

## STRUCTURE FOR SUPERVISION SESSION

**Counselor's Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Session Number:** \_\_\_\_\_

**Counselor** should come to supervision prepared to present the following:

1. Information about the counseling case: presenting problem, history of presenting problem, previous attempts at problem solution, important information about the counselee etc. Identify client's strengths (areas of wellness) and resilience, and any developmental observations. How is the client's current functioning affected by the presenting problem? Describe the relationship with family and other significant systems, and how they help or hinder student/client progress. (5 minutes suggested time)

2. Include information about how the counselor's and client's cultural lenses may influence their perspectives of the presenting issues. How have the effects of racism, discrimination, sexism, power, privilege, and oppression affected your client's life? Describe any modifications you have made to the counseling systems, theories, techniques, and interventions to make them culturally appropriate for your client. Describe how you broached issues of cultural similarities and differences with this client. (5 minutes suggested time)

3. Counseling plan: assessment, goals, interventions, desired outcomes. Describe your theoretical orientation, and how it will be observable in your work. (5 minutes suggested time)

4. Counselor's actions: name techniques, skills, strategies, interventions. (5 minutes suggested time)

5. Describe any legal or ethical concerns that you have identified with student/client. Describe any indication of self-injurious behavior, suicidal or homicidal ideation?

6. Counselor's self-awareness: thoughts, feelings about client, about self, about the counseling process. Describe any part of your work that feels as if it is outside of the counselor role. (5 minutes suggested time)

7. Counselor request to supervisor- I need help with \_\_\_\_\_(5 minutes suggested time)  
Structure your request to include:

Interventions (help with skills and strategies)

Conceptualization (help with understanding client and situation)

Personalization (help with “self of counselor” concerns)

8. Watch/listen to video/audio tape. (15 minutes suggested time)

9. After all feedback from supervisor/supervisor group, determine:  
a. Future direction for the case: goals, action steps, evidence.

b. Future goals for counselor: goals, action steps, evidence.

**Supervisor/Supervision Group** should be prepared to do the following:

1. Give feedback about counselor strengths first and then areas needing improvement.

2. Give feedback about the counseling case and future counseling direction.