem or skills do I want to work on in my supervision today?**

## CBT Session Review (fill out after each session, and bring to supervision)

Before the session, did you: -review the formulation and goals?  
-plan your agenda?

Did patient fill out the therapy session preparation form (and did you review it)?

Was the homework from the previous session reviewed? (and how much of it did the patient do?)

Did you set a clear agenda with the patient? (and was it followed?)

What specific CBT techniques did you use:

- thought records?
- behavioural activation?
- work on intermediate or core beliefs (schemas)?
- exposure?
- other?

Was clear homework set?

- was it written down?
- was it decided on collaboratively?
- was it started in-session?

Were there any safety concerns and if so, how were they managed?

Did any practical problems/issues come up during the session? (eg: you or patient late, interruptions, scheduling difficulties, running out of time, agenda derailed)

How was the rapport/therapeutic alliance? (if any ruptures, how did you deal with them?)

Were any in-session affects or mood shifts explored?

Did you have any reactions/countertransference to the patient during the session? (and if you did, how did you deal with it?)

Did you get feedback from the patient during, and at the end of the session?

Did your progress note outline:

- check-in/review (how week went, rating scales, homework done, etc)
- agenda
- items worked on
- homework assigned
- summary (diagnosis, comments on progress)

Did any data come out of the session that you would want to use to revise your formulation, diagnosis, or treatment goals?

## CBT Session Review (fill out after each session, and bring to supervision)

Any aspects of the session that you struggled with or have questions about?

How did you feel about the session?

- did it move the patient forward (toward their goals)?
- did you feel confident you did a good job?
- do you have concerns about your performance?

Did you record the session?

- did you listen to the recording (or parts of it) afterwards?
- are there any parts of it you would like me to listen to and go over with you?

Did you do any reading (textbooks, lecture notes, journal articles) around the treatment of this case during the past week?

Did you have any goals for yourself this week that you were trying to work on (eg: something you planned to try out during the session?)

- if so, how did it go?

What progress has there been toward your goals as a CBT therapist?

Are you finding the supervision is helping you with this case, and with learning to do CBT in general?

- any specific concerns/issues around the supervision, or areas to work on?