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Getting the most out of supervision

Pre-session reflection / preparation

1. Between supervision sessions, make notes of what you may want to reflect on further and take to supervision. You may want to keep a special notebook for this.

2. Take some time before you go to supervision:

Think back over the time since your last supervision session and look at   your client notes. What is around? Which client is on your mind? What issues do you feel you need to reflect on?

Decide what it is you need – what do you want to gain from the reflection? In other words, 'what is your supervision question?'
For example, maybe you need support with something difficult; maybe you want some clarity regarding what is happening between you and a client? Etc.

How to use the session – in session reflection

Tell your supervisor what you are bringing (issues, clients) and how you want to divide the time available between the various topics.

When you begin your first topic, give a brief synopsis of your work with the client (or explain the issue you want to reflect on), bring 'what' it is you want to reflect on and tell the supervisor what it is you need from the reflection.

Do write things down during the supervision session if you find this helpful.

Make sure you get what you need – in session reflection

Are you getting what you need? Are you perhaps getting something you do not need?

Be honest and tell your supervisor whether or not what is happening is helpful.
If there is something you do not find helpful – say so. Equally do tell him or her what *is* helpful. Also tell your supervisor what else you might need.

Unless you are honest your supervisor may not know whether your work together is what you need.

Post session reflection

Jot down what you gained from the session and how you experienced the session.
Is there anything you may need to come back to in your next supervision session?

Psychotherapy,   Counselling,   Supervision,   Training
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