

# Issues you take to supervision....

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by Servaas van Beekum

Clients in my supervision practice (supervisees) often ask me what sort of issues to take to the supervision sessions. They mostly are psychotherapists or coaches who use supervision to reflect and learn about their role as a therapist or a coach.

Over time, I have developed a scoring list that my supervisees use as a starting point for reflection about what they bring into and leave out of the supervision session.

The basis for any supervision question is of course, that the question is (a) actual, (b) concrete and (c) that the supervisee is him or herself part of the question.

When you go through this list in the next pages, do so as a supervisee yourself. What do you bring to your supervision? This is probably the best way to help your own clients to reflect on the question in the same way. The list does not pretend to be complete or finished. It can be best described as a work in progress.

## Score Sheet

### Assessment and Treatment Planning

	Never	Rare	Some	Often
Referral and referral sources	0	1	2	3
Choosing weather to take client on	0	1	2	3
Choosing a treatment plan	0	1	2	3
Checking diagnosis (how to think about client)	0	1	2	3
System analysis of client's 'world'	0	1	2	3
Development issues	0	1	2	3
Conceptualizing the problem	0	1	2	3

## Strategies and Intervention techniques

	Never	Rare	Some	Often
Contracting	0	1	2	3
Validation of effective work	0	1	2	3
Think about the 'next' intervention / options	0	1	2	3
Putting issues in context	0	1	2	3
Short /long term work	0	1	2	3
Examining transactions	0	1	2	3
Examining a whole session	0	1	2	3
Examining a series of sessions	0	1	2	3
Terminating the therapy of coaching	0	1	2	3

## Issues in the relationship between you and the client

	Never	Rare	Some	Often
Awareness of process	0	1	2	3
Awareness of transference issues	0	1	2	3
Development of a working alliance	0	1	2	3
Applying the concept of parallel process	0	1	2	3
Humor in the relationship	0	1	2	3
Influence of issues from your own life	0	1	2	3
Your current personal issues and their effect	0	1	2	3

## Meeting your personal needs to be effective

	Never	Rare	Some	Often
Having fun	0	1	2	3
Bragging about good work	0	1	2	3
Asking for constructive criticism	0	1	2	3
Discussing stress reduction strategies for you	0	1	2	3
Asking for professional support	0	1	2	3

## Theory

	Never	Rare	Some	Often
Information on useful reading	0	1	2	3
Information on specific training	0	1	2	3
Integrating (other) models	0	1	2	3
Specific aspects of theory	0	1	2	3
Understanding process phenomena	0	1	2	3
Philosophical issues	0	1	2	3
Spiritual issues	0	1	2	3

## Practice issues including ethics

	Never	Rare	Some	Often
Reviewing own professional development	0	1	2	3
Checking ethical issues and procedures	0	1	2	3
Awareness of codes of ethics of professional Organizations	0	1	2	3
Caseload overview and review	0	1	2	3
Practice management issues	0	1	2	3
Self evaluation	0	1	2	3
Pinpointing therapy issues of clients	0	1	2	3
Having good referral system for therapy	0	1	2	3
Issue related to the physical setting	0	1	2	3
Setting fees	0	1	2	3
Boundary issues	0	1	2	3
Telephone contact with clients	0	1	2	3
Clients missing /postponing sessions	0	1	2	3

## **How to use this list**

First: do not count the totals from the list. This is *NOT* a list that judges with how many points you are a bad, good or excellent supervisee. The list is not designed for Woman's Weekly

However, after scoring you may have a lot to reflect on, such as:

- issues that do not show up in your supervision
- issues that you seen to bring over and over to supervision
- issues that you never thought of before filling in the score list
- issues that bring you new ideas to (re-)energize your supervision

A lot to bring into your next supervision session

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### ***Adapted from***

*Paul Hitchings, Petrushka Clarkson ("Band of Supervision") and the Metanoia Supervision Courses in the early and mid 1990s.*